

Caring for Our Children Conference in Keene

Saturday, January 25, 2020

8:30 am to 4:30 pm

Keene State College

Redfern Arts Center

90 Wyman Way

Keene, NH 03435

**Child Care Aware of NH
Powered by
Southern New Hampshire Services**





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 10 for more details.

Participants will partake in a Keynote Presentation, **No Small Matter: Film Screening and Discussion with Keynote Speaker Rachel Giannini**, 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 Budgeting, Curriculum, Infant/Toddler, Health, Safety 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.

CONFERENCE SCHEDULE

**REGISTRATION
8:30 TO 9:00 AM**

**WELCOME
9:00 TO 9:15 AM**

**KEYNOTE
9:15 TO 10:45 AM**

**SESSION 1
11:00 TO 12:30 PM**

**LUNCH
12:30 TO 1:15 PM**

**SESSION 2
1:15 TO 2:45 PM**

**SESSION 3
3:00 TO 4:30 PM**

Keynote Speaker

**Rachel Giannini, MFA, Lead Educator at
the Chicago Children's Museum**

Rachel Giannini is an Early Childhood Specialist, an Early Childhood Advocate, and a Video Blog Host. Rachel has an extreme enthusiasm for all things early childhood. She believes in the power of play, getting dirty, climbing trees, stargazing, pretending and the idea that learning is magical. She strives to make better citizens through encouragement, love and teaching equality.

She is currently the writer, director, and on-screen talent for a series of video blogs for the Chicago Children's Museum and feature-length documentary, *No Small Matter*. Rachel's videos tackle everything from teaching equality in a hyper-partisan environment to how to make your own fluffy foamy slime.

Rachel has been published in *The New York Times*, *HuffPost*, *Child Care Exchange*, and *Chicago Parent*. Her adventures can be heard on *Kids Stuff Podcast* and *Hi Mama*. Rachel has an MFA in Museum Education from the University of Illinois, and is a volunteer hospital magician for *Open Heart Magic*.



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



Keynote Address

No Small Matter: Film Screening and Discussion

Our future depends on our youngest children - on the words they hear in their first months of life, on the loving arms that hold them, on the kinds of experiences they have. But even with widespread support for high-quality, affordable, accessible early childhood education, millions of American children are still not getting the care they need to thrive and succeed. **"No Small Matter" is a documentary film that brings public attention to this vital question by sharing powerful stories and stunning truths about the human capacity for early learning and the potential for quality early care and education to benefit America's social and economic future.** Rachel Giannini, a teacher featured in "No Small Matter," will introduce the film and lead a discussion afterwards about next steps and what is being done and what needs to be done nationally to support an effective system for child care providers, families and children.

"No Small Matter" is the first feature documentary to explore the most overlooked, underestimated and powerful force for good in America today: early childhood education. Through poignant stories and surprising humor, the film lays out the overwhelming evidence for the importance of the first five years and reveals how our failure to act on that evidence has resulted in an everyday crisis for American families and a slow-motion catastrophe for the country.

NO SMALL MATTER





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. Check out the lunch options page for more details!

Session 1, 11:00 am to 12:30 pm

1A BUDGETING/CURRICULUM

Fostering Creativity Without Breaking the Bank (Offered Twice)

My yearly classroom budget was \$50.00. Yet, it was stimulating, exciting and always had an added surprise provocation. Did I mention I had \$50.00? Participants will learn tips to stock their classroom with creative pieces for FREE and low/no cost activities that will stimulate every little learner.

Trainer: Rachel Giannini, MFA, Keynote

Core Knowledge Areas: Developing as a Professional and Teaching & Learning

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: Scott 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 PRESCHOOL/MATH

Using Picture Books to Promote Early Childhood Mathematics

Come join us for this interactive workshop. We'll begin with an overview of the sequences of mathematics development in preschoolers. Next, we will explore a variety of developmentally appropriate teaching methods that can be used to introduce preschoolers to the concepts, methods and language of mathematics. Participants will have the opportunity to explore quality picture books linked to key standards and plan how to use them in their classrooms.

Trainer: Kerry Belknap Morris, M.Ed., ECMPWT

Core Knowledge Areas: Teaching & Learning and 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 http://nrckids.org/files/CFOC3_updated_final.pdf or for purchase at <http://nrckids.org/CFOC> 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, 11:00 am to 12:30 pm (Continued)****1D LEADERSHIP/WELLNESS****Personality Styles Through the Leadership Lens**

In order to better support the children in your care and work more efficiently with others, you must first get to know yourself. Join us as we learn how the Myers-Briggs Personality Tool can help support your work as an early childhood professional. The Myers-Briggs Personality Tool can help you gain understanding about how you process information and make decisions. This discussion based training will help you grow as an individual and a leader.

Trainer: Meg Atwood, ECMPWT

Core Knowledge Areas: Developing as a Professional

1E 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 Protective Service Worker

Core Knowledge Areas: Developing as a Professional 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, 1:15 to 2:45 pm

2A BUDGETING/CURRICULUM

Fostering Creativity Without Breaking the Bank (Offered Twice)

My yearly classroom budget was \$50.00, Yet, it was stimulating, exciting and always had an added surprise provocation. Did I mention I had \$50.00? Participants will learn tips to stock their classroom with creative pieces for FREE and low/no cost activities that will stimulate every little learner.

Trainer: Rachel Giannini, MFA, Keynote

Core Knowledge Areas: Developing as a Professional and Teaching & Learning

2B INFANT/TODDLER/LITERACY

Friendly Crocodiles, Groovy Cats, and Runaway Bunnies--Oh, My!

Join us for an exploration of quality board and picture books suitable for infants and toddlers. A review of the classics--those children's books that continue to withstand the test of time--and more recently published materials will be included. In addition, participants will plan how to use the NH Early Learning Standards and guidelines for developmentally appropriate practice to promote early language & literacy learning. By the end of the session, participants will have the knowledge and skills to ensure that book-sharing times are special moments in their classrooms.

Trainer: Kerry Belknap Morris, M.Ed., ECMPWT

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

2C 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: Christine Parshall, M.Ed.

Core Knowledge Area: Promoting Child Growth & Development

2D HEALTH/WELLNESS

Creating Positive Emotional Environments for Children through Self Reflection and Understanding

Bruce Perry stated, "Our brains are starving for relationships. Our children are starved for relationships. The whole culture is touch deprived-relational deprived". Basic kindness and understanding are probably our best tools to heal children and families struggling in our classrooms and communities-but how do we heal ourselves? In this dynamic workshop, we will explore these constructs of social and emotional relationships as the heart and development of learning. (Continued on the next page.)

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:

- Children's Hospital at Dartmouth Hitchcock
- DHHS, Child Care Licensing Unit
- DHHS, Bureau of Child Development and Head Start Collaboration
- DHHS, NH Immunization Program
- DHHS, Division of Public Health Services
- DHHS, Division of Children, Youth & Families
- Keene State College- Redfern Arts Center

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



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

2D HEALTH/WELLNESS (CONTINUED)

Creating Positive Emotional Environments for Children through Self Reflection and Understanding

- Self-reflection and guided activities to help us unpack: how we feel and why.
- The power of our anger and how we can face our feelings of powerlessness.
- Changing our own emotional scripts.

Participants will learn methods to creating positive emotional environments for children and their families. Join this session to uncover some new research, have some dialogue and explore ways to understand how we can support children, families and OURSELVES!

Trainer: Jessica Cantin (Sugrue), ECMPWT

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

2E HEALTH/SAFETY

Ticks and Tickborne Disease in New Hampshire – What You Should Know

This presentation will cover basic vector biology, the changing tickborne disease burden in New Hampshire and what you can do minimize the risk of contracting a tickborne disease illness. Prevention methods discussed with participants include personal protection and integrated pest management.

Trainer: Darlene Morse, MSN, RN, M.Ed., CIC, Public Health Nurse Program Manager, NH TB Nurse Consultant

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



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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

3B HEALTH/WEELLNESS

Trauma Informed Early Childhood Services

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 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. Presented by an approved trained professional with content expertise in this topic.

Trainer: Jessica (Cantin) Sugrue, ECMPWT

Core Knowledge Area: Promoting Child Growth & Development

3C 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: Lori Guyette, Certified Instructor Child Passenger Safety

Core Knowledge Area: Promoting Child Growth & Development





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- Keene State College- Redfern Arts Center

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

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

3D 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: Maria Doyle, MSS, ECMPAP, Program Director, NH Children's Trust

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

3E HEALTH/WELLNESS

The Balanced Early Childhood Education Program

Meeting the needs of students, parents and teachers is part of a balanced ECE program. What are the pieces needed to make a program whole and balanced? We will look at six areas, that when combined, help to create this balance. (These specific areas also lead to more developmentally appropriate practices.) Does your current program meet the needs of students and families? How can teachers and administrators shift, if needed, to a complete and balanced program model? Participants will work together to discuss what is already in place in their programs and to see if shifts need to be made to allow for better balance.

Trainer: Dee Dee Thurber, ECMPWT

Core Knowledge Areas: Developing as a Professional, Building Family & Community Relationships, Teaching & Learning, Promoting Child Growth & Development and Observing, Documenting & Assessing





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/>



Lunch Options

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
- Italian Meat
- Vegetarian



The bag lunch will include a sandwich, bottle of water, chips, seasonal fruit and a 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 \$9.25.
- 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
 - Chipotle
 - Subway
 - Panera Bread
 - D'Angelo's

With only 45 minutes for lunch, you may want to plan your route and meals early!

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/>.

Registration Information

Cost: \$45

To register, go to or click on 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. If you have any questions please call Child Care Aware® of New Hampshire's toll free line at 1-855-393-1731, ext. 32 or email ccrtraining@snhs.org.

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 our agency site at www.snhs.org or check us out on Facebook and "Like Us" at Child Care Aware of New Hampshire for Providers. We look forward to seeing you!



Cost: \$45

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

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. 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
nh.childcareaware.org

