

# KEYS TO QUALITY: UNLOCKING YOUR PROFESSIONAL DEVELOPMENT



**Unlocking Your Potential, Opening Up Possibilities**

**Child Care Aware of NH, a Program of Southern NH Services  
E-Conference**

**Saturday, October 29, 2022 from 8:30 am to 4:30 pm**





## CONFERENCE SCHEDULE

**Welcome, Introductions & Keynote**

**8:30 am to 9:45 am**

**BREAK**

**9:45 am to 10:15 am**

**SESSION 1**

**10:15 am to 11:45 am**

**LUNCH**

**11:45 am to 12:45 pm**

**SESSION 2**

**12:45 pm to 2:15 pm**

**BREAK**

**2:15 pm to 2:45 pm**

**SESSION 3**

**2:45 pm to 4:15 pm**

**CLOSING**

**4:15 pm to 4:30 pm**

## Child Care Aware of New Hampshire's *Keys to Quality:* *Unlocking Your* ***Professional Development***

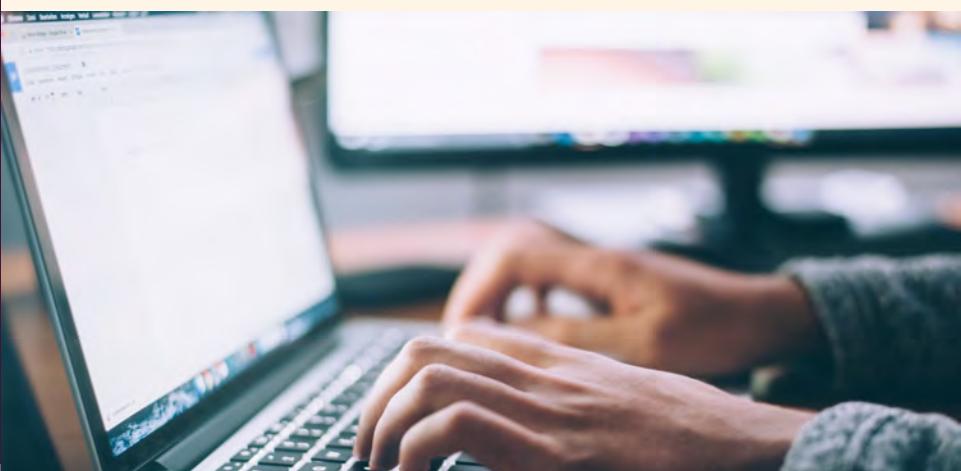


Child Care Aware of New Hampshire, a program of Southern New Hampshire Services, is pleased to provide this full-day conference devoted to quality professional development to assist child care programs, early childhood professionals and administrators in enhancing and improving their practices.

Participants will partake in the Keynote Presentation, ***Body and Mind for the Stressed-Out Educator*** with Ron Shauli who is an Early Childhood Keynote Speaker on Wellness, Behavior, and Social Emotional Learning. Participants will then have the opportunity to select from **three (3)** additional sessions with a wide range of topics to choose from.

**A total of nine (9) training opportunities will be offered** and each one will be **categorized for those wishing to take a "Training Track" specific to one (1) area of focus.** "Training Tracks" areas could be focused on social-emotional learning, curriculum, infants/toddlers, preschoolers or health, safety, and wellness. Some training may consist of more than **one (1) area of focus.** If you are looking to fulfill the health and safety training required yearly by NH Child Care Program Licensing Rules, QRIS, or the Infant and Toddler Endorsement, make sure to look for those Training Tracks.

Child Care Aware of New Hampshire's E-Conference, Keys to Quality: Unlocking Your Professional Development will be offered twice; once in October 2022 and once in January 2023.



**\*Please note:** All our trainers are either credentialed as an Early Childhood Master Professional Workshop 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 <https://www.nh-connections.org/providers/credentialing/>.

## Keynote Speaker:

**Ron Shuali, M.Ed.**

Ron Shuali, M.Ed., has spent over 15 years working and presenting in the education marketplace. He is a best-selling author, top motivational speaker, and presenter with expertise in the preschool through middle school arena. Ron has been a student of many disciplines of martial arts starting at age 12. His journey began with five years of Tae Kwon Do before college. While attending Rutgers University, he studied Wu Shu Kung Fu. After graduating, Ron earned his Black Belt in American Freestyle Karate and began studying the more internal martial art of Hung Gar Kung Fu. Finally, he added the study of Isshinryu Karate. At age 25 Ron began his journey in Yoga and enrolled in his first level one Reiki training. He realized that the common denominator in every art he studied was breathing; each style had its own way to "breathe". The combination of hard martial arts, like Kung Fu and Karate, blended with the soft martial arts of yoga and Reiki became Yogarate with Ron as the first Yensei (Yogi/Sensei). Currently, Ron and his team teach Yogarate in over 50 schools within the tri-state area including the true future leaders of the planet at the preschool at the United Nations.



## Keynote Address:

**Body and Mind for the Stressed-Out Educator**

We all get stressed out in life and that stress affects our minds, bodies and spirit, as well as the humans in our lives. This kinesthetic keynote is a stress-relieving solution for all who attend. Participants laugh out loud and learn how to increase their energy and relieve their stress through various breathing, stretching and strengthening movements. They will learn how to reduce or eliminate pain from their back, neck, knees, sciatic and ankles gently and easily. They will learn at least 3 different types of breathing for different situations and finish the keynote with a peaceful and relaxing meditation. They will walk away feeling invigorated and really, really happy!

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





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

## Session 1, 10:15 am to 11:45 am

### 1A PRESCHOOL/SOCIAL EMOTIONAL

#### **Yogarate®**

**Description:** Yoga and Martial Arts blended into one age-appropriate experience. Activities include breathing, stretching, giggling, blocking, learning, singing, thinking, jumping, throwing and a lot of smiling. Participants discover a new way to effectively communicate with fellow teachers, parents and children for the best possible results. Staff will leave the room empowered, excited and energized. The audience gets to choose their level of participation as the games can be done in chairs or in a designated movement area. Educators experience auditory, visual and kinesthetic joy that they can bring into their classrooms. Educators learn immediately effective behavior modification skills to transform their most challenging children. Educators learn 4 ways to breathe that positively alters their moods and oxygenates their blood. Breath in...NamastAHYAH!!!

**Trainer:** Ron Shuali, M.Ed.

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

### 1B QRIS/GSQ/CREDENTIAL

#### **Changes to the NH Early Childhood Professional Development System (Credential)**

**Description:** During this session, participants will review the new changes, updates, and additions to the NH Credentialing System. This webinar will provide clarification, answer questions, and give the participants time to ask questions to the credentialing specialist.

**Trainer:** Annemarie Censullo, Credentialing Specialist, BCDHSC

**Core Knowledge Area:** Developing as a Professional





## Conference Contributors

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

- NH Children's Trust
- NH Child Care Licensing Unit

Thank you for your support and contributions to promote quality practices in early childhood settings!

## Session 1, 10:15 am to 11:45 am (Continued)

### 1C QRIS/GSQ/ERS/SACERS

#### Intro & Overview of ERS and SACERS-U

**Description:** The Environment Rating Scales (ERS) are observational tools that assess process quality of child care programs. This training provides an introduction and overview of the ERS and the School-Age Care Environment Rating Scale-Updated version (SACERS-U). We will examine the benefits of using the tool and how to use the SACERS-U tool in an out-of-school time (OST) program. This training is intended for programs with school age children in OST.

**Trainer:** Cathy Hazelton, M.Ed., Assistant Project Director, Across NH

**Core Knowledge Area:** Developing as a Professional and Observing, Documenting & Assessing

## SESSION 2, 12:45 pm to 2:15 pm

### 2A QRIS/GSQ/ERS/ECERS

#### Intro & Overview of ECERS

**Description:** This training is an introduction and overview of the Environment Rating Scales. The training will provide basic information on the Early Childhood Environment Rating Scale, how to use the tools and the benefits of using the tools in your classrooms and program.

**Trainer:** Lisa Piccolo, ECMPWT

**Core Knowledge Areas:** Developing as a Professional and Observing, Documenting & Assessing

### 2B HEALTH/SAFETY

#### Understanding Homelessness and Its Impact on Children and Families

**Description:** Participants in this training will first understand the general state of homelessness in NH. Second, understand how to identify a child and/or family experiencing homelessness. Third, understand the relationship between homelessness and trauma in children. Fourth, understand the physical and emotional impacts of homelessness, particularly on children. Fifth, understand the reactions and symptoms of trauma and homelessness in children. Lastly, participants will come to understand best practices in serving children who experience homelessness. The training will incorporate a variety of teaching techniques including didactic presentation, small group discussions/brainstorms, videos and opportunity for questions, dialogue and discussion.

**Trainer:** Courtney Porter, MSW, M.Ed., LSSW, School Social Worker

**Core Knowledge Areas:** Building Family & Community Relationships

## SCHEDULE OF THE DAY

<b>WELCOME, INTRODUCTIONS &amp; KEYNOTE</b>
<b>8:30 am to 9:45 am</b>
<b>BREAK</b>
<b>9:45 am to 10:15 am</b>
<b>SESSION 1</b>
<b>10:15 am to 11:45 am</b>
<b>LUNCH</b>
<b>11:45 am to 12:45 pm</b>
<b>SESSION 2</b>
<b>12:45 pm to 2:15 pm</b>
<b>BREAK</b>
<b>2:15 pm to 2:45 pm</b>
<b>SESSION 3</b>
<b>2:45 pm to 4:15 pm</b>
<b>CLOSING</b>
<b>4:15 pm to 4:30 pm</b>

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

### 2C INFANT/TODDLER/HEALTH/SAFETY

#### Period of PURPLE Crying Awareness Training

**Description:** 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 developmental stage of increased crying, ways to cope with it, and the dangers of reacting to the crying in frustration. All the birthing hospitals are providing the Period of Purple Crying program to new parents. If you work with these families you need to know about it too! 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 question and answer period has been added for informational purposes.

**Trainer:** Karen Pellicano-Program Specialist, Operations-NH Children's Trust

**Core Knowledge Area:** Building Family & Community Relationships and Promoting Child Growth & Development

## SESSION 3, 2:45 pm to 4:15 pm

### 3A QRIS/GSQ/ERS/ITERS

#### Intro & Overview of ITERS-3

**Description:** This training is an introduction and overview of the Environment Rating Scale-ITERS-3. This training will provide basic information on the Environment Rating Scale, ITERS-3, Infant Toddler Environment Rating Scales. This will include how to use the tool and the benefits of using the tool in your classroom and program.

**Trainer:** Connie Davis, ECMPWT and Lindsey Parisi, ECMPWT

**Core Knowledge Areas:** Developing as a Professional and Observing, Documenting & Assessing





### Thank you's:

- Ron Shauli
- Karen Pellicano & NH Children's Trust
- Lisa Piccolo
- Courtney Coppi
- Melony Williams
- Lindsey Parisi
- Courtney Porter
- Cathy Hazelton
- Connie Davis
- Annemarie Censullo

### Session 3, 2:45 pm to 4:15 pm (Continued)

#### 3B PRESCHOOL/CURRICULUM

##### Nature-Based Education in the Preschool Classroom

**Description:** What is nature-based education? Why introduce nature-based into your classroom and how to get started! Understand your own nature relatedness, while incorporating nature into your existing class without spending a lot of money or re-doing your entire curriculum. Bring nature in while aligning with Developmentally Appropriate Practice (DAP)!

**Trainer:** Courtney Coppi, M.Ed., Director, Fledglings Nature-based Preschool at Prescott Farm Environmental Education Center, Certified Nature Based Teacher, Certified Mindfulness for Children Practitioner, Early Childhood Education Consultant

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

#### 3C SOCIAL EMOTIONAL/LEADERSHIP

##### Beyond the Call: Exploring the Issues Around Making a DCYF Report

**Description:** Making a DCYF report is a difficult choice for Programs to make. This training will address how to support at-risk families, the warning signs and how to make the decision to call DCYF. Melony will also speak about how to support families, staff, and classrooms after the call has been made.

**Trainer:** Melony Williams, LCMHC

**Core Knowledge Area:** Developing as a Professional and Building Family & Community Relationships



#### Registration Transferability

Training registrations are transferable for paid events with a minimum of five (5) business days notice. Please note that if you are unable to attend a paid training; to replace yourself with another individual, you may call the Professional Development Support Coordinator, Donna Lake, at (603) 903-0830, or email at [ccrrtraining@snhs.org](mailto:ccrrtraining@snhs.org) a minimum of five (5) business days before the event training date.

## Registration Information Cost: \$20

To register, go to or click on [Eventbrite](#). Once you register, you will receive a confirmation email with a ticket. Participants are asked to sign onto the online Zoom training before the advertised start time. Participants may sign on to the online Zoom training **fifteen (15) minutes** prior to beginning

Please note that participants will be provided with **two (2)** **thirty (30) minute breaks** throughout the day and a **one (1)** **hour break** for lunch.

If there are technical issues, please call our main line at **603-578-1386 ext. 2532** or email at [ccrrtraining@snhs.org](mailto:ccrrtraining@snhs.org).

Credit for attending this online Zoom training will be provided through the [NHCIS Professional Registry](#) under Training Transcripts within **one (1)** to **five (5)** business days.

For more information about our services visit [nh-connections.org](#) or 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!



## Cost: \$20

**Register Online:** [Southern NH Services, Child Care Aware of NH Events](#)  
[| Eventbrite](#)

**Questions? Call Toll Free: 1-855-393-1731, ext. 2532**

This conference will award participants up to 6 hours of professional development, including a welcome address and networking time with other participants. These hours can help to satisfy the ongoing health and safety trainings required by CCLU.

Child Care Aware of New Hampshire  
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[nh-connections.org](http://nh-connections.org)

