

**Child Care Aware of NH,**  
*a CCR&R Program of Southern*  
*New Hampshire Services*  
*Presents:*

# ***Caring for Our Children***

**Health, Safety,  
Nutrition &  
Wellness Conference**

***Saturday,  
November 5, 2016  
8:00am to 4:00pm***

***Kennett Middle School  
136 Main Street  
Conway, NH 03818***





## CONFERENCE SCHEDULE

### REGISTRATION

8:00 to 8:30am

### WELCOME

8:30 to 8:45am

### KEYNOTE

8:45 to 9:45am

### SESSION 1

10:00 to 11:30am

### LUNCH

11:30am to 12:30pm

### SESSION 2

12:45 to 2:15pm

### SESSION 3

2:30 to 4:00pm



Jenn Ganim-Smith  
Keynote Speaker

## Child Care Aware® of NH's "Caring for Our Children" Conference

Child Care Aware® of New Hampshire, a Child Care Resource and Referral Program of Southern New Hampshire Services, is pleased to provide this full day conference specifically devoted to health, safety, nutrition and wellness topics to assist child care programs, early childhood professionals and administrators in enhancing and improving their health, safety and nutrition practices.

Participants will partake in a Keynote Presentation: **"On the Move with Vroom"** with Keynote Speaker, Jenn Ganim-Smith in the morning and will have the opportunity to select from a wide range of training topics to assist them in creating healthy, safe and nutritional environments for the children and families they provide care for. A total of 16 trainings are being offered and each one has been categorized for those wishing to take a "Training Track" that is specific to one area of focus. Training Tracks include Health, Safety, Nutrition and Wellness and some tracks may consist of more than one area of focus. Some sessions have been duplicated to ensure that participants have equal access to trainings offered.

**This conference will award participants up to 6 hours of professional development,** including a welcome address and networking time.

## Keynote Speaker

### Jenn Ganim-Smith, Keynote Speaker

**Keynote Bio:** Jennifer Ganim-Smith is the Training and Marketing Specialist for Child Care Aware of NH. She received her Bachelor's Degree in Elementary Education from Florida International University. She then continued on to complete her Master's Degree in Ed. with a Specialization in ECE. Jenn has always been dedicated to providing high quality educational programs in her roles as an Elementary Teacher, Early Childhood Educator, and as a Program Center Director. She continues to promote high quality programs in the state of New Hampshire through her work with Child Care Resource and Referral.

### Keynote Address: "On the Move with Vroom"

This informative keynote will introduce participants to a family engagement tool that supports early brain development and promotes the benefits of investing in the early years. This technological resource supports the use of everyday moments, activities with children and was created based on scientific research and development done by the Bezos Family Foundation. Join Child Care Aware of NH to learn more about how you can use this tool within your program and engage in various hands-on activities that support children's development and learning. This keynote is the perfect starter for the day as participants will actively engage with each other and recognize the important role they play as brain builders.





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### **Session 1, 10:00 to 11:30am**

#### **Session 1A HEALTH/SAFETY**

##### **Emergency Preparedness**

This training with Gregg Champlin, School Emergency Planning Specialist, is your opportunity to enhance your Emergency Preparedness plan. All New Hampshire programs are required by Child Care Licensing to have plans in place to ensure the safety of children and staff. This training will review the types of hazards, six Response Actions, the Incident Command System.

Participants are encouraged to complete the online course IS100SC an Introduction to the Incident Command System for Schools online at <http://training.fema.gov/EMIWeb/is/is100sca.asp> Core Knowledge Areas:

Developing as a Professional and Promoting Child Growth and Development

**Trainer:** Gregg Champlin, School Emergency Planning Specialist

**Core Knowledge Areas:** Developing as a Professional and Promoting Child Growth & Development

#### **Session 1B HEALTH/WEELLNESS**

##### **Trauma-Informed Early Childhood Services (2-Part Training, Must register for 2B also)**

The Community Health Institute is supporting the NH Department of Health and Human Services Maternal and Child Health Section and early childhood trauma experts affiliated with the Department of Psychiatry at Dartmouth to implement this training project for providers of early childhood services, including: child care, home visiting and health and mental services. This half day training assists early childhood professionals to recognize and address emotional and behavioral challenges that arise from trauma, and prepares them to create home and class environments that promote learning and development through safe and supportive relationships. This training will be presented by an approved trained professional with content expertise in this topic. Addresses some Intermediate and Advanced level competencies.

**Participants must register for 1B and 2B to attend both sessions.**

**Trainer:** Jen Doris, ECMPWT

**Core Knowledge Areas:** Teaching & Learning and Promoting Child Growth & Development

**\*Please note:** All our trainers are either credentialed as an Early Childhood Master Professional Training Trainer (ECMPWT), Early Childhood Master Professional Allied Professional (ECMPAP), Early Childhood Master Professional Program Consultant (ECMPPC) or have a degree or background that qualifies them to provide training that is accepted by NH's Child Care Licensing Unit and/or for credentialing purposes. For more information on credentialing, visit <http://www.dhhs.nh.gov/dcyf/cdb/documents/earlychildhood.pdf>.





## **Session 1, 10:00am to 11:30am (Continued)**

### **Session 1C HEALTH/SAFETY**

#### **Reducing the Risk of SIDS and Sudden Unexpected Infant Death with Audrey Knight**

This training will provide a review of Sudden Infant Death Syndrome and some of the causes of Sudden Unexpected Infant Death. Information regarding your role in carrying out the American Academy of Pediatrics' recommendations to reduce the risks and promote a safer sleep environment will be a focus of this training. A brief overview of what happens when an infant dies suddenly and unexpectedly in New Hampshire will be shared.

**Trainer:** Audrey Knight, RN, MSN, Child Health Program Manager and SUID/SDY Project Coordinator

NH Division of Public Health Services, Maternal and Child Health Section

**Core Knowledge Area:** Promoting Child Growth & Development

### **Session 1D HEALTH/WELLNESS**

#### **Mindfulness in the Early Childhood Classroom For Teachers**

Join us for a sample of mindfulness activities, books and songs that can be incorporated into an early childhood setting and modified to use with older children as well. Participants will be led through several activities to assist them in experiencing mindfulness and being in the present moment. We will also explore how this approach assists students and teachers with accepting where they are at, and becoming more thoughtful and less reactive around daily experiences. Join us for this "present moment" experience!

**Trainer:** Dee Dee Thurber, ECMPWT

**Core Knowledge Area:** Teaching & Learning and Promoting Child Growth & Development

### **Session 1E HEALTH/WELLNESS/SAFETY**

#### **The Developing Brain**

During this training, we will explore the inner workings of the brain. Recent research provides proof that children's interactions and experiences in the first few years of life have a significant impact on brain development. Join us, as we explore the development of brain architecture and the effects of environment on the brain. Through group activities and discussions, participants will be able to walk away with strategies that can be used in the classroom to help support and foster young children's brain development.

**Trainer:** Jennifer Ganim-Smith, ECMPWT, Child Care Aware of NH, Training & Marketing Coordinator

**Core Knowledge Area:** Promoting Child Growth & Development

## **Session 2, 12:45 to 2:15pm**

### **Session 2A HEALTH/SAFETY**

#### **Period of PURPLE Crying Awareness Training**

Learn more about the Period of PURPLE Crying so that you can support the parents of infants with whom you interact. This presentation will increase your awareness about this







#### **Disclaimer Statement:**

Caring for Our Children: National Health and Safety Performance Guidelines for Early Care and Education Programs is a publication offered through the National Resource Center for Health and Safety in Child Care and Education (NRC), American Academy of Pediatrics (AAP) and the American Public Health Association (APHA). This publication is affiliated with the "Caring for Our Children: Health, Safety and Nutrition" Conference in part by name and topic areas only and is not directly endorsed or affiliated with the NRC, AAP or APHA. The conference, publication and these associations share in the spirit of supporting early care and education programs and their efforts to promote healthy, safe and nutritional practices in their early learning environments only.

A print version of the publication is available for printing <http://cfoc.nrckids.org/WebFiles/CFPC3-color-small.pdf> or for purchase at <http://cfoc.nrckids.org> and Child Care Aware of NH would encourage you to use this publication as a supplementary resource to promote healthy, safe and nutritional practices in your work with children, families and program staff.



#### **Session 2, 12:45 to 2:15pm (Continued)**

developmental stage of increased crying, ways to cope with it, and the dangers of reacting to the crying in frustration. Parents of 96% of the babies born in NH are learning about PURPLE when they give birth. If you work with these families you need to know about it too! The Period of PURPLE Crying is an evidence-based infant abuse prevention program that educates parents about a developmental phase of increased infant crying. New Hampshire Children's Trust leads the effort to bring information about the Period of PURPLE Crying to parents by providing technical assistance to hospitals to implement the program, supporting community based providers in reinforcing the program's message, and spreading the word through coordinating public awareness. The program employs a triple dose strategy to introduce, reinforce, and promote the messages of the program. A Q&A period has been added for informational purposes.

**Trainer:** Debra Samaha, Program Manager, Injury Prevention Ctr at DHMC  
**Core Knowledge Areas:** Building Family & Community Relationships and Promoting Child Growth & Development

#### **Session 2B HEALTH/WELLNESS**

##### **Trauma-Informed Early Childhood Services (2-Part Training, Must register for 1B also)**

The Community Health Institute is supporting the NH Department of Health and Human Services Maternal and Child Health Section and early childhood trauma experts affiliated with the Department of Psychiatry at Dartmouth to implement this training project for providers of early childhood services, including: child care, home visiting and health and mental services. This half day training assists early childhood professionals to recognize and address emotional and behavioral challenges that arise from trauma, and prepares them to create home and class environments that promote learning and development through safe and supportive relationships. This training will be presented by an approved trained professional with content expertise in this topic. Addresses some Intermediate and Advanced level competencies. **Participants must register for 1B and 2B to attend both sessions.**

**Trainer:** Jen Doris, ECMPWT

**Core Knowledge Areas:** Teaching & Learning and Promoting Child Growth & Development



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2:30 to 4:00pm



## Session 2, 12:45 to 2:15pm (Continued)

### Session 2C NUTRITION/CURRICULUM

#### Fun with Food

Come learn how to incorporate cooking projects into your curriculum! This “yummy” training will help you get the children in your care excited about nutrition!

**Trainer:** Tammi Stanwood, ECMPWT

**Core Knowledge Area:** Teaching & Learning

### Session 2D CURRICULUM/WELLNESS

#### Introduction to Brain Gym® with a Twist

Join us for this training full of movement, mindfulness and an invitation to get back to nature! Brain Gym is a movement based educational program that assists learners with whole brain integration. Coming from a whole-brain place allows choices, decisions and learning to be done with greater awareness and the ability to look at the big picture. Goals from this training include learning several of the 26 different Brain Gym movements along with suggestions for implementation with a wide variety of audiences. The twist is actually using these movements in conjunction with Mindfulness activities as well as weaving in touches of nature. Be prepared to move, breath, relax and embrace a mindful, whole brain atmosphere.

**Trainer:** Dee Dee Thurber, ECMPWT

**Core Knowledge Areas:** Promoting Child Growth & Development and Teaching & Learning

### Session 2E HEALTH/WELLNESS

#### Breathe New Hampshire's *Asthma Care for Kids™*

Breathe New Hampshire's *Asthma Care for Kids™* program is helping child care providers, teachers, parents and coaches to better understand asthma. This workshop is an “asthma 101” presentation for adults who work with children or young people.

The program helps participants learn about the basics of asthma, such as what it is and what causes it, asthma triggers and how to avoid or reduce them, how indoor air affects our breathing, common myths about asthma, how to recognize asthma warning signs, how best to manage the disease, asthma medicines and what they do. The program also provides practical tips

for maintaining a healthy breathing environment for all children - in a child care setting, at school, or in the home, handouts and educational material, as well as resources for learning more

**Trainer:** Allyssa Thompson, Director of Programs, Breathe New Hampshire

**Core Knowledge Areas:** Developing as a Professional and Promoting Child Growth & Development

## Session 3, 2:30 to 4:00pm

### Session 3A HEALTH/SAFETY

#### Child Care Licensing Question & Answer Session

Come meet with Child Care Licensing Staff and ask all those questions about the **current** rules you always wanted answers to



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### **Session 3, 2:30 to 4:00pm (Continued)**

in this informal training session. Participants are encouraged to send in questions for CCLU Staff prior to the exchange. All questions can be emailed to [ccrtraining@snhs.org](mailto:ccrtraining@snhs.org) with subject line "CCLU Q&A" or participants can call SNHS CCR&R directly. This is not the CCLU Orientation workshop.

**Trainer:** Michelle Deyermond, Child Care Licensing Unit Coordinator

**Core Knowledge Areas:** Developing as a Professional and Promoting Child Growth & Development

### **Session 3B HEALTH/SAFETY**

#### **Recognizing and Reporting Abuse & Neglect**

Did you know you are mandated to report suspected child abuse and/or neglect? Do you know who to call? Do you know what signs to look for? Or what happens after you call? Come join us for this informative workshop and get these questions and more addressed! Participants will have the opportunity to define child abuse and neglect and examine the impact of maltreatment on a child's development. Participants will learn how best to respond to concerns about possible abuse and neglect and discover what their role is as a mandated reporter.

In collaboration with the Division for Children, Youth and Families.

**Trainer:** Athena Cote, MSW, Supervisor IV, Division for Children, Youth and Families-CP

**Core Knowledge Areas:** Developing as a Professional and Promoting Child Growth & Development

### **Session 3C HEALTH/CURRICULUM**

#### **Brain Gym® Too**

Join us for this continuation workshop of Intro to Brain Gym®. Participants will continue to learn more movements from the Brain Gym learning menu. Learn all 26 Brain Gym movements! We will also discuss different ways to begin to implement Brain Gym into your daily routine. See how using these movements daily can assist both children and teachers in moving through stresses and challenges and allow for more connected and stress free days. Handouts will include a booklet with pictures of all 26 Brain Gym movements and movement descriptions. Be prepared to move - even more! Participants do not need to take the Intro to Brain Gym





### **Conference Contributors**

Child Care Aware of NH would like to acknowledge the following organizations and groups who collaborated and will be contributing to the success of this event:

*Breathe NH  
Child Care Licensing Unit  
Child Development Bureau  
Division of Public Health Services  
Division of Children, Youth & Families  
Lead Poisoning Prevention Program  
Kennett Middle School  
Mother Nature, Thanks for Your Cooperation!  
NH Children's Trust  
NH Dept. of Public Safety  
Safe Kids New Hampshire*

Thank you for your support and contributions to promote healthy, safe and nutritional practices in early childhood settings!



### **Session 3, 2:30 to 4:00pm (Continued)**

workshop to attend Brain Gym too. A brief overview will be included.

**Trainer:** Dee Dee Thurber, ECMPWT

**Core Knowledge Area:** Promoting Child Growth & Development

### **Session 3D NUTRITION/CURRICULUM**

#### **Fun with Food**

Come learn how to incorporate cooking projects into your curriculum! This “yummy” training will help you get the children in your care excited about nutrition!

**Trainer:** Tammi Stanwood, ECMPWT

**Core Knowledge Area:** Teaching & Learning

### **Session 3E HEALTH/SAFETY**

#### **Infectious Diseases in the Child Care Setting: It's All about Prevention!**

This 1.5 hour session will review the most common infectious diseases concerns within the child care setting. The topics will include but not be limited to, vaccine-preventable diseases such as influenza, gastrointestinal illness and respiratory illness. The presentation will highlight the significance of vaccination, hand hygiene, respiratory etiquette and other infection prevention strategies. Learn how you can play a key role in preventing infectious diseases within the child care setting.

**Trainer:** Susan Myers, M.Ed., R.N., Provider Relations Manager, Bureau of Infectious Disease Control, NH Division of Public Health Services

**Core Knowledge Area:** Developing as a Professional and Promoting Child Growth & Development

### **Important! Parking at Kennett Middle School**

Please feel free to use available parking through the second entrance to the school when you arrive to the conference. Carpooling is encouraged.

### **Lunch Considerations?**

Lunch options are plentiful in Conway. You can bring a bagged lunch or check out some local eateries for lunch at one of many options: Café Noche, First Stop Deli & Grocery, Sweet Maple Café, Bea's Café, etc. With only an hour for lunch, you may want to plan your route and meal plan early.

### **Hotel Accommodations**

***Looking to make this event a staff retreat or weekend away? Consider the below options of potential accommodations in the area.***

Comfort Inn & Suites 2001 White Mtn. Highway, Rt. 16 North Conway, 03860 1-866-647-8483 <http://northconwaycomfortinn.com/>

Colonial Hotel 2431 White Mtn. Highway North Conway, 03860 1-866-356-5178 <http://www.thecolonialmotel.com/>

North Conway Grand Hotel Rt.16 at Settlers Green Outlet Village North Conway, 03860 1-800-655-1452 <http://www.northconwaygrand.com/>



## Registration Information

**Cost: \$35**

To register, click on [www.snhscrr.eventbrite.com](http://www.snhscrr.eventbrite.com) or copy and paste this link to your web browser. Registration is online only and pre-registration is required.

This event is being held at a minimal cost to participants and registration is online. If you register and then are not able to attend, please contact Child Care Aware® of New Hampshire and we will cancel your registration. Please note that registration fees are non-refundable and space is limited. If you have questions about this event, please contact Child Care Aware® of New Hampshire at (603) 578-1386, ext. 32 or (603) 323-7091. Once you register, you will receive a confirmation email with a ticket. Please bring this ticket to the event upon sign-in.

Child Care Aware® of New Hampshire will be adding trainings and conferences taken through Eventbrite into the NH Professional Registry. If you register for this conference, Child Care Aware® of New Hampshire Staff will be adding this training to your registry record and you will have it available on your training transcript once you complete the training. You will be getting a confirmation email from Eventbrite with your ticket that you are registered and will also be receiving an email from the Registry indicating that you are enrolled. If you have questions about this, please contact our Training & TA Line, at 1-855-393-1731, ext. 32 or one of our regional outreach offices.

For more information about our services visit our agency site at [www.snhs.org](http://www.snhs.org) or check us out on Facebook and "Like Us" at Child Care Aware of New Hampshire. We look forward to seeing you soon!



**Cost: \$35**

**Register Online: [www.snhscrr.eventbrite.com](http://www.snhscrr.eventbrite.com)**

**Questions? Call Toll Free: 1-855-393-1731, ext. 32 or (603) 323-7091**

This conference will award participants up to 6 hours of professional development, including a welcome address and networking time with other participants.

*For a sneak peek on conference planning "Like" us on Facebook at  
"Child Care Aware of New Hampshire"*



Child Care Aware® of New Hampshire - Main Office  
88 Temple Street, Nashua, 03060  
(603) 578-1386, [ccrtraining@snhs.org](mailto:ccrtraining@snhs.org)

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