

# Caring for Our Children Conference in Portsmouth

Saturday, April 4, 2020  
7:30 am to 3:15 pm

Great Bay Community College  
320 Corporate Drive  
Portsmouth, NH 03801

Child Care Aware of NH  
Powered by  
Southern New Hampshire Services





## CONFERENCE SCHEDULE

**REGISTRATION**  
7:30 to 8:00 am

**WELCOME**  
8:00 to 8:15 am

**KEYNOTE**  
8:15 to 9:15 am

**SESSION 1**  
9:30 to 11:00 am

**LUNCH**  
11:00 to 11:45 am

**SESSION 2**  
12:00 to 1:30 pm

**SESSION 3**  
1:45 to 3:15 pm

## Child Care Aware of New Hampshire's "Caring for Our Children" Conference

Child Care Aware of New Hampshire powered by 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.

Child Care Aware of NH will be offering participants an **option to purchase a bag lunch for \$5.00**. Check out the lunch section of the brochure on page 9 for more details.

Participants will partake in a **Keynote Presentation: Relationships as the Foundation for Early Learning** with Keynote Speaker Stephanie Therrien, M. Ed, ECMPWT in the morning. Participants will then have the opportunity to select from a wide range of training topics to assist them in a stimulating day of learning, networking and fun. A total of 15 trainings are being offered and each one has been categorized for those wishing to take a "Training Track" specific to one area of focus. "Training Tracks" include Communication, Curriculum, Early Learning Standards, Health, Safety, Observation & Assessment and Wellness. Some tracks may consist of more than one area of focus. If you are looking to fulfill the health and safety training required yearly by NH Child Care Program Licensing Rules, look for trainings within the Health or Safety Tracks. Some sessions have been duplicated to ensure that participants have equal access to trainings offered.

### Keynote Speaker

#### **Stephanie Therrien, M. Ed, ECMPWT**

Stephanie is a Training and Technical Assistance Specialist at SNHS, Child Care Aware of New Hampshire and an adjunct instructor for NHTI-Concord's Community College and Nashua Community College. She has worked with children and families for over 25 years and has a strong background in the Pyramid Model framework from her time as a Behavioral Support Coach at Easterseals NH through Project LAUNCH. Stephanie is passionate about working with teachers and families to help develop their skill sets in developing young children's social and emotional skill development.



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



## Keynote Address

### **Relationships as the Foundation for Early Learning**

The Pyramid Model is a conceptual framework of evidence-based practices for promoting young children's healthy social and emotional development. Tier I focuses on Universal Promotion of supports and practices for all children in your care. The Pyramid Model stresses that relationships with our children, our teammates, our families and us cannot be separated from our classroom curriculum and activities. Many practitioners and families look for quick fixes to change children's behaviors, but if we don't have good relationships with the young people we work with every day, then no intervention strategy will be successful. Children learn in the context of the relationships they have. The stronger your relationship is with your children and your team, the more your children can learn the skills that are important to their development.

### **Session 1, 9:30 to 11:00 am**

#### **1A SOCIAL EMOTIONAL/INFANT & TODDLER**

#### **Exploring Tier II of the Pyramid Model with Infants and Toddlers: Responsive Relationships and Supportive Environments Are Key!**

When infant and toddler care settings are planned and carried out thoughtfully and with intentionality, young children can learn competence, security, and confidence.

In this training we will explore Tier II of the Infant Toddler Modules which include targeted strategies to build social emotional skills in infants and toddlers. This session also includes supporting families as they learn how to use routines and create environments to help young children develop successfully.

**Trainer:** Stephanie Therrien, M. Ed, 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 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 <http://nh.childcareaware.org/nh-early-childhood-professional-development-system/>



## Bag Lunch Option

*Interested in purchasing a bag lunch when you register for this training?*

*Child Care Aware of NH is offering participants the option to purchase a bag lunch during your online registration for only \$5.00. Check out the lunch options page for more details!*



## Session 1, 9:30 to 11:00 am (Continued)

### 1B HEALTH/SAFETY

#### Employee and Student Wellness in Child Care Programs

Join us as we talk about ways that New Hampshire child care programs have provided healthy foods and additional physical activity opportunities for the children in their care. We'll also be talking about ways child care programs can help their staff members quit smoking, lose weight and get access to free breast and cervical cancer screenings. New Hampshire child care programs will now have the opportunity to use the online Nutrition and Physical Activity Self-Assessment in Child Care (Go NAP SACC) program and more will be shared on how programs can access the new online tools. We hope you'll join us and share your own wellness successes and, as always, there will be physical activity breaks!

**Trainer:** Scot Foster, ECMPAP, NH DHHS, Division of Public Health Services, Chronic Disease Prevention and Screening Section

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

### 1C HEALTH/NUTRITION

#### Making Food Fun: Nutrition and Healthy Eating For Children

You can help to make eating nutritious, good for kids and fun too! This workshop will provide the A, B, and C's of nutrition, food and physical activity to keep children healthy. Learn some practical strategies you can implement right away. In addition to healthier meals, creative activities to introduce learning about nutrition and food to raise a generation of adventurous eaters will be shared.

**Trainer:** Rebecca Betts, M.Ed.

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

### 1D EARLY LEARNING STANDARDS/CURRICULUM

#### Getting to Know the Early Learning Standards

Young children have an innate desire to learn. That desire can be supported by quality early learning experiences. By using Early Learning Standards, teachers can create opportunities for positive development. In this training, we will delve into the NH Early Learning Standards (ELS). Through group activities and active discussion, participants will have the opportunity to learn how the ELS can be a resource in the classroom, familiarize themselves with the format of the ELS and discover ways to incorporate the standards into their program. This training meets the NH Licensed Plus requirement for Early Learning Standards.

**Trainer:** Jennifer Ganim-Smith, ECMPWT,

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

**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, Nutrition and Wellness” 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 <https://nrckids.org/CFOC> or for purchase at <https://shop.aap.org/caring-for-our-children-national-health-and-safety-performance-standards-4th-edition-paperback/>. 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 1, 9:30 to 11:00 am (Continued)****1E HEALTH/SAFETY****CPS: A 90 Minute Overview of Safely Transporting Children**

This module will offer a comprehensive overview on properly securing young passengers in a vehicle. This module will include education about which type of seat to use, how to properly install a car seat and will discuss developmental readiness in regards to the use of booster seats. This module will also discuss NH State laws regarding proper use in all vehicles, vans and small school buses.

**Trainer:** James E. Esdon, Safe Kids NH Coalition Coordinator, Certified Instructor Child Passenger Safety

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

**Session 2, 12:00 to 1:30 pm****2A SOCIAL EMOTIONAL/PRESCHOOL****Exploring Tier II of the Pyramid Model Teaching What We Want to See: Creating Expectations, Rules, and Consequences with Preschoolers to Prevent Challenging Behaviors**

When we want children to learn something, we teach them. We teach them letters and numbers, shapes and colors and about the world around them. It's just as important to teach children how to make friends, solve problems and learn how to manage strong emotions. In this session, we will explore Tier II of the Pyramid Model which includes applying targeted strategies to prevent problems in the classroom and give children explicit instruction to ensure they develop competence in social and emotional skills.

**Trainer:** Stephanie Therrien, M. Ed, ECMPWT

**Core Knowledge Areas:** 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 2, 12:00 to 1:30 pm (Continued)

### 2B HEALTH/SAFETY/INFANT & TODDLER

#### 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 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 Crying when they give birth. 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:** Deborah Ross, Training Specialist, Programs and Outreach, NH Children's Trust

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

### 2C POLICY/ADMINISTRATION

#### Policy Implementation in Early Childhood Programs

This training will focus on the adoption, implementation and the continued success of policy implementation within Early Childhood Programs. This training will help administrators to understand the process of change implementation as well as important factors to consider when policy implementation is deemed critical. During this conference session, administrators will focus primarily on the Expulsion Prevention Policy as an example.

**Trainer:** Elizabeth M Costa, MA, ECMPWT

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

### 2D HEALTH/WELLNESS

#### Not the Babysitter: Fatherhood Myths & Dad Realities

Too often, popular culture presents fathers stereotypically as absent or ineffective which leads to a distorted views of this parent's capacity and capability. In looking at what current research tells us about what men's roles are and their willingness is to be present, active parents, we then can banish these media supported biases to create an inclusive environment that is father friendly. Challenge clients to see what is, and can be, possible for dads.

**Trainer:** Janis Lilly, M.Ed., AMS I/T Credential, Adjunct Professor Human Development & Family Studies

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

## 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:

- DHHS, Child Care Licensing Unit
- DHHS, Division of Public Health Services, Chronic Disease Prevention and Screening Section
- Great Bay Community College

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

Many of the photos in the Conference Brochure were taken from the 2019 CCAoNH Photo Shoot Programs:

- Barrington Village School Family and Child Enrichment Center
- The Learning Tree
- The Learning Path
- Keene Day Care
- Lancaster Play and Learn
- Moultonborough Learning Center
- The Kids Spot
- Yeni's Daycare

## Session 2, 12:00 to 1:30 pm (Continued)

### 2E HEALTH/WELLNESS

#### **Creating Positive Emotional Environments for Children through Self Reflection and Understanding**

Participants will learn methods to creating positive emotional environments for children and their families. We will focus on the following ideas:

- How relationships are at the heart of learning and development
- How self-reflection and guided activities can help us unpack how we feel and why
- How can we face the power of our anger and our feelings of powerlessness
- How do we change our own emotional scripts

In our time together, we will uncover new research, have dialogue and explore ways to understand how we can support children and families and OURSELVES!

**Trainer:** Jessica Cantin, ECMPWT

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



## Session 3, 1:45 to 3:15 pm

### 3A HEALTH/SAFETY

#### **Substances: Children and the Changing Family**

In the United States today, half of all children (35.6 million) live in a household where a parent or other adult uses tobacco, drinks heavily or uses illicit drugs. A growing body of evidence shows that substance misuse and abuse is having distinct effects on different family structures, including extend families and caregivers. Within this workshop, we will banish some of the myths of addiction, shine light on State and Federal efforts, discuss how to create recovery friendly policies and provide tools for those working directly with families who may be struggling for the betterment of all of New Hampshire's children.

**Trainer:** Janis Lilly, M.Ed., AMS I/T Credential, Adjunct Professor Human Development & Family Studies

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



## CONFERENCE SCHEDULE

**REGISTRATION**  
7:30 to 8:00 am

**WELCOME**  
8:00 to 8:15 am

**KEYNOTE**  
8:15 to 9:15 am

**SESSION 1**  
9:30 to 11:00 am

**LUNCH**  
11:00 to 11:45 am

**SESSION 2**  
12:00 to 1:30 pm

**SESSION 3**  
1:45 to 3:15 pm

### Session 3, 1:45 to 3:15 pm (Continued)

#### **3B HEALTH/DEVELOPMENT**

##### **Ages and Stages of Healthy Child Sexual Development**

This workshop will discuss introductory information regarding typical child sexual development and behavior. Each developmental stage will be explored including normal sexual behaviors and those that could be red flags for developmental concerns and/or abuse. Basic strategies to address sexual behaviors in children will also be reviewed. Case examples will be offered and evaluated in the context of development of sexual behaviors which will allow for audience interaction.

**Trainer:** Jessica Cantin, ECMPWT

**Core Knowledge Areas:** Teaching & Learning, Promoting Child Growth & Development, and Observing, Documenting & Assessing

#### **3C HEALTH/WELLNESS/INFANT & TODDLERS**

##### **Gardening with Toddlers**

Toddlers learn about their magnificent world through their senses: touch, taste, sight, sound and smell. Spending time in the garden nurtures these areas of growth and provides endless opportunities for little ones to explore their world. Come learn some fun gardening activities from worm farming to planting seeds to yoga movements that bring us closer to nature.

**Trainer:** Renee Maloney, ECMPWT

**Core Knowledge Area:** Teaching & Learning

#### **3D COMMUNICATION**

##### **Intentional Communication within the ECE Setting**

Communication is at the route of everything we do, so what are you saying? It's critical to be intentional as you work to communicate with children, families and co-workers. Find out more about your communication style, a positive emphasis and the five minute rule. In this training, participants will explore the various ways we communicate and how to improve those skills to help create meaningful connections within a school environment.

**Trainer:** Elizabeth Costa, ECMPWT

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

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

##### **Helpful Tips for a Successful Licensing Visit!**

*Helpful Tips for a Successful Licensing Visit* is a training that'll give you the top 10 ways to prepare yourselves for a visit from Child Care Licensing. We'll discuss the best methods to maintain compliance for the most cited rules. Questions are encouraged throughout!

**Trainer:** Nicole Burke, ECMPWT, Licensing Coordinator

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



## Important!

# Parking at Great Bay Community College

Please feel free to use available parking at Great Bay Community College when you arrive to the conference.

Carpooling is encouraged. \*To view a map of campus and campus parking:

<http://greatbay.edu/campus-life/facilities/campus-map>



## Lunch Options

With only an hour for lunch, you may want to plan your route and meals early!

**BUY a BAG LUNCH when registering online:** CCAoNH is offering participants the option to purchase a bag lunch for **\$5.00**. Orders must be placed when registering for the conference. Preordering is required.

**Bag lunch sandwich options are as follows:**

- Turkey
- Ham
- Roast Beef
- Vegetarian



The bag lunch will include a sandwich, bottle of water, chips, seasonal fruit and cookie (condiments for the sandwich will be on the side).

### Other Lunch Options:

You can bring lunch from home.

**You can dine out.** Lunch options are plentiful in Portsmouth. Check out some local eateries for lunch options:

- Portsmouth Brewery
- Grill 28
- Flatbread Pizza
- The Roundabout Diner & Lounge
- Panera Bread
- Applebee's
- Portsmouth Book & Bar

**\*Please contact the Professional Development Support Coordinator if you have any life threatening allergies at least one week before the event at [ccrtraining@snhs.org](mailto:ccrtraining@snhs.org)!**

## Hotel Accommodations

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

- Anchorage Inn & Suites, 417 Woodbury Avenue, Portsmouth, 03801, (603) 431-8111, <http://www.anchorageinns.com>.
- Best Western Plus, 580 US Highway 1 Bypass, Portsmouth, 03801, (603) 436-7600, <http://www.bestwestern.com/>.
- Hampton Suites, 23 Portwalk Place, Portsmouth, 03801, (603) 430-3033, <http://hamptoninn3.hilton.com/en/index.html>.
- Holiday Inn Portsmouth, 300 Woodbury Avenue, Portsmouth, 03801, (603) 431-8000, <http://www.holidayinn.com/>.
- Wentworth By the Sea, 588 Wentworth Road, New Castle, 03854, (603) 422-7322, <http://www.wentworth.com/>.



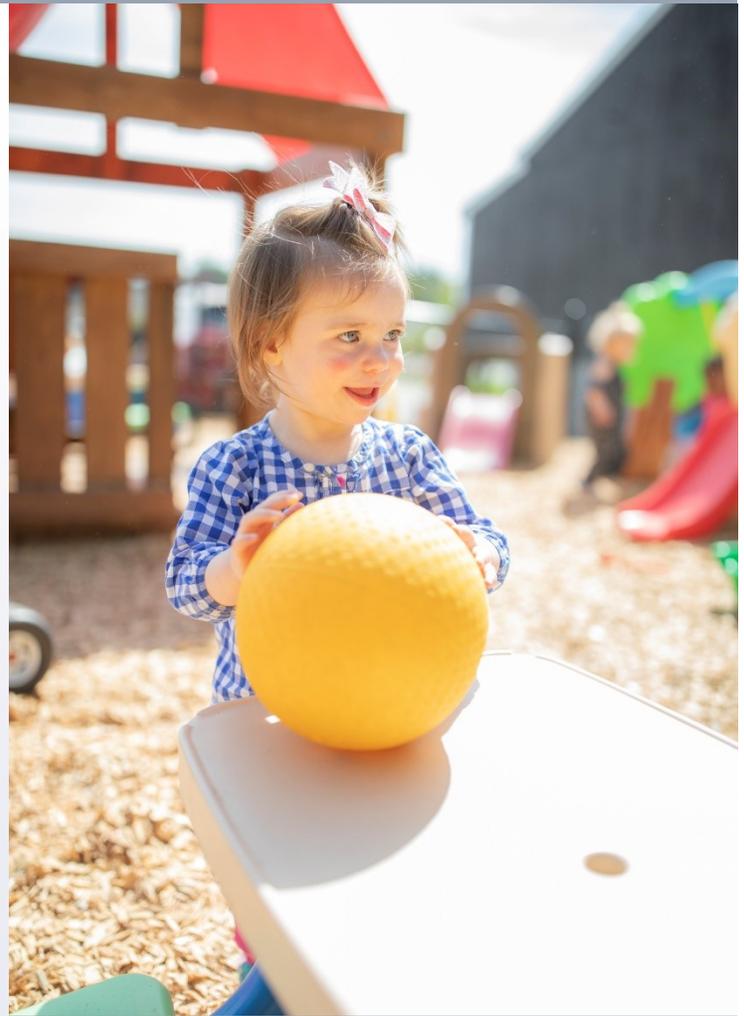
## Registration Information Cost: \$45

To register, go to or click on [www.snhscrr.eventbrite.com](http://www.snhscrr.eventbrite.com).

Once you register, you will receive a confirmation email with a ticket. Please bring this ticket to the event and present it when signing-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 toll free line, at 1-855-393-1731, ext. 32 or one of our regional outreach offices.

For more information about our services visit [nh.childcareaware.org](http://nh.childcareaware.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: \$45

*(Lunch available for additional \$5.00, must be preordered)*

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

Questions? Call Toll Free: 1-855-393-1731, ext. 32

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  
Main Office: 88 Temple Street, Nashua, 03060  
1-(855) 393-1731, ext. 32, [ccrtraining@snhs.org](mailto:ccrtraining@snhs.org)  
[nh.childcareaware.org](http://nh.childcareaware.org)

