



# The Early Childhood Conference

A Spectacular Virtual Experience

## Educator Self-Care

### Conference Sessions Just For You!

Thursday, April 22

8:00 am - 9:00 or 9:30 am

#### *Now's the Time!*

Moving beyond the stress and challenges of the past year requires educators and leaders to be intentional and focused on all that is possible. This motivational presentation will guide participants in creating a vision focused action plan for effectively managing their time. New strategies and well-researched tools will inspire participants to incorporate new habits, rituals, and daily practices to enhance their well-being and reignite their passion for leading early childhood programs. **Susan MacDonald**

#### *Peak Professionalism and Peace Only a TAP Away!*

Ok, so you're probably wondering what these things have to do with each other. Researchers have discovered that how you show up at work, home or in life has much to do with your unconscious stressors and that these stressors, not only cause physical ailments, but they also hinder your performance at work. In this session you will learn Emotional Freedom Technique (Tapping) which will uncover unconscious stressors that create our personal biases and societal stereotypes that may adversely impact engagement with staff, children and families. Once stressors are identified you will further use Tapping to lower your stress and rewire your brain and body to not be triggered again by these issues.

**Tijana Coso**

10:00 am - 11:00 or 11:30 am

#### *Your Profession! Your Voice!: A Bold Vision for Our Future!*

What if you had all the resources you needed? What if you were respected as an early childhood professional? What if a well-compensated and supported early childhood profession wasn't just a dream? Join **Rhian Evans Allvin**, CEO of the National Association for the Education of Young Children to learn about the bold vision of the "Unifying Framework of Power to the Profession" and opportunities for you to engage in making the recommendations a reality. **Rhian Evans Allvin**

#### *The Elephant in the Room: Trauma in the Workplace*

Whether from tragic life events, surviving on a next-to-nothing salary, or inequitable workspaces, many early childhood educators are silently suffering. It doesn't have to be this way! This skills-based session equips participants with the tools to cultivate safe, equitable, trauma-informed workspaces. Greater job satisfaction and lower staff turnover await those who dare to register! **Arianna Howard**

#### *Self-Care- It's More Than an Indulgence*

Self-care, we know it's important, but who has time for that? Learn what is self-care, why it's important, how to prevent compassion fatigue, and practical strategies for making time for you. **Kaleena Wiseman**

Thursday, April 22

2:30pm - 3:30 or 4:00 pm

***Becoming the Best You — Starting Today***

What are your hopes, dreams or aspirations? The person who can achieve them is the best version of you. Not the halfway version of you. Not the one who's living to someone else's expectations. Not the version who gives up when things get challenging. The best you. When you're your best self, you're also the most effective you can be in your role with the children in your organization — whether you're an educator, director or any other role. So how do become your best you? In this engaging, motivating, hands-on presentation, you'll gain a great process and set of tools to use throughout life! We'll create a mini-blueprint with a vision, goal and action steps. We'll focus on WHAT you want to do and WHO you want to be. We'll discover how you trip yourself up — and what to do about it. Along the way, you'll gain "Power Challenges" — useful activities that you can adopt to develop yourself and become a stronger person and leader. The presentation will inspire you to want to do these challenge — so that you can be more effective leading, working and living. So you can become the best version of you, starting today! **Carla Rogg**

***8 Financial Strategies for Every Woman***

90% of women will manage their finances at some point in their life. Women often have the best of intentions when it comes to managing their wealth, but often put themselves last. That's why every woman should have a plan. **Buddy Farmer**

Friday, April 23

8:00 am - 9:00 or 9:30 am

***Building Compassion in Early Childhood Communities***

The pandemic has hit everyone in our early childhood communities hard and tested our relationships. Now more than ever, we need to strengthen our skills in understanding the unique perspectives of the children, parents, colleagues, and administrators with whom we work. In this session, we will discuss the brain science of threat and why people respond in difficult ways when they feel vulnerable. We will discuss common situations of vulnerability in our communities and share compassion strategies for supporting others in challenging situations. Finally, we will discover why self-compassion is key to our work. **Cori Berg**

***Social-Emotional Support Through Challenging Times***

During this time of great uncertainty, many children and families are experiencing trauma and toxic stress. We will discuss how to support children and families. We will learn how to prepare children for changes in routines and procedures and explain why changes had to occur. We will also learn how to make these changes while being sensitive to children and families. By acknowledging and identifying feelings, having patience with children who may take more time to adjust and continuing to partner with families, we will support the children we serve to meet not only their physical needs, but their emotional needs as well. **Ron Mohl**

***Self-Care Practices for Early Childhood Educators***

In this session there will be gentle movements in and with a chair, along with instruction about sitting, standing and lifting which will help teachers to keep their bodies comfortable and working. Breath practices and concentration/meditation practices will be taught to provide help for calming the mind and emotions. You will need to wear pants with bare feet or comfortable flat shoes, and have handy a chair and two beach towels or three bath towels. **Angela LaMonte**

10:00 am - 11:00 or 11:30 am

***Laugh The Stress Away***

How stressed are you? This session will explore various techniques to reduce and manage stress including laughter. **Joe French**

Friday, April 23

10:00 am - 11:00 or 11:30 am

***Supporting Your Staff in Challenging Times***

Supporting Your Staff in Challenging Times presentation will coach program administrators on how to recognize and discover staff stressors and how, in their role, can help support those staff members with the stressors they are experiencing. This presentation will also coach program administrators on how they can create an environment that alleviates some of the stressors. Administrators will also learn how to acknowledge their own stressors and will be given suggestions and strategies to help themselves with their stressors. **Christine DeSanti**

2:30 pm - 3:30 or 4:00 pm

***Self Care for Teachers: Techniques for Becoming the Best Version of Yourself***

The Devereux Center for Resilient Children studies resiliency and protective factors in both young children and adults. This training looks at protective factors for teachers to help prepare them for stressful situations and anything that comes their way. Setting the foundations for good self-care can prevent teachers from experiencing burnout. The work that teachers do is very important and life changing but without taking proper care of themselves it can be draining and lead to stress. To take good care of others one must first take care of themselves. **Troy Hunter**

Keynote 5:30-pm – 6:30 pm

***"You're Not A Chicken, You're An Eagle- You've Got This!"***

Discover how the Conscious Discipline Brain State Model can help you soar! This framework focuses on internal states first and behavior second. It empowers us to be conscious of brain-body states in ourselves and children and provides the practical skills we need to manage our thoughts, feeling and actions. With this ability to self-regulate, we are then able to teach children to do the same. By doing this, we help children who are physically aggressive (survival state) or verbally aggressive (emotional state) become more integrated so they can learn and use problem-solving skills (executive state). When we understand the brain state model, we can clearly see the importance of building our homes, schools and businesses on the core principles of safety, connection and problem-solving. **Rozlyn Grant**

Keynote 7:00-pm – 8:00 pm

***How Music Can Help Create a Sense of Normalcy in "Interesting" Times***

Right now, we all need access to feelings of safety and community to reset our hearts to places that bring us shared joy and connection. Join Red Grammar in exploring strategies and resources to reset the emotional classroom environment. You will leave ready and equipped to bring joy and harmony to your classroom community. **Red Grammer**

Saturday April 24

8:00 am - 9:00 or 9:30 am

***Zen & the Art of Early Childhood Education***

Many of us think of "early childhood" as more than a stage of development or a career choice. Join Richard as he shares his story and discusses the foundational components of our work with young children. We will reflect together (via Zoom's Chat feature) on why we choose play, why reflection and intentionality are critical to our work and why we choose to give young children meaningful learning experiences. What does it mean to place ourselves in positions of service? How do we balance our humanity and our professionalism in an ever-changing world? How are we community builders? This session will provoke your thinking, engage your emotions and nourish your spirit!

• **Richard Cohen**

Saturday, April 24

10:00 am - 10:30 or 11:00 am

***Professionalism in Practice: Stress Management***

Working with children and families, though rewarding, can be challenging during the best of times. The Covid-19 Pandemic has brought to light, more so than ever before, the importance of stress management and adult resilience for those who are working on the front line with children and staff. In this session, strategies for self-care and building adult resilience will be discussed and participants will leave with a self-care plan to ensure they are able to take care of themselves, while caring for others. **Misty Cole**

2:30 pm - 3:30 or 4:00 pm

***Transforming Early Childhood Education by Cultivating Mindfulness***

Mindfulness supports teachers as they focus on positive emotions and making the most of opportunities to connect with children. Teaching mindfulness practices in early childhood classrooms allows young children to be creative, live in the present moment, and develop the positive winning strengths they need for success in the future. This workshop will discuss the origin and benefits of using mindfulness with young children. Qualities of a mindful teacher as well as several environmental practices and curriculum strategies, including children's literature, for teaching and promoting mindfulness in an early childhood classroom will be discussed and shared with examples. Given the importance of social and emotional competence and confidence in early childhood, mindfulness practices can enhance the wonder and exploration of young learners while providing them with the necessary tools to be engaged and ready to learn.

**Kathleen Harris & Melissa Tamburriano**

***Teaching With A Side Of Sprinkles***

How are you spreading your teaching sprinkles? S..Self-Strength P..Passion R..Respect I..Inspiration N..Navigate K..Knowledge L..Love E.. Exceptional S.. Superpower. Calling all administrators, teachers and educators! This session is all about YOU!! How do we connect with each other....children and our families? Relationships are the most important aspect in relating and teaching one another. Learn hands on strategies to enhance your mindset to create a phenomenal environment for staff...children and families. This session is high energy and empowering!! **Wendy Norris**

**ENLIGHTENING SESSION**

***Empowering Educators Everywhere!***

This training provides strategies to empower educators in this changing field such as relating to others and other cultures, developing relationships, utilizing our unique creativity, passions, talents--all while putting in the hard work needed. **Candice Simon**

***Chair Yoga with Kristi Kirinch***

Relax and treat yourself to a few minutes of chair yoga to destress and refresh.

**DAILY BODY BREAKS**

***Let Me Move You! Warm Ups and Shake Outs*** with Mimi Brodsky Chenfeld

