



Diagnosis or Behavior: A look into childhood mental health.

Michelle Westbrook

Join us to discuss children's mental health in today's classrooms. Topics include looking at symptoms of mental health diagnoses, differences between disorders and behaviors, and strategies for the educator. Participants will leave with increased empathy, understanding, and confidence in working alongside mental health needs.

FRIDAY MAY 1st BREAKOUT SESSION

12:00 pm- 2:00pm

Class Descriptions:

For the Love of Loose Parts

Cindy Curry

Join me for an opportunity to explore the amazing world of loose parts. Let's look at what large and small loose parts look like, how they enhance our inside and outside environments, as well as how they support children's play and learning from infants to school age including risky play and schema play. We will also explore where we can find them for free or at very little cost.

Self-Care for Caregivers and Teachers

Heidi Woods

Self-care is an essential part of the work of caregivers and can contribute to a more positive environment and better outcomes for children. This mindfulness training will provide tools to reduce stress, frustration, and burnout by combining breath-work, mindful awareness, and deep relaxation for caregivers and support staff.

Development and Primitive Reflexes:

What's the Link?

Kimberly Bloms

A child not functioning as expected relative to their developmental level may be experiencing reflex dysfunction. Poor impulse control, toe walking, sensitivity to touch, sound, smell and taste, balance issues, severe mood swings, difficulty crossing the midline or trouble with hand-eye coordination are just a few of the signs that can present with reflex dysfunction or pathology. The link between development and lack of integration or never emerging reflexes is important to understand and has extensive clinical and functional implications for caregivers.

Read between the Signs

Linda Ehlers

Primary focus is to learn basic sign language vocabulary. Tips and Ideas will be shared on how to remember the signs and how to use them. Also learn how to sign at least one classic story/poem. This will be geared with working with children with hearing loss, however, it can be used with all children.



FRIDAY MAY 1st BREAKOUT SESSION

2:30 pm- 4:30pm

Class Descriptions:

Taking STEAM outside

Ilse Wilson

Science, Technology, Engineering, Art and Math is hands-on learning that applies to the world around us. STEAM builds and teaches creativity, problem solving, life skills, ingenuity, resourcefulness, patience, curiosity. Get kids outside! Get kids interested in STEAM! Take STEAM outdoors.

Fun with Process Art

Jami Swensrud

Experience process art through a child's eyes! Learn what process art versus craft activities are and how to give the children in your care joyful art experiences.

Mindfulness for Social and Emotional Learning **Heidi Woods**

Mindfulness practices cultivate a culture that is rooted in empathy, kindness, cooperation, and compassion so we raise the next generation of conscious communicators, empathetic leaders, & thoughtful, resilient, problem solvers. This mindfulness training provide gives a path to achieving that. Studies show improved attention, enhanced creativity, and higher performance levels in those that practice mindfulness. Mindfulness for Social and Emotional Learning (SEL) models behaviors related to emotion recognition and regulation. It provides tools for re solving differences by developing greater emotional intelligence and communication skills.

Development and Primitive Reflexes: **What's the Link?** **Kimberly Bloms**

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Getting Outside with Children in All kinds of Weather

Michelle Roeszler

In this session participants will learn strategies for facilitating outdoor play with children in all kinds of weather. The session will include gear for each season, routines for getting out the door quickly, and activities to interest children of all ages and encourage children to connect to the natural world. Caregivers of children face a myriad of challenges in preparing for outside play but with a bit of forethought and creative thinking grown-ups and children alike can have an enjoyable experience outside no matter the weather.

Dramatic Play Make and Takes for 3, 4, and 5 year olds **Kara Koski**

The participants in this session will learn some of the important aspects of dramatic play in the early childhood setting. There will also be make and takes to go with this theme.

Getting Bodies and Brains ready for the JOY of Intrinsic Motivation

Denita Dinger

“Those things you learn without JOY you will forget easily” -Finnish Saying.
I have held so many little, unmotivated hands in my life; forcing them to write. I’ve used meaningless rote teaching methods just to check the boxes that a child “knows” their numbers and letters way before they had a need for them. I did all of this just to appease society. Can you relate? This type of learning has little joy. Joy is found in an URGE to accomplish something to meet a need that comes from within: INTRINSIC MOTIVATION. Intrinsic motivation is POWERFUL. I have realized without motivation...writing and memorizing letters and numbers is HARD, meaningless and is not stored nor recalled easily. What children truly need is TIME to develop their bodies and brains and adults who respect the JOY and POWER of INTRINSIC MOTIVATION. This workshop is all about identifying the "BEFORE" skills and simple, unique ideas that create opportunities for children to develop all that MUST be developed BEFORE writing, reading and using number knowledge. Focusing on what is truly important NOW leads to meaningful success later...all led by the JOY of intrinsic motivation.



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SATURDAY MAY 2ND BREAKOUT SESSION

12:00 pm- 2:00pm

Class Descriptions:

Fun with Process Art Jami Swensrud

Experience process art through a child's eyes! Learn what process art versus craft activities are and how to give the children in your care joyful art experiences.

The Wild Waggles: Movement and Social/Emotional Growth Sara Mwangura

Young children often exhibit behaviors that are challenging to the adults that are taking care of them. A solid understanding of the development of a child's body and brain can give early childhood professionals the tools they need to prevent those challenging behaviors by ensuring that children move in ways that meets their developmental needs. This course presents research showing the effects that sufficient physical activity changes young children's ability to meet expectations, socially and cognitively. It then allows participants time to discuss the challenges they face in children's behavior and ways that movement activities can give children the opportunity to learn and grow socially and emotionally as well as physically.

I see you, I hear you, I respect you...Infant and toddler care Beth Wolff

Infants and toddlers are amazingly smart. Through observation and trust we can watch even the youngest children learn and grow without them becoming dependent upon us to entertain them. In this class we will discuss how to deal with crying, sleep problems and clingy babies. You will learn about Magda Gerber's Resources for Infant Educators. You will find ways to connect with the infants and toddlers in your program through every day routines like feeding and diapering. You will learn to trust infants and toddlers as an active participant in your program.

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