

Child Care Resources of Rockland, Inc. proudly presents

45th Annual Early Childhood and School Age Care Conference

Saturday, November 2, 2019

7:30 am - 4:45 pm



The Early Years are Learning Years

A Professional Development Opportunity for Early Childhood
and School Age Care Educators

at

St. Thomas Aquinas College

Romano Student Alumni Center

125 Route 340, Sparkill, New York 10976

Conference Coordinated by Debbie Silver, Director of Professional Development



Child Care Resources of Rockland, Inc.

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childcarerockland.org

845.425.0009

SPONSORED BY ASSEMBLY MEMBER KEN ZEBROWSKI



CAMPUS TOUR

1. Romano Student Union Center
 - 1a. Bookstore
 - 1b. Student Development
2. Marian Gardens
 - 2a. Naughton Hall

3. Maguire Hall
 - 3a. Sullivan Theatre
4. Aquinas Hall
 - 4a. Gymnasium & The Kraus Fitness Center
5. Corbello Hall
 - 5a. Azarian-McCullough Art Gallery
 - 5b. Science Labs

7. Spellman Hall
 - 7a. Registrar
 - 7b. Communications Studio
 - 7c. Computer Labs (Digital Imaging Lab, Language Lab, General Labs)
 - 7d. Loughheed Library & The Bloomberg Professional Lab
 - 7e. Financial Aid
 - 7f. Admissions

8. Aquinas Village Residence Halls
9. McNeil Commons Residence Halls
10. McNeil Commons Dining Hall
11. Borelli Hall
 - 11a. Business Office & Human Resources
12. Spartan Athletic Complex (1/4 mile from campus)
13. Palisades Credit Union Park - Home to Spartan Baseball Team (20 minutes from campus)

45th Annual Early Childhood and School Age Care Conference

CONFERENCE SCHEDULE

7:30-8:30—Breakfast/Registration
8:30-10:00—Welcome and Keynote
10:15-12:15— AM Workshops
12:15-1:15—Lunch and 50/50 Raffle
1:30-3:30—PM Workshops
3:45-4:45—Optional Workshop

CONFERENCE LOCATION

St. Thomas Aquinas College
Romano Student Alumni Center
125 Route 340, Sparkill, NY 10976

HOW TO REGISTER

Please complete the registration form on page 8, then cut out and mail with payment to CCRR, 235 N. Main St., Suite 11, Spring Valley, NY 10977; fax with credit card information to 845.425.5312, or register on our website: childcarerockland.org.

DISCLAIMER: The views and opinions expressed by workshop presenters are their own and do not necessarily reflect those of CCRR.

**SPECIAL
THANKS....**



**...to Assembly
Member Ken Zebrowski for
sponsoring this year's conference!**

Target Audience for Workshops:

IT – Infant/Toddler
PS – Preschool
S – School Age

D – Directors/Supervisors
OCFS – Office for Children & Family Services
CBK – Core Body of Knowledge

KEYNOTE: KEEP'EM BURNING

Let's talk about burnout prevention and self-care, shall we? Because who can afford to get a massage every time life doesn't cooperate (which could be several times a day!). Keeping the lights on at home is hard enough; what about our own lights? Julika von Stackelberg is a mother of a three, a parenting educator, a trainer, an active community member in Orange County, and a brand new soccer coach, who has had her share of negotiations with her utility providers and even experienced a physical burnout herself. Learn some of the fastest ways to lose all of your energy and some of the most effective ways to keep your lights going, perhaps shining even brighter. **(All)** **(OCFS:** Business, Child Abuse Maltreatment Identification and Prevention) **(CBK:** Health, Safety and Nutrition, Professionalism and Leadership)

Presenter: *Julika von Stackelberg*, Credentialed Parenting Educator; Certified Parenting Coach; Parenting & Family Life Educator; Co-Chair, Orange County Parenting Coalition

AM WORKSHOPS: 10:15 AM -12:15 PM

1A. MINDFULNESS FOR STRESS REDUCTION

Extend the keynote conversation! In keeping with the topic of burnout prevention and stress reduction, let's explore what mindfulness is and how it can be applied in conjunction with other tools to help reduce stress, thereby increasing energy, joy and productivity. **(All)** **(OCFS:** Business, Child Abuse, Maltreatment Identification and Prevention, Safety and Security) **(CBK:** Health, Safety and Nutrition, Professionalism and Leadership)

Presenter: *Julika von Stackelberg*, Credentialed Parenting Educator; Certified Parenting Coach; Parenting & Family Life Educator; Co-Chair, Orange County Parenting Coalition

2A. GROUP GAMES FOR SCHOOL-AGERS

This workshop will focus on playing games – we will play the whole session! Participants will experience activities that promote connection, community and social skills as we focus on three kinds of games: Ice breakers, energizers and challenges. Come dressed to move and have fun! **(S)** **(OCFS:** Child Development, Program Development) **(CBK:** Child Growth and Development, Environment and Curriculum)

Presenter: *Timothy Fowler*, Professional Development Director, New York State Network for Youth Success

3A. NATURE BASED LEARNING WITH MIXED AGE GROUPS

Children today spend, on average, seven hours a day in front of a screen. Come learn how you can combat this by incorporating Nature-Based Learning into your program. We will explore what “nature-based” means and how it can be applied to all age groups, including mixed age groups. Come prepared to wonder, reflect and reconnect with the great outdoors. **(All)** **(OCFS:** Child Development, Program Development) **(CBK:** Child Growth and Development, Environment and Curriculum)

Presenter: *Elizabeth S. Rodano*, Doctoral Candidate, Walden University

4A. PROCESS ART WITH TODDLERS AND THREES

Explore the wonders of process art as you explore a variety of developmentally appropriate art materials and tools. Discuss the difference between process art and art/crafts projects. Hear how you can explain the importance of Process Art to families. **(I, T, PS)** **(OCFS:** Program Development, Safety and Security) **(CBK:** Environment and Curriculum)

Presenter: *Beth Mindes*, Infant/Toddler Specialist, Child Care Council of Orange County, Inc.

5A. BEHAVIOR BASICS: STRATEGIES THAT WORK!

Do you ever wonder why some children easily follow along while others seem to resist? Come learn the basic dos and don'ts of managing behavior and how to get young children to follow your lead and join in during activities. This session will cover how to reinforce those positive behaviors and reduce behaviors that interfere with your day using simple and practical ideas that work! **(T, PS, K, S)** **(OCFS:** Child Development) **(CBK:** Child Growth and Development)

Presenter: *Barbara Kestenbaum*, Community and Family Educator, Westchester Institute for Human Development

6A. THE FIVE MOST IMPORTANT SKILLS OF POSITIVE LEADERSHIP

Learn the five most important skills necessary to build an early childhood learning team. Share the challenges early childhood/school age directors face and discuss information and strategies that support effective leadership and strong organizations in this active workshop. **(D)** **(OCFS:** Business) **(CBK:** Professionalism and Leadership)

Presenter: *Cindy Sobel*, Professor in Residence, William Paterson University

7A. MAKING TRANSITIONS EASIER

How can you have smooth transitions between activities? How do effective transitions increase instructional activities and minimize disruptive behaviors? This workshop will answer these questions and we will share songs that can aid in the transition process. Bring a recording device! **(T, PS, K)** **(OCFS:** Child Development, Program Development) **(CBK:** Child Growth and Development, Environment and Curriculum)

Presenter: *Barbara J. Wright*, Educational Consultant

PM WORKSHOPS: 1:30 PM –3:30 PM

8P. SIGN LANGUAGE WITH ALL CHILDREN

Back by popular demand, this workshop will address ways to use sign language for infants through third grade. Basic signs will be taught including the alphabet for school age children so they can learn to spell their names. Songs and books with sign language will be used. This is a skill children and adults enjoy! **(All)** **(OCFS:** Child Development, Program Development)
(CBK: Child Growth and Development, Environment and Curriculum)

Presenter: *Barbara J. Wright*, Educational Consultant

9P. PUSH, PULL, FILL, AND DUMP: CREATING MEANINGFUL TODDLER CURRICULUM THROUGH PLAY

Calling all toddler teachers! Are you wondering what to do with your toddler group? Have you run out of ideas? Are you interested in implementing an achievable curriculum? If so, this session is for you! We will explore toddler development and discuss how creating a play-based curriculum can support this development. Bring your questions and come ready to play!

(T) **(OCFS:** Child Development, Program Development) **(CBK:** Child Growth and Development, Environment and Curriculum)

Presenter: *Elizabeth S. Rodano*, Doctoral Candidate, Walden University

10P. UNDERSTANDING AND ADDRESSING CHALLENGING BEHAVIORS

This workshop will give you the opportunity to think about the children in your class who exhibit challenging behaviors and develop plans to change those behaviors. We will discuss research-based classroom management techniques that will help you determine the *function* of those challenging behaviors and teach new *replacement* social and emotional skills and behaviors. **(T, PS, S)** **(OCFS:** Child Development) **(CBK:** Child Growth and Development)

Presenter: *Barbara Kestenbaum*, Community and Family Educator, Westchester Institute for Human Development

11P. TRAUMA—INFORMED CARE REALLY IS THAT IMPORTANT

Young children are affected by events that take place around them. Negative experiences can take a toll on a child's growth and development. In this interactive workshop, participants will define trauma, gain a better understanding of the connections between trauma and brain development and learn how to develop a trauma informed mindset that translates into an environment that supports a child's growth and development. **(I, T, PS)** **(OCFS:** Child Development) **(CBK:** Child Development)

Presenter: *Cindy Sobel*, Professor in Residence, William Paterson University

PM SESSION: 1:30 PM –3:30 PM, continued

12P. LEVERAGING RELATIONSHIPS TO ACCESS QUALITY IN YOUR PROGRAM

Your materials and equipment may attract parents. How they are used, stored and accessed for child engagement and assessment is based on your relationship with staff and parents. Explore ways to inventory your tangible and intangible assets needed to define your program around the needs of the child and the adults who care for them. Come to this session prepared to build priorities, schedules, and commitments that encourage and reward your staff, engage and educate parents, and enrich the lives of children. **(D)** **(OCFS:** Business) **(CBK:** Professionalism and Leadership)

Presenter: *Cynthia Soete*, Professor in Residence, William Paterson University, President of the Coalition of Infant/Toddler Educators

3:45-4:45 pm—Optional Workshop

ACTIVE FUN PLAY! PHYSICAL ACTIVITIES FOR CHILDREN

Active physical activities are crucial for the development of children across all developmental domains and for all age groups. Explore a variety of fun, inexpensive tools and activities that can enhance the growth and health of children. Be prepared to get physical and have some fun! **(All)** **(OCFS:** Nutrition and Health) **(CBK:** Health, Safety and Nutrition)

Presenter: *Jenny Spampinato*, Infant Toddler Specialist, CCRR; and *Bonnie Parsekian*, Quality Enhancement Specialist, CCRR

CONFERENCE FEE INCLUDES breakfast, lunch, workshops, camaraderie, and networking! Attend the keynote, the morning and afternoon workshops, and earn 5 training hours.

BONUS! Participate in the *free*, optional workshop and receive an additional training hour!

EXTRA BENEFIT! All attendees will receive a free training coupon for 2020 (excludes Red Cross, Health & Safety, and MAT).

REGISTRATION FORM

CONFERENCE SCHEDULE

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10:15-12:15—AM Session • **1:30-3:30**—PM Session

12:15-1:15—Lunch and 50/50 Raffle • **3:45-4:45**—Optional Workshop

Name _____

Address _____

Cell Phone _____

Program _____

Work Phone _____

Email _____

INDICATE 1ST AND 2ND CHOICES FOR AM SESSION AND PM SESSION:

AM Session: 1, 2, 3, 4, 5, 6, 7

1st _____ 2nd _____

PM Session: 8, 9, 10, 11, 12

1st _____ 2nd _____

☐ **I WILL ATTEND THE FREE, OPTIONAL WORKSHOP**

☐ **My \$15 payment (check) is enclosed.**

Charge my credit card: *Visa/MC/Discover*

Card Number _____

Expiration Date / Security Code: _____ / _____

Name on credit card _____

Billing Address _____

Signature _____

Thanks
to the generous
support of Assemblyman
Ken Zebrowski, we are
able to offer the low
conference fee of
\$15.00!

Child Care Resources of Rockland, Inc.

Our mission is to promote, support and enhance the healthy development of all children by:

- Providing resource and referral services for families seeking accessible, affordable, quality early childhood and school age care and education;
- Offering training, support and resources to the early care and education workforce as well as public and private schools;
- Connecting with business leaders and public officials to emphasize the value of quality child care to the economic vitality of Rockland County;
- Advocating for increased investment in quality child care and education;
- Collaborating with strategic partners to enhance our collective abilities to address the needs of the community now and in the future.

We are a membership organization made up of over 2,000 individuals. We urge you to become a member to support our efforts; our strength is largely due to your support. With your paid membership, you receive special rates for professional development, and our newsletter *Rockland Child Care News*. *Please become a member today!* Call 845-425-0009, x0 or sign up at childcarerockland.org



DIRECTIONS TO ST. THOMAS AQUINAS COLLEGE: 125 Route 340, Sparkill, NY 10976

FROM NEW YORK CITY VIA THE GEORGE WASHINGTON BRIDGE: Bear right crossing the George Washington Bridge, following signs to the Palisades Interstate Parkway. Travel north to Exit 5N (Orangeburg-Route 303 North). Follow the local directions below.

FROM NEW JERSEY AND PENNSYLVANIA VIA GARDEN STATE PARKWAY: Follow the Garden State Parkway to the end onto the New York State Thruway. Follow the New York State Thruway to Exit 13 South (Palisades Interstate Parkway South). Travel south to Exit 5N. Follow the local directions below.

FROM WESTCHESTER AND CONNECTICUT VIA MARIO CUOMO (TAPPAN ZEE) BRIDGE: Take the New York State Thruway to Exit 13S. Follow Palisades Parkway south to Exit 5N, and follow local directions below.

FROM UPSTATE NEW YORK VIA ROUTE 17 (SOUTH): Take Route 17 South to the New York State Thruway. Follow the New York State Thruway to Exit 13S. Take Palisades Parkway south to Exit 5N. Follow the local directions below.

LOCAL DIRECTIONS: Coming off the Palisades Parkway, bear right off the ramp and go north on Route 303 to the second traffic light. Turn right onto Route 340. Follow Route 340 to the first traffic light and turn left into the Main Campus entrance. Park in the parking lot adjacent to the tennis courts.

CONFERENCE REGISTRATION LOCATION: Romano Student Alumni Center

Child Care Resources of Rockland, Inc.

235 N. Main Street, Suite 11
Spring Valley, NY 10977

Non-Profit Org
Presorted Standard
U.S. Postage
PAID
Permit No. 362
Monsey, NY 10952

RETURN SERVICE REQUESTED



For 45 years, Child Care Resources of Rockland, Inc. has held firm in its commitment to build capacity, improve quality, and facilitate access to early care and education services in our community.

This investment in our youngest children will give them the chance to build strong futures, strengthen their families, and help to grow our economy.

P: 845.425.0009 | F: 845-425-5312
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