Prince Rupert
Child Care Conference

Oct 12 & 13, 2012

The conference will be held at
Northwest Community College

Friday
7:00 p.m. - 9:00 p.m.
Meet and Greet in the Library

Saturday
Registration Desk opens at 8:00 a.m.
Workshops will start at 9:00 a.m. and end at 3:15
Morning health break from 10:30 - 10:45
Lunch, catered by the Fresh Onion, will be from 12:15 - 1:45

There will be lots of time to shop our vendors
who will be set up in the Library

- Usborne Books
- Rainforest Books
- Tupperware
- SeaHorse Trading
- Kids Quest
- Discovery Toys

For more information contact Katie at
wccc@citytel.net

[Logo images for Northwest Community College, Prince Rupert Port Authority, Children First Resource & Referral, Under the Umbrella, Supported Child Development]
**Workshops**

**A1 - Oh When the babies, come crawling in - Helen Moore**

Learn many new rhymes, finger plays and songs (including some with American Sign Language) to use with babies and toddlers. Most of the material can easily be adapted for use with preschoolers as well. Time permitting, we will also tell and learn some easy stories that can be used with all ages. Handout with words, signs and bibliographies will be distributed.

_Helen received her Master of Library and Information Studies in 2000 and subsequently worked as a children’s librarian for eight years at the Richmond Public Library. Since moving to Prince Rupert in 2009, she has been a Mother Goose facilitator and has loved singing with lots of adorable babies! She is an avid collector of new songs and rhymes to use with babes and their caregivers._

**A2 - Energy Explorers - Becky Longe**

Energy Explorers is a hands-on, thematic program that introduces young children to energy and PowerSmart behavior. It is specifically explores concepts of energy, where it comes from, how it’s used and the importance of conservation for students and their families. BC Hydro’s School Programs are designed to empower children to take action on energy use and to carry these messages to their families and to their community.

_All of our facilitators are certified teachers with experience in program development and workshop delivery. We particularly enjoy interacting with educators and sharing our resources._

**A3 - The Whole Brain Child: Strategies to Nurture Your Child’s Developing Mind - Betty Ciccone and Kerry Crump**

Betty and Kerry will review the concepts from Dr. Dan Siegel’s latest book “The Whole Brain Child”. In this thoughtful and practical book, neuropsychiatrist Dr. Siegel and parenting expert Tina Payne Bryson explain the new science of how a child’s brain is wired and how it matures. Greater understanding of a child’s brain increases not only the possibility of responding in appropriate and effective ways but can also turn meltdowns into opportunities for integration and to foster vital growth. Twelve strategies based on parenting with the brain’s development in mind will be discussed in the workshop.

While this workshop is based upon “The Whole Brain Child” by Dr. Siegel and Tina Bryson, the authors are not associated and/or affiliated with this workshop in any way.

_A parent, grandmother and early childhood educator, Betty has worked with parents and children in Prince Rupert and area for over thirty years._

_Kerry is the mother of two young children. She has been working with Child and Youth Mental Health for seven years._
A4 & C3 - "Greening" your Childcare Centre - Tanya Lipscomb

You will explore different ways to teach environmental awareness to the children. Kiki provides activity ideas, games, puppets, storytelling and crafts. The workshop will introduce her 2010 CD with a plethora of songs and stories about ecological sustainability, positivity and gratitude.

Kiki has developed a workshop that helps early childhood educators explore different ways to teach environmental awareness to children in their childcare centres. She breaks down the environment into 5 basic sections and then explores each individually and delves into each area with applicable ideas for helping children understand their relationship with each section of the environment. She provides activity ideas, games, crafts, ideas for "greening" your daycare and the workshop comes with your choice of one of her 2010, and 2012 CDs with a plethora of songs and stories about ecological sustainability, positivity and gratitude. Included is a reference worksheet for caregivers that highlight all of the topics and ideas discussed in the workshop.

B1 & C2 - Flannel boards, Finger plays and Fun! - Beth Diamond

Bring your inner preschooler and join us for a peek at the wide array of ways to use flannel boards, finger plays and other fun activities to entertain your children and help prepare them for kindergarten. We’ll discover different ways to use the same rhyme, song or story, as well as ways to create materials on a budget. Resource books and samples will be on display. Booklists and other handouts will also be provided. Feel free to bring your favorite flannel board or finger play activity to share at the end of the program.

Beth was born and raised in Prince Rupert and has worked in the children’s department of the Prince Rupert Library for 31 years. (She says that she started when she was 5!) She loves her job, which includes running programs for the preschoolers and toddlers, as well as cutting, cluing and coloring on occasion.

B2 - All about Play; How to play with Children and Developmental Stages of Play - Christine Franes

What is play and why is it important for children? What are some practical ways that parents can play with their children? Developmental stages of play at different ages are described with examples of developmentally appropriate play activities for children 0 - 8.

Christine is a Primary Trained Teacher who had worked in School District #52 for 15 years in a variety of capacities. She has been the Early Learning Coordinator for the last 4 years.

B3 - Supporting Food and Nutrition education in child care: Practical strategies - Flo Sheppard and Jessica Hrechka Fee

This hands-on workshop will allow participants to incorporate food and nutrition concepts within their program and curriculum planning and implementation, to support children to become good eaters. Workshop participants will also discover practical best practice strategies around food and language not only at meal time but though out the day.

Flo works with Northern Health as the NW Population Health Team Lead and Population Health Dietitian. Her work includes supporting those who work with families with young children, with a goal of promoting eating competence for all children.

Jessica Hrechka Fee works with Northwest Community College in the Early Childhood Education Department. She is an Early Childhood Educator with a license to practice ECE in BC and ten years of experience working in preschool settings. Her work includes supporting caregivers as they strive for best practice in early care and learning.
B4 - Self-Care for Early Childhood Development practitioners - Anne Falvo

Compassion fatigue and burnout are real risk factors for all community social service providers. Participants will be introduced to the concepts of wellness, harm reduction, vicarious trauma and burnout. You will gain an understanding of why practitioners in helping fields are vulnerable to vicarious trauma and how to deal with it. Self-care is necessary to be able to practice in a meaningful way. You will also have an opportunity to reflect on your own workplace situations and generate a wellness and self-care plan.

Anne Falvo has been working within the Early Childhood Development Field for 20 years. She is a licensed Early Childhood Educator, Special Needs Educator and Infant Toddler Educator who works as a Supported Child Development Consultant. She is also a certified Infant Massage Instructor.

C1 - Let’s Eat and have fun in the kitchen! - Chantal Cornwall

Discover fun and creative ways to teach children the basics of cooking/baking in the kitchen. From reading/following a recipe from various sources, list of ingredients and discussion, kitchen supplies, food prep, sharing, safety and cleaning. Several original Let’s Eat recipes that are well suited for preschool and school aged children will be demonstrated during the workshop with the assistance of the very talented and amazing Fiona Gale, 6, who loves to cook and bake. Samples are always a “must” at the Let’s Eat table and included. Recipes will be available as well as alternative sources/links to children with dietary restrictions such as Gluten-Free and Vegan.

I grew up in Montreal surrounded by amazing food culture and have been fascinated by culinary adventurers and creation ever since. I operate a licensed family daycare and love to mentor and show my sons and my daycare families how to cook and create in the kitchen. In 2007, I created “Let’s Eat” - a food column that is featured in several newspapers in BC - to showcase original recipes, stories, local profiles and resources. In 2010, the “Let’s Eat” website was created to feature contributed columns/articles on subjects that matter to us such as our children, health, pets, recipes, cooking, videos and more.

C2 - Make and Take Aboriginal Felt Story - Connie Collins and Pat Hill

Come and join Connie and Pat in making an Aboriginal Felt Story: “Totem Pole, Totem Pole”. Story, felts and templates will be provided. Please bring a pair of scissors to this workshop. You are also welcome to bring glitter glue to do some final touches on your felt story.

Connie is an Early Childhood Education consultant at the Berry Patch CCRR. She is the supervisor at Colors and Creations preschool and has her Early Childhood Education and Infant Toddler Certificates. Connie brings with her 30 years of experience working with parents and children.

Pat Hill is an Early Childhood Education Outreach Consultant at the Berry Patch CCRR. She is the assistant supervisor and supported care worker at Colors and Creations Preschool. Pat brings with her 20 years of experience working with parents and children.
Inn on the Harbour is offering hotel rates at $113.10 for a Mountain double room or $125.66 for a Harbour double room. Each room will sleep up to 4 people and these rates include taxes. Phone number 250-624-9107.

When booking, please state that you are with the Child Care Conference to receive the conference rates.

For more information contact Katie at wccc@citytel.net

### Workshop times

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<th>9:00 - 10:30</th>
<th>10:45 - 12:15</th>
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### Hotel

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Registration form (please print)

Name: ________________________________________________________________

Mailing address: _________________________________________________________

Phone number: ___________________________________________________________

Email address: _____________________________________________________________

Workplace: _______________________________________________________________

Registration fees $70.00, this includes a health break in the morning and lunch
Please make cheques payable to The Berry Patch

** Workshop fees are non-refundable! **

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Professional Development Certificates will be emailed to your provided email address...if you don’t have one they will be available for pick up at the Berry Patch after October 20th

Register by

Email at wccc@citytel.net

Fax attention Katie to 250-627-1634

Or in person at Westview Child Care Centre, or The Berry Patch CCRR

Registration deadline is September 29th, 2012