

Child Care Aware of NH

“Caring for Our Children” Conference



Saturday, April 6, 2019
7:30 am-3:15 pm

Great Bay Community College
320 Corporate Drive
Portsmouth, NH 03801





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 am to 12:00 pm

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

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: *Strategies for Professionals & Communities* with Keynote Speaker Prudence Pease, Certified Bridges Out of Poverty Facilitator and graduate of Vermont Leadership Institute. 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" that is specific to one area of focus. "Training Tracks" include Communication, Curriculum, Development, Early Learning Standards, Health, Safety, Observation & Assessment as well as Wellness. Some tracks may consist of more than one area of focus. If you are looking to fulfill the health and safety training hours required yearly by the newly revised NH Child Care 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

Prudence Pease, Certified Bridges Out of Poverty Facilitator and Graduate of Vermont Leadership Institute

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 Bridge's 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.



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



***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/>



Keynote Address

Strategies for Professionals & 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 on 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.

Session 1, 9:30 to 11:00 am

1A 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 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

1B HEALTH/OBSERVATION/DEVELOPMENT

Growing Up with ACES: Understanding the Impact of Adverse Childhood Experiences on the Developing Child and Family

In this session, participants will explore one of the largest research studies to date investigating childhood abuse and neglect and the correlation between health outcomes and well-being across the life span referred to as the Adverse Childhood Experiences Study (ACES). (Continued on next page.)



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, 9:30 to 11:00 am (Continued)

1B HEALTH/OBSERVATION/DEVELOPMENT (Continued)

Through engaging discussion and presentation we will develop a better understanding of how we can support children who have experienced ACES and their families through opportunities to minimize the impacts of the adversity they have experienced when community supports and interventions are in place.

Trainer: Jessica Sugrue, ECMPWT

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

1C INFANTS & TODDLERS

Making Decisions about Technology Use with Infants and Toddlers

Children ages 5 and under—the so-called “touchscreen generation,” are living in a screen media saturated world. Never before have so many different kinds of technology been available, and never before have young children experienced screen media to such a great extent. Screen media is undeniably a part of young children’s daily lives and the cultural context in which they live. Yet even though young children are immersed in a world of screen media, the full impact of screen media on their learning and development is not yet fully understood. It’s not surprising that many teachers (and parents) of young children have concerns about the potential effects of screen media and questions about whether and how to use screen media with children. In this session, we will explore some of the complex issues associated with screen media in the lives of young children and discuss a framework to guide infant/toddler teachers in making decisions about whether, when, and/or how to use technology with children under three (3).

Trainer: Patricia Cantor, ECMPWT

Core Knowledge Area: Promoting Child Growth and Development

1D CURRICULUM

Magical, Mysterious, Marvelous Mud

This training will explore MUD through the senses of touch, smell, sight and sound. Children are exploratory learners and model the actions of the adults in their world. **Participants are asked to bring a small sample of MUD to share.**

Trainer: Kathy Sosny, MEd, ECMPWT

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

1E HEALTH/WELLNESS

Fit By 5-Physical Activity Program for Preschoolers

Fit by five is a physical activity program designed for children ages 2-6 years of age. Elements of the program are designed to help children work on both gross motor and fine motor skills as well as: listening, following directions, taking turns and encouraging others as they work through the activities. (Continued on next page.)

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, 9:30 to 11:00 am (Continued)

1E HEALTH/WELLNESS (Continued)

Fit By 5-Physical Activity Program for Preschoolers

Our workshop goals are to create a program that works within your own school or center with equipment that you may already have and to look at skills through the lens of child development - how do these activities help children to learn and grow? The combination of activities creates an obstacle course - which children love!

Trainer: Dee Dee Thurber, ECMPWT

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

Session 2, 12:00 to 1:30 pm

2A 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 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

2B HEALTH/WELLNESS

Grief and Loss for Children

In this session, we will explore how to support children who have experienced grief and loss in the early care and education setting. We will examine key points around children's grief response. Develop a deeper understanding of the constructs of grief and loss which often include: physical and behavioral responses, the impact of developmental level on the grief response and the impact of culture on grief. Wrapping up with concrete strategies to utilize in classroom and program settings.

Trainer: Jessica Sugrue, ECMPWT

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

2C HEALTH/SAFETY

Child Care Licensing Question & Answer Session

Come to this information training session and meet with Child Care Licensing Staff. This is the perfect opportunity to ask all those questions about the rules you always wanted answers to. Hear what changes are in the revised rules adopted November 6, 2017. Listen to how others successfully manage licensing requirements within their program. Leave with a confident and up-to-date understanding of licensing. (Continued on next page.)





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)

2C HEALTH/SAFETY (Continued)

Child Care Licensing Question & Answer Session

These trainings are open to both afterschool and early childhood professionals.

Trainer: Tori Bullek, Child Care Licensing Unit

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

2D ADVOCACY/WELLNESS

My Voice Matters

The New Hampshire Children's Trust created a statewide advocacy 101 training for parents and community members to help them be more comfortable advocating for themselves, their families and community. Through My Voice Matters parent advocacy program, parents, providers and community members learn how to raise their voices for children in the following domains to improve the health and well-being outcomes for children: healthcare, workplace, education, and civic. Participants will gain a feeling of confidence that they can affect change. They see themselves in other's stories and know that they aren't alone and can be part of a movement to affect change. This is a self-esteem building program that encourages self-advocacy and builds resilience. There are many challenges that people face; navigating services for children with a chronic illness or disability, looking for housing, physical and mental health issues, legal concerns and financial struggles. Parents are not always aware of what is available to assist them. Learning how to navigate the system and advocate for oneself and family is an important confidence and self-esteem building activity. Helping families become advocates and leaders is an important step toward supporting better family and child outcomes. An individual can become their own, their child's or an extended family members advocate. By gaining the confidence to advocate, they can ask questions and speak up for themselves or their loved one and get the care and resources needed.

Trainer: Julie Day, ECMPAP, New Hampshire Children's Trust

Core Knowledge Areas: Developing as a Professional, Building Family & Community Relationships and Teaching & Learning

2E CURRICULUM/WELLNESS

Introduction to Brain Gym® with a Twist

Join us for this training full of movement, mindfulness and an invitation to get back to nature! Brain Gym® is a movement based educational program that assists learners with whole brain integration. Coming from a whole-brain place allows choices, decisions and learning to be done with greater awareness and the ability to look at the big picture. Goals from this training include learning several of the 26 different Brain Gym® movements along with suggestions for implementation with a wide variety of audiences. The twist is actually using these movements in conjunction with Mindfulness activities as well as weaving in touches of nature. Be prepared to move, breath, relax and embrace a mindful, whole brain atmosphere.

Trainer: Dee Dee Thurber, ECMPWT

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

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:

**Child Care Licensing Unit
Department of Health and Human Services**

**Public Health Nurse
Division of Public Health and Community Services**

Emergency Operations Panelists

Great Bay Community College

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



Session 3, 1:45 to 3:15 pm

3A HEALTH/SAFETY

Emergency Operation in Child Care Panel Discussion

Join Child Care Aware of New Hampshire, Child Care Licensing Unit and two members of the Emergency Operation in Child Care Cohort to discuss how to best plan for emergencies in your program. This informative panel will provide participants with information on how they can best meet licensing rules and requirements and keep children safe in their care. With approximately 45,000 children in child care settings throughout New Hampshire, it's essential that child care programs have strong emergency plans and procedures in place.

Over the past few years, Child Care Aware of New Hampshire has been providing training and technical assistance on emergency planning for child care programs. The 2018-2019 Emergency Operation in Child Care Cohort has been focused on developing materials to ease this planning process. Join us for information on how these collaborative efforts have aided childcare programs to be better able to prepare for, respond to, and recover from the next incident, emergency or major disaster and to meet Child Care Licensing Rules.

Trainers: Liz Costa, CCAoNH Training TA Specialist, ECMPWT, Michele Guertin, Supervisor for Child Care Licensing Unit, Johanna Booth Miner, Director from Live and Learn Early Learning Center and Julia Blaisdell, Director from Discovery Child Enrichment Center

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

3B DEVELOPMENT/CURRICULUM

Using Nursery Rhymes & Folk Tales To Promote Early Literacy Development

Come join us for this interactive workshop. We'll begin with an overview of the major phases and sequences of literacy development in young children, birth through age 5 years. (Continued on next page.)



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

3B DEVELOPMENT/CURRICULUM (Continued)

Using Nursery Rhymes & Folk Tales To Promote Early Literacy Development

Next, we will explore a variety of evidence-based, developmentally appropriate teaching methods that can be used to build children's oral language development and early reading & writing skills. Participants will have the opportunity to begin planning and practicing how to use these strategies in their classrooms.

Trainer: Kerry Belknap Morris, MEd

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

Session 3C HEALTH/SAFETY

Immunizations: Documentary Film on Vaccine Development and its Importance to Mankind, Plus Immunization Updates and Q & A portion with a Public Health Nurse

"Hilleman Documentary - A Perilous Quest to Save the World's Children," this 2016 award winning documentary film is a component of The Vaccine Makers Project, produced by Medical History Pictures and sponsored by the Vaccine Education Center at The Children's Hospital of Philadelphia. The project engages audiences in stories of vaccine development and provides a comprehensive school based curriculum about the human immune system and vaccine science. Theresa Calope, City of Nashua Public Health Nurse, will answer questions on immunizations and provide information on state resources, current Immunization updates required for NH licensed child care enrollment, and the annual immunization report.

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

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

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! (Continued on next page.)





Conference Contributors

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Child Care Licensing Unit
Department of Health and Human Services

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Division of Public Health and Community Services

Emergency Operations Panelists

Great Bay Community College

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

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

3D HEALTH/SAFETY/INFANT & TODDLER (Continued)

Period of PURPLE Crying Awareness Training

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, ECMPAP, New Hampshire Children's Trust

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

3E EARLY LEARNING STANDARDS/CURRICULUM/PRESCHOOL-PRE-K

Lesson Planning with NH Early Learning Standards, Setting the Stage and Building Standards into Curriculum

You have your NH Early Learning Standards Book (NH ELS), you have taken a training on what the NH ELS are...but now what? This training will delve into how you can use the NH ELS to be intentional about the environments you create, the conversations you have and the activities that you plan for and with children. Through group discussions and activities, participants will learn how to integrate early learning standards into your day and how to find them when children create their own learning. Join me as we discover ways to plan using the NH ELS. Participants must have previous NH ELS training to be included in this session. This session was specifically written for preschool/pre-k teachers.

Trainer: Jennifer Ganim-Smith, ECMPWT

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





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](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:

• Thai Paradise	• The Roundabout Diner & Lounge
• Portsmouth Brewery	• Panera Bread
• Grill 28	• Applebee's
• Flatbread Pizza	• 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 ccrrtraining@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.

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 ccrrtraining@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, ccrrtraining@snhs.org
nh.childcareaware.org

