

Maryland Head Start Association

2019 Winter Health Institute

Friday, February 22, 2019
9:45 am -11:15 am

❖ **MIL: MVPA (Moderate to Vigorous Physical Activity) Every Day! 1.5 hrs.**

This high-energy hands-on training is full of ideas and resources on physical activity and healthy choices that you can include in your early childhood programs. Do the children in your care get at least 60 minutes of structured MVPA every day? How do you integrate physical activity with all the other learning domains? In this workshop you will experience MVPA activities that can be used with all learning domains and that you can take back to your pre-school children.

Presenter: Sheila George, an Educational Trainer for Lite Brite, LLC, graduated from Millersville University with a degree in Education. She has worked as a homecare provider, a preschool teacher and director, a before and after school group leader, a director and coordinator. Sheila has also been a Child Development Specialist and a Harford County public school teacher. She is currently a teacher mentor and coach, a certified PreK CLASS observer, and an adult educator. She also works for Robert Leslie Publishing Company as a consultant and provides professional development training for their curriculum. Sheila has enjoyed working with children and students of all ages in a variety of educational settings for over 25 years. She has been proud of her work with Johns Hopkins Center for Technology in Education to support the roll out of the Early Learning Assessment in Maryland and training trainers for the Kindergarten Readiness Assessment in Maryland and other states. Sheila's work as an MSDE certified trainer allows her to share her passion for education with individuals dedicated to making a difference in the lives of children.

❖ **Trauma Informed Care in Early Childhood Settings 1.5hrs.**

This training will cover information about how children who have been through trauma develop differently, based on information presented in the ACE study. The way we interact with children greatly influences them, so we will talk about 10 basic strategies to put into use every day when working with children who have been through trauma or show signs of stress.

Presenter: Sapi Price is the Program Coordinator for the Family Services, Inc. Dare to Be You program. She has a Bachelor's Degree from Towson State University and is a certified MANDT trainer, MANDT is a trauma informed curriculum. After many years of experience in the early childhood classroom, Sapi started training child care professionals and parents in the community through the resource and referral centers and as part of Early Head Start as the Education Coordinator. Sapi continues to expand her knowledge in Trauma Informed Care and is in the process of earning her certification in Substance Abuse Prevention.

Presenter: Helma Irving is the Program Manager for the Early Childhood Education and Training team at Family Services, Inc. She has a Masters and Bachelor's in Family and Child Development from Virginia Tech as well as an Early Childhood Mental Health Certification in Early Childhood Mental Health Consultation from the University of Maryland School of Medicine. Helma is a certified Social Emotional Foundations of Early Learning (SEFEL) trainer, including being trained and reliable in the TPOT (The Teaching Pyramid Observation Tool) to assess the use of SEFEL practices in your program. She has experience of teaching in the classroom, teaching child care professionals, being a director of an EHS, as well as the mental health specialist all in the Head Start community.

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❖ Strategies for Supporting Mandated Reporters of Child Abuse

Early development and learning occur when children are healthy and safe. This workshop will ensure that programs establish policies, procedures and strategies that protect children when abuse is suspected. It is vital that programs support mandated reporters via training, consistent mandated reporting policy implementation and post-report procedures to ensure that staff feel safe. In this highly engaging workshop, learn why staff sometimes don't report suspected child abuse. Video vignettes and research will be presented to inform discussions around the development of strategies, policies, and procedures to ensure consistent reporting.

Presenter: Alan Guttman holds a master's degree in early childhood education from New York University. Alan has served children birth to 12 years old, their families, and programs for 38 years, including 20 years leading and managing Head Start, preschool, and child care programs. From 2001 to 2012 he also served on Head Start federal review teams evaluating the quality of education services and program management systems of programs across the United States. He has conducted workshops and trainings on child abuse reporting at the state and national level for over 20 years. Alan was a contributing writer to the Child Protection Handbook published in the United Arab Emirates by Arabian Child.

Friday, February 21, 2019
12:30 pm – 1:30 pm

❖ Health Managers Network Round Table 1.0 hrs.

Health services managers and coordinators will engage in a facilitated round table discussion to share best practices and consider common issues, and challenges. Opportunities will be provided to explore a variety of regular networking options to promote ongoing peer sharing, problem solving and the identification of common priorities.

Presenter: Sally Byard has 32 years of experience in the ECE field, including 21 years in Head Start and Early Head Start programming and administration. She has served in several leadership roles at the local, state, regional, and national levels, and has provided specialized TTA in the areas of self-assessment, community assessment, strategic and program planning, personnel management, curriculum and assessment planning and development, and professional development. Sally has a BS in Elementary Education from the University of Akron and a MA in Educational Psychology from West Virginia University.

Presenter: Missy Smith has over 20 years of experience in the early childhood field. Most recently, her experience has been with the Region III T/TA network as an Early Childhood Systems Specialist and Early Childhood Specialist. She has served in several leadership roles at the local, state and regional levels. This opportunity has given Missy extensive experience in the development of collaborative models and in the implementation of collaboration among the Head Start program, child care and the local education agency. Her background includes administrative experience, adjunct professor, curriculum development, professional development, facilitation, systems building, classroom teacher, and child care subsidy and quality initiatives. She has a B.A. in Education from Fairmont State College and a M.A. in Family and Consumer Science from Marshall University.

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Friday, February 22, 2018
1:45 pm – 3:15 pm

❖ *Nutrition on a Budget 1.5 hrs.*

This presentation offers the A B C's of eating healthy. After this presentation caregivers/parents will be able to share ideas and feel as ease when trying to plan a healthy diet for their families.

- A. **Attitude:** Participate in a self-assessment on how our attitude towards eating healthy will encourage their children to eat a healthier plate and how to share healthy tips with them.
- B. **Budget:** Help caregivers/parents share ideas while learning how to use the 3 P's Preparing, Purchasing, and Price which can help them buy healthier meals.
- C. **Choices:** How to identify healthy food choices, making heart healthy choices does matter, discusses how being physically active prevents chronic disease.

Presenter: **Lisa Moran** has a Bachelor of Science Degree in Community Health Science with an emphasize in Health Promotion. Ms. Moran has over 6 years' experience in presenting 26 health topics to the public in Western Maryland Counties with community outreach-based groups. She assists in the development and implementation of these presentations. These workshops are approved by DHMH and John Hopkins Healthcare Administration to be implemented to any community-based group. I was promoted to Sr. CHA in July 2018.

Lisa received an Honorable Mention in the Annual Making a Difference Award with ACAP in July 2017. The nomination was presented from my employer, Johns Hopkins Healthcare, LLC for her advocacy of this presentation and exemplified service to advocacy, care, access and the public good through an ACAP nomination in July 2017.

❖ *"You Can't Pour from an Empty Cup, Take Care of Yourself 1st" 1.5hrs.*

When you take time to replenish your spirit, it allows you to serve others from the overflow. "You cannot serve from an empty cup". The workshop will talk and demonstrate ways that we can recharge our energy, refresh our minds, and support those families we work with. The emotional and physical demands involved with care giving can strain even the most resilient person. That's why it's so important to take advantage of the many resources and tools available to help you provide care for your families at work and at home. Remember, if you don't take care of yourself, you won't be able to care for anyone else. This session is interactive and will not only inform you, it will delight you.

Presenter: **Barbara Miller** is currently serving as the Vice President of Family Economic Security at Garrett County Community Action. She has been a part of the Community Action network for 20 years working in several capacities throughout Region 3. From 2012-13 she was employed at the West Virginia Community Action Partnership a Training and Communications Coordinator. She also was Executive Director in Charlottesville, VA. at Monticello Area Community Action before joining Garrett County in her current position. Barbara has provided trainings for the West Virginia state conference as well as the state conferences in Pennsylvania, and Virginia. She has been a presenter at the CAP National Conference on 9 occasions on topics ranging from Cultural Diversity, to How to Provide a Healthy Work Place. Barbara has her BA in Sociology from Lakeland University in WI. , is a Certified Master ROMA trainer, Certified Strength Based Family Worker Trainer and has a Lifetime Credential in "Bridges out of Poverty." Barbara has presented Stress Reduction, Self-Esteem and Resiliency workshops throughout the Region for several years.

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❖ **The Importance of Strong Relationships: The Brain Architecture Game 1.5hrs.**

Learn how adverse childhood experiences (ACES) affect the development of the brain. We know there are things which can promote or hinder strong brain development for young children - stress plays a powerful role in the neurological development of young children. We also know children grow and develop in the context of relationships with caregivers and their environment- The Brain Architecture Game represents a way for caregivers to better understand this and how they play a role.

Presenter: Patty Morison has over 32 years' experience in the early childhood field as a preschool teacher, family child care provider and trainer for the Maryland Care Resource Network. She is currently the Director of Child Care Choices, a program of the Mental Health Association which is the resource center serving Carroll and Frederick Counties, where she supervises the Early Childhood Mental Health Consultation Project for that jurisdiction. Ms. Morison has written and presented numerous workshops, including two on the effects of adverse childhood experiences.