



**March 21, 2020**

**Skagit Valley College, Mount Vernon**

**10:30 – 12:00 BREAKOUT SESSION A**

**A1. Wiggle, Wriggle, Spin! Attention Challenges or Schematic Learning?**

Presented by: Miriam Dressler

Have you ever observed children spinning around the room, carrying the toys all over the room, or lining their toys in a perfectly straight line? In this session we will investigate this behavior and learn to identify learning schemes - and what we can do in the classroom to honor schematic learning and provide meaningful support for them as a child's style of playing and learning.

**A2. Get Moving for ERS/CLASS Success!**

Presented by: Dr. Diane Craft

Use Active Play to Potentially Achieve Higher Evaluations on ERS/CLASS Items Learn how coaches and providers can use the physical activity suggestions in Washington's Early Achievers - Healthy Connections - Active Play to potentially achieve higher ERS/CLASS scores in categories such as Personal Care Routines, Listening and Talking, Activities, and Interaction. Gather physical activities ideas to play with children that can help strengthen positive provider-child and child-child interactions; prompt children's understanding and use of language; enhance math, science and diversity activities; and reduce discipline problems.

**A3. Harvest for Healthy Kids - A Nutrition Curriculum**

Presented by: Brandy McFarland

Harvest for Healthy Kids (HHK) is a fun way to inspire and expose children to a variety of fresh fruits and vegetables. HHK provides activity plans, picture cards, newsletters and recipes that can support early educators in supporting children in life-long healthy eating habits.

**A4. Move It! Using Yoga Based Movement and Mindfulness Activities in the Preschool Classroom**

Presented by: Pat Cavit

Learn fun and effective ways to increase engagement and decrease challenging behaviors using yoga-based movement activities. Learn why it works and how to use it in your program.

**A5. Sensory Activities for Challenging Behaviors**

Presented by: Dr. Mary Lynn Hafner

All behaviors is communication. Learn how to interpret preschool classroom behaviors through a sensory system lens. In a lively and engaging discussion, you'll review the sensory systems, identify sensory processing behaviors, and find strategic solutions. Mary Lynn is a

physical therapist and movement teacher who uses interactive learning to discover the best movement activities for specific classroom behaviors to support and enhance a child's successful development.

#### A6. Musical Play and Movement to Support a Trauma-Informed Environment for Children

Presented by: Ray Soriano

We all know that music and movement are good for children and that play is healing. When children engage in musical play and physical activities that are trauma-informed, ALL children benefit, not just those who have experienced adversity. Learn fun activities and explore strategies for facilitating music and movement with a trauma-informed approach

#### A7. Nurturing Young Eaters: Improve Program Quality Through Healthy Mealtime Practices

Presented by: Tori Bradford

Best practice standards that support healthy mealtime environments also support social, emotional, and executive function development in early childhood. This session will demonstrate the overlap of healthy mealtime best practices with the quality measures included in Early Achievers. Participants will listen to, participate in, and share examples of how healthy mealtimes can support interactions, social development, behavior management, self-control, and language and reasoning skills. Strategies and resources will be provided.

#### A8. Retooling You Narrative to Buffer Stress: A Proven Pathway for Teacher, Parent and Caring Professional Well-Being

Presented by: Kari Pendray

This session will offer practical strategies for P-12 staff, parents, and caring professionals to improve their personal well-being. Learn the science and practical strategies for stress management, self-care, and burnout prevention. Participants will discover how to best use their character strengths to: commit to a meaningful self-care plan; refuel your vessel; find more joy in the journey, and fortify healthy relationships along the way.

#### A9. The Joy of Eating - Encouraging Children to Love Healthy Foods!

Presented by: Carolyn Conner

Have we accidentally taken the joy out of eating and replaced it with too many rules? Explore our relationships with food, the Division of Responsibility for feeding, and breakdown some of the "food rules" that may just need to go away. Leave this workshop with tools and ideas for encouraging children to experience the joy of eating ALL foods.

#### SPANISH-LANGUAGE A SESSIONS:

##### A10. Meriendas Sanas y Creativas

Presentado por: Melanie Coyne

¡Hagamos meriendas! Esta sesión le dará ideas y oportunidades para probar nuevos refrigerios para los preescolares en sus clases. Todos los bocadillos que presentamos / preparamos se alinearán con las pautas del USDA.

**A11. Agregue Alegría y Movimiento a Través de la Música a su Día.**

Revitalice el tiempo de su círculo y las transiciones con canciones y movimientos. Esta sesión le traerá nuevas ideas para canciones y juegos activos para usar durante todo el día. Desde el saludo, hasta las transiciones, el tiempo circular, la música y la canción traen alegría y cooperación a su día. Distribuiremos y crearemos imágenes para usar para ayudar a los niños a recordar y elegir las canciones activas que desean para el día. Revisaremos los viejos favoritos y practicaremos individualizarlos para los temas que está enseñando y los niños individuales en su grupo. ¡Ven preparado para cantar y mudarte!

**A12. Un Estilo De Vida: El Autocuidado Es Esencial Para la Sostenibilidad Profesional**

Presentado por: Claudia Avendaño-Ibarra

La razón fundamental para trabajar en el campo del aprendizaje temprano es el deseo de ayudar a los niños y sus familias. La motivación para ayudar a otros es altruista y requiere un alto nivel de empatía. Sin embargo, es esa respuesta empática la que crea el mayor riesgo y vulnerabilidad al estrés, el agotamiento, el trauma indirecto y / o la fatiga de la compasión. Nadie es inmune a estos efectos. Todos somos humanos y, naturalmente, nos alimentamos del estado emocional de los que nos rodean. La transformación de los efectos negativos puede ser sutil o pronunciada, positiva o negativa. En este taller discutiremos la autoconciencia y la evaluación, así como el cuidado de uno mismo y de la comunidad, que son fundamentales para prevenir una acumulación tóxica y poco saludable de los efectos negativos de nuestra profesión.

## **1:15 – 2:45            BREAKOUT SESSION B**

**B1. Managing a Multi-Generational Team**

Presented by: Miriam Dressler

The workforce of today is much more multi-generational than ever before. Learn some interesting information about each generation, and what you can do as their manager to support the best in each employee, no matter their age.

**B2. Fun Ways to Play with Infants and Toddlers to Enhance their Movement Skills and Brain Development**

Presented by: Dr. Diane Craft

Learn numerous physical activities to play with young infants, mobile infants, and toddlers to enhance their movement skills and brain development. Drawn from the Nurturing Pathways® and Active Play! curricula, each developmentally appropriate activity is designed to enhance young children's sensory and motor system as well as enhance brain development. Implement the physical activities with infants for a few minutes at a time and help infants experience the joy of movement. Lead groups of toddlers in more advanced physical activities that are fun, inclusive, and require only inexpensive equipment and work in small spaces.

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### B6. Men in Early Learning: Strategies for Recruiting Male Staff and Engaging Fathers

Presented by: Ray Soriano

Children benefit immeasurably when men are positively involved in their growth, development, and learning. Due to a variety of reasons, fathers are often disengaged, and positive male influences are absent in early learning environments. Learn practical ideas for making your program more "male friendly", ways to more meaningfully engage fathers, and strategies for recruiting, supporting, and retaining male staff and volunteers.

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