

Alberta Family Child Care Association

Calgary Region

Presents a
Conference for
Family Child Care
Professionals

March 12
2011

Make a
Difference...

... Naturally



For More information
Visit our website
www.calgarychildcare.org

Glenmore Inn
2720 Glenmore Trail
Calgary, Alberta

SATURDAY MARCH 12TH 2011

Glenmore Inn 2720 Glenmore Trail Calgary, Alberta

REGISTRATION – 8:00 - 8:30am

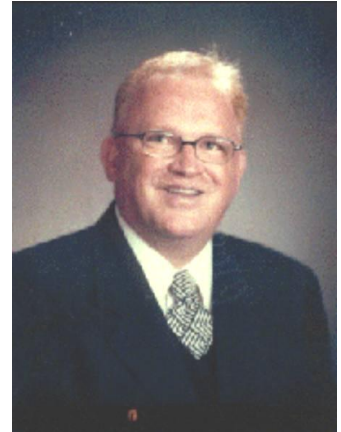
The conference will begin at 8:45am with Keynote Speaker:

Daniel Hodgins: ***Boys: Changing the Environment, Not the Child***

Do boys really learn differently than girls?
How can I nurture attachment and bonding while being firm?
How do I deal with challenging issues with boys?
What does a supportive environment for boys and girls look like?

“What about those boys?” Rings out from early childcare settings around the country. Many people working with children are asking these questions and more. Increase your awareness of boys, how they learn, how to educate them based on brain science research, and how to create the ultimate environment that supports boys’ needs.

Daniel Hodgins, author of newly released book “*Boys: Changing the Classroom, Not the Child*” is an exceptional teacher and internationally known presenter. He has given keynotes, seminars and presentations in over 38 States and Canada. He has a unique grasp of children and families learned from his 30 plus years experience in the field of education and childcare. Dan’s interactive style is both informative and entertaining. He is a parent, worked as a teacher, been director of an early childhood center, recently retired as Coordinator of early Childhood Education and is a former child.



MORNING SESSION 1 – 9:45 - 11:15am

Daniel Hodgins - Supporting Children Who Take Us to the Ends of Our Rope

Challenging behaviors of children are the most common discussions that occur among teachers in early childhood settings. Are you working with a child who has been or currently Takes you to the Ends of Your Rope? If you are, this workshop is for you. You will increase your awareness of what challenging behaviors occur, strategies that will assist in preventing these behaviors; and how to develop self-control in children whom seem to need power.

Samia Drisdelle – Yoga for Children

Yoga is fun and safe activity that focuses on breathing, stretching and holding *Asanas* or poses. Through games and song, we will explore yoga from a child’s perspective and learn how yoga can promote concentration, calming strategies, balance, coordination and general well being in a Child Care setting.

Michelle Cederberg - Stress Defense: Combat Tips to Help You Move from Stress to Success

It is estimated that 50-75% of all people who visit a doctor do so for psychosomatic disorders – *illnesses that originate in the mind and manifest in physical ailments*. Stress is a leading cause of illness!

We’re so used to living with stress that it doesn’t occur to us that we don’t have to! Join Michelle as she presents her viewpoints on the physical impact of stress on the body, how we create needless stress for ourselves, and what we can do to minimize it. She’ll talk about how your reactions to events can impact your stress levels and provide you with her practical 6 step ‘*stress defense*’.

Ginger Mullen - Transitions with Mother Goose

In this interactive workshop, we will discuss the many benefits of playing with traditional Mother Goose rhymes - for children and caregivers alike. Come prepared to move, sing and chant as we learn and practice ten rhymes to use with children of all ages throughout the day.

*Be sure to visit
The Exhibit & Resource Fair!*

MORNING SESSION 2 – 11:30 - 1:00pm

Joyce Woods - Creating Green Childcare Settings

Childcare Facilities may be inadvertently exposing children to a variety of potentially harmful chemicals or pollutants. This session will provide the background information necessary to identify environmental hazards as they relate to children, and discover practical strategies for preventing or reducing children's exposures to toxic chemicals and pollutants.

Mary Hays – Stories at Your Fingertips

Learn some 'easy to tell' stories and finger plays with Mary Hays. Mary has been performing as a storyteller and teaching storytelling for many years. Learn to promote literacy with children by combining traditional storytelling with simple puppetry and props. This high energy approach lifts stories off the page into full Technicolour life.

Karla Heintz - Nutrition Solutions for Life

In our world of boxed and jarred food items it is hard to know what is good and what will cause harm in the body over the long term. Learn what ingredients you NEED to avoid, and what items should be a must on every family members plate for optimal behavior, growth and development. Walk away with some food solutions and tips on how to make healthy items magical in just under 15 minutes.

MaryAnn Farebrother - Understanding and Responding to Challenging Behavior

In this session we will discuss some of the causes of challenging behaviors, and how Providers can make a difference by using positive guidance strategies.



LUNCH – 1:00 - 2:45pm

Lunch Keynote: Michelle Cederberg: Energy Now!

How to Generate More Energy, Decrease Stress, and Recharge Your Life

In this practical and entertaining session Michelle Cederberg wants to help you get ENERGY NOW! She teaches you how to break through fatigue and stress, feel better in your life, and be more productive in your work through a 'small steps' approach that really works. It's impossible to expect great things from yourself if you are tired or burned out so why not boost your health and energy as a first line of defense? This session shows you how.

Michelle Cederberg is an accomplished speaker, author, college educator, fitness expert and entrepreneur and she helps people with full schedules and a long list of responsibilities maximize their personal energy. She shares unique and resourceful life balance, health, and stress management information that *actually* conquers procrastination, fatigue, and loss of motivation. She shares her experiences in a humorous and realistic way with delighted audiences across North America. Today she wants to help you decrease stress and increase energy through a small steps philosophy that just makes sense.



AFTERNOON SESSIONS – 3:00 - 4:30pm

Daniel Hodgins - Supporting Children Who Colour Outside the Lines

What discourages children from being creative? What are the ingredients needed in the development of creativity and young children? What does an early childhood environment need to support creativity?

If you are asking these questions, this workshop is for you. This presentation will address how young children develop creativity and how early childhood professionals can develop a "climate" that supports exploration, independence and spontaneity. Come prepared to have fun!

Samia Drisdelle – Art Naturally

Creating with natural and recycled treasures can promote the notion that beauty is all around us and that art is accessible, inexpensive, educational, and fun! Get ready to put on your creative hats and make art... with a conscience!

CFSA – Reporting Incidents and Dealing with Allegations

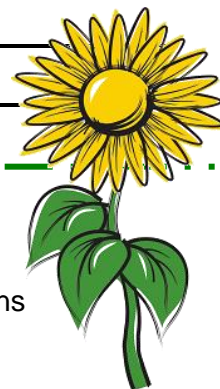
This session will provide an overview of incidents that should be reported, and to who, how to document incidents, and how to protect yourself from potential allegations that may be made about you or your family. Come prepared for open discussion and the opportunity to ask questions.

Jennifer Buchanan - "No Wrong Notes" Music Speaks When Words Cannot

Have you heard a song and immediately felt goose bumps erupt from your skin or listened to a piece of music and your feet spontaneously began to tap and your spirit felt lifted? Music has the potential to affect us consciously and subconsciously and when used with intention music is proven to decrease stress, create an environments that motivate, and improve moods.

Leave this session with a new perspective and life-long strategies for using music to improve your quality of life and the lives of those around you.

REGISTRATION INFORMATION



Registration due date is
February 18th 2011

Workshops will be confirmed in your package the day of the conference. All fees are non-refundable.

Registration Fees

Early Bird Conference Fee: \$125.00/person
After February 1st Conference Fee: \$140.00/person

Conference Agenda

- 8:00 - 8:30am -- Registration
- 8:45 - 9:30am -- Keynote: Daniel Hodgins
- 9:45 - 11:15am -- Morning Session 1
- 11:30 - 1:00pm -- Morning Session 2
- 1:00 - 2:45pm -- Lunch & Keynote: Michelle Cederberg
- 3:00 - 4:30pm -- Afternoon Session

Make a Difference... Naturally

Conference Registration

Glenmore Inn 2720 Glenmore Trail Calgary, Alberta

Name: _____ Email: _____

Agency Name: _____ City: _____

Phone: _____ Food Allergies or Dietary Needs: _____

SESSION CHOICE

Please indicate your 1ST, 2ND & 3RD choice in order of preference for each.

9:45-11:15am - Morning Session 1

- Daniel Hodgins - Supporting Children Who Take Us to the Ends of Our Rope
- Samia Drisdelle - Yoga For Children
- Michelle Cederberg - Stress Defense
- Ginger Mullen - Transitions with Mother Goose

11:30-1:00pm - Morning Session 2

- MaryAnn Farebrother - Understanding and Responding to Challenging Behavior
- Karla Heintz - Nutrition Solutions for Life
- Joyce Woods - Creating Green Childcare Settings
- Mary Hays - Stories at Your Fingertips

3:00-4:30pm - Afternoon Session

- Daniel Hodgins - Supporting Children Who Colour Outside the Lines
- Samia Drisdelle - Art Naturally
- CFSA - Reporting Incidents and Dealing with Allegations
- Jennifer Buchanan - "No Wrong Notes" - Music Speaks When Words Cannot

Registrations due by February 18, 2011.
Complete registration form and mail with
your payment to:

Calgary & Region FDH Agency Inc.
3224 - 28 St SW
Calgary AB T3E 2J6

Fax: 1-403-240-2668

Registration Payment

- Cheque Payment
(Payable to the AFCCA Calgary)

Payment includes:

- Early Bird Fee \$125.00/person
- Registration Fee \$140.00/person

All fees are non-refundable.