

**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,
September 24, 2016
8:30am-4:30pm**

**Nashua Community College
505 Amherst St.
Nashua, NH 03063**

5th Annual





CONFERENCE SCHEDULE

REGISTRATION
8:30 to 9:00am

WELCOME
9:00 to 9:15am

KEYNOTE
9:15 to 10:15am

SESSION 1
10:30am to 12:00pm

LUNCH
12:00pm to 1:00pm

SESSION 2
1:15 to 2:45pm

SESSION 3
3:00 to 4:30pm



Prudence Pease
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: "**Bridges of Poverty—Strategies for Professionals and Communities**" with Keynote Speaker, Prudence Pease 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 27 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.

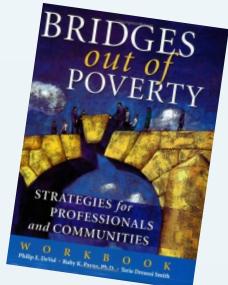
Keynote Speaker

Prudence Pease, Keynote Speaker

Keynote Bio: Prudence Pease created a career dedicated to advancing the lives of others in her community and the state of Vermont. Prudence began this journey serving as a community leadership facilitator and later as a community coordinator. She went on to work as a peer navigator with the Federation of Families for Children's Mental Health. Prudence is a certified Bridges Out of Poverty facilitator and has trained more than 5,000 individuals in Bridges work, including human service providers, HR professionals, and employers. Prudence is a graduate of the Vermont Leadership Institute. She is a highly sought-after speaker and currently contracts with United Way of Chittenden County and aha! Process.

Keynote Address: "*Bridges of Poverty—Strategies for Professionals and Communities*"

This session is being offered to promote reflection and a deeper understanding and awareness of the realities that families face with financial challenges and other barriers. Bridges Out of Poverty training provides the early childhood provider and the community member key lessons in working with individuals with poverty. Topics include increasing awareness of the differences in economic cultures and how those differences affect opportunities for success.



Based on the book *Bridges Out of Poverty: Strategies for Professionals and Communities*, a collaboration with Ruby K. Payne, Phillip DeVol, and Terie Dreussi Smith.

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



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

Session 1A HEALTH/WELLNESS

Wellness Policies for Child Care Programs

Join us to talk about how child care programs can create wellness policies or improve their current policies. We will provide examples of nutrition and physical activity policies that New Hampshire child care programs have adopted and connect you with free nutrition and physical activity resources that can help you improve the policies and practices at your child care program. If you have a nutrition and/or wellness policy you are proud of at your child care program, feel free to come and share it with the group! As one New Hampshire child care director put it, "Kids form so many habits at these ages, it makes sense for us to make our center as healthy a place as possible." We will be practicing some fun physical activity breaks throughout the presentation to keep our brains ready to learn and share. Looking forward to seeing you!

Trainer: Scot Foster, B.S., ECMPAP, NH DHHS, Div. Public Health Services, Healthy Eating and Physical Active Section, Obesity Prevention Program

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

Session 1B 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 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 ccrrtraining@snhs.org with subject line "CCLU Q&A" or participants can call SNHS CCR&R directly.

This is not the CCLU Orientation workshop.

Trainer: Heather Dombrowski, Child Care Licensing Unit

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





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

Core Knowledge Area: Promoting Child Growth & Development

Session 1D HEALTH/NUTRITION

How Does Nutrition, Temperament, and Other Factors Tie into an ADD/ADHD Diagnosis

ADD/ADHD: The rise of ADHD diagnoses raises many questions. How do the educational structures that require children to sit up straight and still for unreasonable periods of time while learning irrelevant content for much of that time, influence attention? Does a society that supports an accelerated rate of living and learning encourage impulsivity and hyperactivity? How does nutrition, temperament, and other factors tie into an ADD/ADHD diagnosis? This session will give alternatives to a diagnosis whose path leads right to medication.

Trainer: Megg Thompson, ECMPWT

Core Knowledge Area: Promoting Child Growth & Development

Session 1E HEALTH/NUTRITION

The Child and Adult Care Food Program

The Child and Adult Care Food Program (CACFP) is a federally funded United States Department of Agriculture program. CACFP provides aid to child care institutions and family and family group child care homes that serve nutritious foods that contribute to the wellness, healthy growth, and development of children. How can the CACFP make a difference in the quality of your program? Join us as we talk about participation requirements, meal patterns and reimbursement! Whether you are a provider in your home, at a

child care center, or in an afterschool care program, you will find many useful resources for serving nutritious meals and snacks. USDA is an equal opportunity provider.

Trainer: Amy Allen, BS, Child & Adult Care Food Program Coordinator, Southern New Hampshire Services

Core Knowledge Area: Promoting Child Growth & Development

1F HEALTH/WELLNESS

Introduction to Bridges Out of Poverty

This workshop is designed to take the constructs introduced in Bridges Out Of Poverty and challenge us to begin thinking about how they effect and influence our lives everyday. Time will be given during the workshop to think about changes that can be made to break down barriers that are sustaining poverty within an





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

agency, organization, and community. Participants will learn more about: mental models, hidden rules, language experience and resources.

Trainer: Prudence Pease, Keynote Speaker, Certified Bridges Out of Poverty Facilitator, Graduate of Vermont Leadership Institute

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

1G HEALTH/WELLNESS

Assessing Your Rules of Engagement: Strengths Based Assessment with Families in Program and Classroom Environments

Quality family engagement practices are central to our work with young children and families in classroom and program environments. But, where does it begin? How do you know if your approaches are effective and meaningful? Assessment can help! It begins with strengths based work with children and families-building capacity and protective factors known to optimize child development and growth, strengthen families and minimize occurrences of child abuse and neglect. Strengthening Families is a national initiative developed through the Center for the Study of Social Policy (CSSP) that provides a framework of protective factors and strategies to guide strengths based work with children and families. Come discover the Strengthening Families Assessment Tool offered as a free resource through the Center for the Study of Social Policy and other strategies for successful family work in classrooms and programs. During our time together we will look at what it means to be "strengths based", what are "rules of engagement" and the barriers to successful engagement-and the assessment tool, resources and opportunities to engage families and develop relationships that are meaningful, collaborative and that work!

Trainer: Jessica Sugrue, ECMPWT

Core Knowledge Area: Promoting Child Growth & Development

1H 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

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

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

1I 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 Areas: Teaching & Learning and Promoting Child Growth & Development

Session 2, 1:15 to 2:45pm

2A HEALTH/WELLNESS

Trauma-Informed Early Childhood Services (2-Part Training, Must register for 3A 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 2A and 3A to attend both sessions.**

Trainer: Jen Doris, ECMPWT

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

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



Session 2, 1:15 to 2:45pm (Continued)

2B HEALTH/SAFETY

Emergency Planning in the School/Childcare Environment

Emergency Preparedness is a key component of a safe school and childcare environment. Nashua's Emergency Management Director, Justin Kates, will explain how organizations can better understand the response actions in classrooms, disaster response skills, and ways that they can learn more about hazards in their community. All participants will gain a better understanding of how they can prepare for the smallest to the largest emergency.

Trainer: Justin Kates, Director of Emergency Management, City of Nashua
Core Knowledge Area: Promoting Child Growth & Development

2C HEALTH/WELLNESS/CURRICULUM

Using Yoga to Create Harmony in Your Classroom

Studies show that the benefits of yoga give children flexibility, helps with balance and coordination. Yoga can also relieve stress and anxiety in children. Yoga helps children stay focused at different tasks and helps with concentration in their learning. Yoga can help children with some of the most extreme behavioral challenges be more calm, focused and happy. Participants of this workshop will learn songs, games, activities and breathing techniques that are developmentally appropriate and that can be used to create harmony and peace in your classroom environment.

Trainer: Debra Verdicchio, ECMPWT, Child Care Aware of NH & Certified ChildLight Yoga Instructor
Core Knowledge Areas: Teaching & Learning and Promoting Child Growth & Development

2D HEALTH/SAFETY

Risk vs. Safety: There are Things in this World that are Dangerous But the World is Not Pervasively Dangerous

Come discuss what things we can let children experience, when they can take risks and when safety is our top priority. We will discuss everything from playground equipment to super hero play. This workshop will open your eyes to the need for appropriate risk, teachable moments, and why physical and emotional safety is important too.

Trainer: Megg Thompson, ECMPWT
Core Knowledge Area: Promoting Child Growth & Development





Session 2, 1:15 to 2:45pm (Continued)

2E HEALTH/SAFETY

Childhood Lead Poisoning in NH: What Early Childhood Educators Need to Know

Each year close to 1000 children in New Hampshire are poisoned by lead and experience blood levels known to impair cognitive lead poisoning in New Hampshire and the effects of even low-level lead exposure have on the brain's learning systems identified in study after study will be provided. Early Childhood Educators will develop an understanding of lead's "neurobehavioral signature"...significant negative impact on cognitive ability, speech and language, hearing , visual-spatial skills, attention, impulse control, social behaviors, emotional regulation and motor skills—that are irreversible and cause a life-time of consequences. Educational interventions for young children affected by lead and the importance of having results required lead screening tests documented on school health forms.

Trainer: Gail Gettens, MS, Health Promotion Advisor Healthy Homes and Lead Poisoning Prevention Program

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

2F WELLNESS/CURRICULUM

Big Body Play

Visions of this type of play can strike fear in even the most seasoned teacher. Before we say, "you can't play" come and hear about the benefits of children using their whole body and imaginations in play. Participants will learn about when, where and how this type of Big Body Play (BBP) is appropriate and develop strategies to ensure safety and fairness. Release your inner child and recollect the joys of Spotlight Tag, Hide and Seek and Red Rover. You might even want to determine which superhero you are before you come at <http://www.thesuperheroquiz.com>

Trainer: Bobbie Gaudette, ECMPWT

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

2G HEALTH/WELLNESS

Mindfulness in the Early Childhood Classroom For Teachers

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



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SESSION 3

3:00 to 4:30pm



Session 2, 1:15 to 2:45pm (Continued)

2H HEALTH/WELLNESS

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Trainer: Prudence Pease, Keynote Speaker, Certified Bridges Out of Poverty Facilitator, Graduate of Vermont Leadership Institute

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

2I HEALTH/SAFETY

Immunizations: Facts and Fallacies

How do immunizations work and why? Are they really safe? What vaccines are required for NH licensed child care enrollment and what is the annual immunization report? Have you heard of herd immunity? Get your questions answered and find out more about vaccines and the diseases they prevent, NH child care requirements and resources to help you and your families.

Trainer: Theresa Calope, RN, Public Health Nurse, Division of Public Health and Community Services

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

Session 3, 3:00 to 4:30pm

3A HEALTH/WELLNESS

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

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Trainer: Jen Doris, ECMPWT

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

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: Anna Biron, DCYF, Child Protector Service Worker

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

3C WELLNESS/CURRICULUM

Big Body Play

Visions of this type of play can strike fear in even the most seasoned teacher. Before we say, "you can't play" come and hear about the benefits of children using their whole body and imaginations in play. Participants will learn about when, where and how this type of Big Body Play (BBP) is appropriate and develop strategies to ensure safety and fairness. Release your inner child and recollect the joys of Spotlight Tag, Hide and Seek and Red Rover. You might even want to determine which superhero you are before you come at <http://www.thesuperheroquiz.com>

The targeted audience level for this training is Foundational and Intermediate.

Trainer: Bobbie Gaudette, ECMPWT

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

3D HEALTH/WELLNESS

Introduction to Bridges Out of Poverty

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



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

mental models, hidden rules, language experience and resources.

Trainer: Prudence Pease, Keynote Speaker, Certified Bridges Out of Poverty Facilitator, Graduate of Vermont Leadership Institute

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

3E 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. 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 Area: Developing as a Professional and Promoting Child Growth & Development

3F 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





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:

Child Care Licensing Unit

Child Development Bureau

Division of Public Health Services

Division of Children, Youth & Families

Lead Prevention Program

Nashua Community College

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

Session 3G HEALTH/NUTRITION

How Does Nutrition, Temperament, and Other Factors Tie into an ADD/ADHD Diagnosis

ADD/ADHD: The rise of ADHD diagnoses raises many questions. How do the educational structures that require children to sit up straight and still for unreasonable periods of time while learning irrelevant content for much of that time, influence attention? Does a society that supports an accelerated rate of living and learning encourage impulsivity and hyperactivity? How does nutrition, temperament, and other factors tie into an ADD/ADHD diagnosis? This session will give alternatives to a diagnosis whose path leads right to medication.

Trainer: Megg Thompson, ECMPWT

Core Knowledge Area: Promoting Child Growth & Development

3H HEALTH/WELLNESS/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 Areas: Developing as a Professional and Promoting Child Growth & Development

Important! Parking at Nashua Community College

Please feel free to use available parking at Nashua Community College when you arrive to the conference. Carpooling is encouraged.

Lunch Considerations?

Lunch options are plentiful in Nashua. You can bring a bagged lunch or check out some local eateries for lunch at one of many options: Pizzeria Uno, Applebees, Bertuccis, Ruby Tuesdays, Chilis, Chick-Fil-a, 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.

Crowne Plaza, 2 Somerset Parkway, Nashua, 03063, <http://www.crowneplaza.com>

Hampton Inn, 407 Amherst Street, Nashua, 03063, <http://hamptoninn3.hilton.com>

Motel 6, 2 Progress Avenue, Nashua, 03062, <https://www.motel6.com/en/motels.nh.nashua>

Radisson, 11 Tara Blvd., Nashua, 03062, <http://www.radisson.com/nashua-hotel-nh-03062/nhnashua>

Check out what is happening in Nashua at <http://www.gonashua.com/>

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 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 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

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

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



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