

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,
January 27, 2018
8:30 am to 4:30 pm

Keene State College
229 Main Street
Keene, NH 03435



Keene
STATE COLLEGE

vrom
Brain building moments

Keynote Speaker



Cheryl Hovey, ECMPWT

Child Care Aware® of New Hampshire's “Caring for Our Children” Conference

Child Care Aware of New Hampshire is pleased to provide this full day conference specifically devoted to health, safety, nutrition, development and wellness topics to assist child care programs, early childhood professionals and administrators in enhancing and improving their health, safety and nutrition practices. All training sessions from this conference may be used to satisfy the hours of professional development required in the NH Child Care Program Licensing Rules. All sessions may be used to satisfy the three (3) hours in health and safety training that must be part of the total hours of professional development required yearly.

NEW this year, Child Care Aware of NH will be offering participants an option to purchase a bag lunch. Check out the lunch section of the brochure for more details

Participants will partake in a Keynote Presentation: **“What’s My Piece in this Puzzle!!”** with Keynote Speaker Cheryl Hovey, ECMPWT in the morning. Then, participants 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 15 trainings will be offered in addition to the Keynote. Each session 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, Development and Wellness. 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

Keynote Speaker: Cheryl Hovey, ECMPWT

Keynote Bio: Cheryl Hovey, ECMPWT is currently working as the Program Director for Early Childhood at Fisher College and is an Early Childhood Consultant specializing in infants and toddlers. She completed her undergraduate degree at Wheelock College in Human Development with a concentration in Child and Family Studies and her Master’s Degree in Birth to Three: Development and Intervention as an Infant and Toddler Specialist.

Keynote Address: What’s My Piece in this Puzzle!!

Keynote Address: “What’s My Piece in this puzzle!!” Understanding and promoting social emotional development from the Pyramid Model in the context of relationships. We all know how important relationships are in the healthy development of children; but do we truly understand how this happens? This keynote will provide you with ideas to consider, strategies to implement and a few additional things to ponder!





CONFERENCE SCHEDULE

REGISTRATION
8:30 to 9:00 am

WELCOME
9:00 to 9:15 am

KEYNOTE
9:15 to 10:15 am

SESSION 1
10:30 am to 12:00 pm

LUNCH
12:00 to 1:00 pm

SESSION 2
1:15 to 2:45 pm

SESSION 3
3:00 to 4:30 pm

Session 1, 10:30 am to 12:00 pm

Session 1A HEALTH/NUTRITION

Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) in NH – More than 100 Programs and Still Going!

Since 2010, more than 100 child care programs have completed NAP SACC. NAP SACC is a free self-assessment program that helps child care professionals look at their current nutrition and physical activity practices and then helps them make improvements they feel they can successfully make in order to provide the healthiest environment possible for children ages birth to five. As a part of this session, we will learn about NAP SACC and hear some easy and cost-effective ways that New Hampshire child care programs have improved their nutrition and physical activity policies and practices. We will have some special guests that have completed NAP SACC in our state, so we hope you will join us for some great conversation and some fun physical activity breaks!

Trainer: Scot Foster, ECMPAP, NH DHHS, Division of Public Health Services, Healthy Eating and Physical Activity Section, Obesity Prevention Program
Core Knowledge Areas: Teaching & Learning and Promoting Child Growth & Development

Session 1B 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 as well as 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: Patti Carbonero, DCYF, Child Protector Service Worker
Core Knowledge Areas: Developing as a Professional and Promoting Child Growth & Development

Session 1C HEALTH/SAFETY

Babies and Brains: Some Assembly Required

This session on brain anatomy and development will explore the parts of the brain, how the parts are organized, how they communicate, and how repetition and experiences play a role in shaping healthy brain development. Having a basic understanding of the brain's anatomy is the foundation for understanding how adults can make a difference in supporting and nurturing a young child as their brain develops. Second, we will explore the importance of understanding temperament from a child's perspective and how your own temperament can impact caregiving. Finally, we'll be rounding out the session with PLAY! As current research shows, play is one of the most important things a child does. Through play, a child explores his world, learns valuable information, and develops social skills. (Continued on next page.)

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

All training sessions from this conference may be used to satisfy the hours of professional development required in the NH Child Care Program Licensing Rules. All sessions may be used to satisfy the three (3) hours in health and safety training that must be part of the total hours of professional development required yearly.

***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://www.dhhs.nh.gov/dcyf/cdb/documents/earlychildhood.pdf>.



Session 1, 10:30 am to 12:00 pm (Continued)

Session 1C HEALTH/SAFETY (Continued)

Babies and Brains: Some Assembly Required

This session will provide information on how play build connections in the brain, and gives practical examples of how adults can enrich the learning experience of children through play.

Trainer: Cheryl Hovey, ECMPWT

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

Session 1D HEALTH/NUTRITION

Cultivate a Curiosity for Growing Food

In this 90-minute workshop, educators will learn the science behind soil, seeds and plants in the context of growing food. The workshop will emphasize hands-on activities that allow youth to explore natural phenomena and topics such as types of plants to grow indoors and how to involve youth will be explored.

Trainer: Sarah Grosvenor, M.A.T., UNH Cooperative Extension, Youth & Family Field Specialist

Core Knowledge Area: Promoting Child Growth & Development

Session 1E HEALTH/ASSESSMENT

Teaching from the Child's Perspective: The Art of Formative Assessment

Teaching from the Child's Perspective is an interactive workshop that provides basic information about the uses of ongoing observation as part of enhancing and developing an approach to formative assessment in the classroom. When we understand what children are thinking, feeling and experiencing, we can develop intentional teaching strategies that enhance classroom practice and learning environments. Participants will develop an understanding of formative assessment practices, sharpen their observation approaches, explore resources in an effort to build their assessment tool box.

Trainer: Jessica Sugrue, ECMPWT

Core Knowledge Area: Promoting Child Growth & Development





Session 2, 1:15 to 2:45 pm

2A HEALTH/SAFETY

Injury 101

Come learn about the basics of Injury Prevention for children during this session. Discover some simple techniques for improving childhood safety and for sharing those with parents. Part of this time will be dedicated to child passenger safety, the second leading cause of unintentional injury to kids under 8 and a topic of much concern. (Continued on next page.)

There will be limited time at the end for questions and answers.

Trainer: James Esdon, Program Coordinator, Safe Kids New Hampshire Mary Hitchcock Memorial Hospital and Dartmouth-Hitchcock Clinic

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

2B 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 and 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>

Trainer: Gregg Champlin, School Emergency Planning Specialist

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

2C Session 2G SAFETY/INFANT & TODDLER

The Power of Play!

Do children really learn during free play? Do we have knowledge to share with parents on the importance of allowing children to “just play”? This session will be interactive and engaging, with discussions that back our views on how play supports healthy development in children. We may even take a stroll back in time...

Trainer: Cheryl Hovey, ECMPWT

Core Knowledge Area: Promoting Child Growth & Development

2D HEALTH/WELLNESS

DE-stress your Day – Help for Teachers Everywhere!

It may surprise you to know that choices we make and how we view a situation can completely change the outcome. Learning how to respond vs. reacting can lead to less stress in all areas of our life! Small shifts can bring big changes to your day. Join us for a workshop to help identify areas of stress and learn how to let go and incorporate simple techniques to create a stress-free day!

Trainer: Dee Dee Thurber, ECMPWT

Core Knowledge Area: Developing as a Professional



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

NEW this year, Child Care Aware of NH is offering participants the option to purchase a bag lunch during online registration. Check out the lunch options page for more details!



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 http://cfoc.nrckids.org/WebFiles/CFOC3_updated_final.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, 1:15 to 2:45 pm (Continued)

2E HEALTH/WELLNESS

Active Classrooms

Brief classroom physical activity breaks (i.e., 5-10 minutes) are associated with improved cognitive performance, classroom behavior, and educational outcomes among students. Join us to learn more about the research around physical activity and its impact on behavior and academics and learn some ways you can easily include more activity into your day. We'll be joining in some examples of classroom physical activities that help kids learn kindergarten readiness skills and be active at the same time. If you have some favorite activities you do with your kids, please come and share them with us!

Trainer: Scot Foster, ECMPAP, NH DHHS, Div. Public Health Services, Healthy Eating and Physical Activity Section, Obesity Prevention Program
Core Knowledge Areas: Teaching & Learning and Promoting Child Growth & Development

Session 3, 3:00 to 4:30 pm

3A HEALTH/SAFETY

Child Care Licensing Question & Answer Session

Come to this informational training session and meet with Child Care Licensing Staff, Heather Dombrowski and Amelia Verdrager. This unique opportunity is the perfect place to ask all those questions about the rules you always wanted answers to. Hear what changes are coming to the rules. Listen to how others successfully manage licensing requirements within their program. Leave with a confident and up to date understanding of licensing.

Trainers: Heather Dombrowski and Amelia Verdrager, Child Care Licensing Unit

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





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SESSION 3

3:00 to 4:30 pm



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

3B HEALTH/SAFETY

Working with Homeless Youth

This training will focus on our homeless youth. During this discussion, we will learn more about the impact of homelessness on children and how you can lessen that impact. Find out how the McKinney Vento Act affects young children, and discover how challenging behavior and homelessness can go hand in hand.

Trainer: Cathy Pellerin, ECMPWT

Core Knowledge Area: Promoting Child Growth & Development

3C HEALTH/ WELLNESS/INFANT/TODDLER

Is It 5 O'clock Yet?

Understanding your leadership style and temperament is imperative to maintaining a positive attitude, focus and overall well-being. Taking care of our own minds can take a back seat to our nurturing of children, staff and families. It is time to take five and learn positive strategies to reduce burnout and put you first!

Trainer: Cheryl Hovey, ECMPWT

Core Knowledge Area: Developing as a Professional

3D 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 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! 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 question and answer period has been added for informational purposes.

Trainer: Maria Doyle, ECMPWT, NH Children's Trust

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

3E HEALTH/ WELLNESS

Indoor Gross Motor Activities

We know children need active play! With winter here, it will be hard for them to acquire that release from outside! This workshop will give you hundreds of active play ideas to use during the long winter months that you and the children will enjoy! Most of the ideas will require very little prep or equipment. (Continued on next page.)



Conference Contributors

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

Bureau of Child Development and
Head Start Collaboration
Dartmouth Hitchcock Clinic
Child Care Licensing Unit
Division of Children, Youth &
Families
Division Public Health Services
Keene State College
Mary Hitchcock Memorial Hospital
Maternal and Child Health Section
UNH Cooperative Extension

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



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

3E HEALTH/ WELLNESS (Continued)

Indoor Gross Motor Activities

This will be an active workshop so come prepared to move, dance, and learn some new gross motor activities!

Trainer: April Campbell, ECMPWT

Core Knowledge Area: Promoting Child Growth & Development

Important! Parking at Keene State College

Please feel free to use the following parking lots at Keene State College when you arrive to the conference:

- Faculty/Staff Parking - (designated by a red F/S logo on parking lot signage. Closest lots to event: Off Wyman Way and Main Street)
- Commuter Parking - (designated by a yellow CC logo on parking lot signage. Off Winchester St. and Madison St)
- Visitor's Lot Parking -(Adjoining Campus Safety off Main St. and Wyman Way)
- Winchester St. Lot - (Overflow, satellite lot near Wal-Mart & McDonald's on Winchester St.)
- ***Absolutely NO parking in any of the Residence Hall lots (Pondside 2 & 3 and Owls Nest)** Interactive map of campus and campus parking: <http://www.keene.edu/campus/maps/college/>

Hotel Accommodations

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

- Best Western Plus Sovereign Hotel, 401 Winchester Street, Keene, 03431, (603) 357-3038, https://www.bestwestern.com/en_US/book/hotels-in-keene/best-western-plus-keene-hotel/propertyCode.30017.html
- Courtyard Marriot, 75 Railroad Street, Keene, 03431, (603) 354-7900, <http://www.marriott.com/hotels/travel/mhtdt-courtyard-keene-downtown/>
- Fairfield Inn & Suites, 30 Main Street, Keene, 03431, (603) 357-7070, <http://www.marriott.com/hotels/travel/mhtkn-fairfield-inn-and-suiteskeene-downtown/?pid=corptbta&scid=b661a3c4-9c47-48c8-9e13-75b66089dd79>
- Holiday Inn Express, 175 Key Road, Keene, 03431, ((603) 352-7616, <https://www.ihg.com/holidayinnexpress/hotels/us/en/keene/eennh/hoteldetail>

Check out what is happening in Keene at <http://ci.keene.nh.us/>.



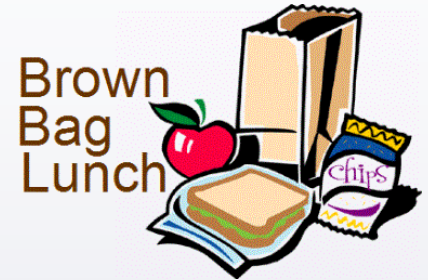
Lunch Options:

NEW this year, **BUY a BAG LUNCH** when **registering online**: CCAoNH is offering participants the option to purchase a bag lunch for **\$10.00**. 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:

- The Zorn Dining Commons at Keene State College will be open for lunch and features a lunch buffet at a minimal cost of \$9.00.
- You can bring lunch from home
- Head downtown for lunch at one of the many restaurant options:
 - Thai Garden
 - Athens Pizza House
 - Elm City Brewery
 - The Works Bakery Café
 - Pedraza's Mexican Restaurant
 - Subway
 - Panera Bread
 - D'Angelo's
 - Friendly's
 - And many more

For the most bang for your buck, we'd encourage you to eat right onsite at the college and take advantage of the networking opportunities or consider touring the child development center

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

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

All training sessions from this conference may be used to satisfy the hours of professional development required in the NH Child Care Program Licensing Rules. All sessions may be used to satisfy the three (3) hours in health and safety training that must be part of the total hours of professional development required yearly.



Registration Information

Cost: \$35

To register, click on 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's toll free line at 1-855-393-1731, ext. 32. 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 receive a confirmation email from Eventbrite with your ticket that you are registered and you will also receive 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 our agency site at www.snh.org or check us out on Facebook and "Like Us" at Child Care Aware of New Hampshire. We look forward to seeing you!



Cost: \$35

(Lunch available for additional \$10.00, must be preordered)

See page 10 for details.

Register Online: 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. All training sessions from this conference may be used to satisfy the hours of professional development required in the NH Child Care Program Licensing Rules. All sessions may be used to satisfy the three (3) hours in health and safety training that must be part of the total hours of professional development required yearly.



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