







Each workshop offered has been designated by one or more of the following Track Symbols, to help you choose a workshop geared toward your interest.

 Advocacy/Collaboration  
 Child Care Director/Administration  
 K to 3rd Grade - Care and Education

 Special Needs  
 Early Care and Education  
 Health and/or Safety

## Workshop Descriptions

### Session 1, 9:00 AM - 10:15 AM

#### Workshops 1A, 1B, 1C, 1D, 1E, 1F

#### 1A: Guidance of Young Children



*Larry L. Grimm, Ed.D, Associate Professor Psychology and Early Childhood Education Yavapai College*

Guidance of Young Children is characterized by a proactive approach to understanding and responding to children's needs and facilitating prosocial behavior. Specifically, this experiential workshop presents a model for understanding children's needs and in turn developing a supportive approach in our guidance of young children.

#### 1C: Healthy Teeth are Important!



*Beth Mohan, RN & Janis Burger, RN*

Child Care Providers can play an important role in helping to reduce tooth decay in Arizona's children and be a valuable source of support & information for parents when it comes to their child's oral health. We will provide you with the tools and resources to promote oral health in your program.

#### 1E: The New "MyPlate"



*Tamara Nisly, WIC Nutritionist*

This presentation will delve into the new USDA My Plate that emphasizes all of the important messages in the Dietary Guidelines for Americans. Learn how to use "MyPlate" to make healthy choices at every meal. Recommendations will be discussed for adults and children over the age of two. An activity will be included that will be fun for adults but can also be modified for use with children to learn about food groups and healthy foods.

#### 1F: The Power of Chant: Building Oral Fluency and Reading Comprehension



*Cynthia Elek, Arts Integration Specialist*

Participants in this highly interactive workshop will learn how to explore early childhood literature in a new way – by performing books with rhythmic text using movement, character voices and instruments. In this low-risk, ensemble setting, participants will both experience and discuss how this strategy builds confidence in language delivery while reinforcing comprehension of stories and issues across the English Language Arts and social studies curriculum.

#### 1B: Sense-ational Play!



*Barb Andre, M.S.*

Come and find out how to unlock early brain development through the five senses! Be ready to taste, smell, touch, see and hear while you play. Whether you work with infants, toddlers, preschool or school-age children, there is a place in sensory play for you!

#### 1D: The ACE Study: The effects of childhood stress on adulthood



*Claire Louge, Community Outreach Coordinator, First Things First*

We know that what happens in childhood affects our behaviors as adults, and now there's a study that proves just that. Come learn about the Adverse Childhood Experiences (ACE) study, a ground-breaking study done on more than 17,000 adults showing that stress experienced in childhood is linked to the top ten risk factors for death in the United States. Participants will learn about the effects of stress on early brain development, and what we can do in our everyday lives to make sure parents, children and all people can build personal resilience.

# Workshop Descriptions

## Session 2, 10:30 AM - 11:45 AM

### Workshops 2A, 2B, 2C, 2D, 2E, 2F

#### **2A: Telling Our Stories: Writing effective stories about your early childhood program**



*Claire Louge, Community Outreach Coordinator, First Things First*

Ever want to learn to write about the difference that your program makes in the lives of young children? Stories are one of the best ways to express how important our programs are. Come learn how to write and structure a good story about your early childhood program for newsletters, newspapers, and reports. In this workshop, Claire Louge, Community Outreach Coordinator with First Things First, will give participants simple tools, tips and messages so that you can write about the difference your program makes in helping children stay safe, healthy, growing and learning.

#### **2B: Cognitive Development and Communication**



*Lori Brandman, Program Coordinator Senior, U of A Cooperative Extension*

Participants will be introduced to current research about the cognitive brain which involves how we think, learn, remember, problem solve and communicate. Strategies for developing communication and language skills in the infant, toddler and preschooler will be explained and practiced. Dialogic reading, a way of reading with children that actively engages them throughout the story time will be demonstrated and applied.

#### **2E: Guidance of Young Children**



*Larry L. Grimm, Ed.D, Associate Professor Psychology and Early Childhood Education Yavapai College*

Guidance of Young Children is characterized by a proactive approach to understanding and responding to children's needs and facilitating prosocial behavior. Specifically, this experiential workshop presents a model for understanding children's needs and in turn developing a supportive approach in our guidance of young children.

#### **2F: Let's Get Messy: Making a take-home project**



*Gloria Herrera, Bilingual Mentor Coach, NACOG Head Start & Carrie Sartain, Mentor Coach, NACOG*

There will all kinds of art and craft supplies to make a take-home project. The whole point of this activity is to use a variety of objects and materials to create your own beautiful, expressive item and share what it is and what it means to you. Ideas and samples will be provided, however, it is encouraged that you just let your creative juices flow. **Class size limited to 40**

#### **2C: Everyday Science**



*Kathy Valencik, Early Childhood Training & Outreach Specialist, the AZ Self-Study Project*

In this hands-on workshop, participants will explore incorporating science throughout the classroom using everyday objects. The activities presented support the Arizona Early Learning Standards for Science by focusing on providing science opportunities that promote inquiry and communication.

#### **2D: Crazy Cooking Projects III**



*Elizabeth M .Taylor & NAU Student Chapter Northern Arizona Association for the Education of Young Children*

Our 3rd chapter using healthy food, music, art, family & fun!

# Key Note Sessions

***“Early Childhood Professionals Should Wear Capes”***

*Introduced by Dr. Eugene Thompson, Vice-Chair of the First Things First State Board, Key Note Presenter, Claire Louge, Community Outreach Coordinator, First Things First*

Early Childhood Professionals are modern day Superheroes. Claire will speak about how early childhood professionals like you, are making a phenomenal difference for our communities, our state, our nation and our world.

Claire Louge is the Community Outreach Coordinator with First Things First of the Yavapai Region. Before filling this position, Claire served as an AmeriCorps VISTA (Volunteer in Service to America) with First Things First for one year. Originally from Ithaca, New York, Claire obtained her Bachelor's Degree with distinction in Human Development from Cornell University. She is also currently a member of the American Association of University Women in Prescott.

**Due to limited space, there will be  
2 Key Note Sessions.  
Lunch details on Registration Page.  
You will be assigned on arrival to KN1 or KN2**

**KN1: 11:45 PM - 12:15 PM**

**or**

**KN2: 12:45 PM - 1:15 PM**

**Buena Vista**  
Children's Services, Inc.

surrounding children 0 -12 years of age. Buena Vista Children's Services is the Yavapai Regional Child Abuse Prevention Council.

Visit [www.bv-cs.org](http://www.bv-cs.org) for more information.

Buena Vista Children's Services is an equal opportunity employer and provider

Buena Vista Children's Services is a grassroots nonprofit agency that offers outreach education to children, child care providers, teachers and families throughout Yavapai County. Projects benefit children and families, addressing issues



# Workshop Descriptions

## Session 3, 1:30 PM - 2:45 PM

### Workshops 3A , 3B, 3C, 3D, 3E, 3F

#### **3A: The Needs of Young Children in Yavapai County**



*Claire Louge and a Panel of Yavapai County First Things First Regional Council Members*

The numbers show it all: there's a lot of work to be done to support young kids in our community. Claire Louge, Community Outreach Coordinator with First Things First, will review the data collected about young children in Yavapai County and give participants an overview of our latest First Things First data report. The workshop will also feature a panel of First Things First Regional Council members to talk about their areas of expertise and the priorities First Things First has established as we work to make sure children are healthy and prepared to learn.

#### **3B: Understanding Bullying**



*Rene Hobbs  
Early Childhood Trainer and Coach,  
ASCC*

Combating bullying takes all involved. See the situation from both the bully's and the bullied's perspective. Learn to empower bystanders to support peers. Learn how adults can support all children in feeling a strong sense of self and community.

#### **3D: Every Picture Tells a Story**



*Trish Christie, M.Ed., Quality First Coach, ASCC*

Storybook illustrations encourage imagination and other early literacy and pre-writing skills. This workshop will provide participants opportunities to discuss and engage in strategies that promote critical thinking through the use of wordless books.

#### **3C: Why Do We Do What We Do? Developing Our Personal Early Childhood Philosophy**



*Jaki Vurich, Quality First Coach, ASCC*

This will be a structured idea sharing session and self reflection workshop. The objective will be to leave with a renewed understanding of your personal beliefs about how children grow, learn and develop and what the role of the early childhood teacher is in that process.

#### **3E: Providing a Sense of Comfort through the Sense of Touch – the Benefits of Tactile Experiences for all Ages**



*Kathy Valencik, Early Childhood Training & Outreach Specialist, the AZ Self-Study Project & Sarah Youngman, Child Care Specialist, CCR & R*

In this hands-on workshop, participants will explore using textiles in classroom activities and environments to promote a soothing atmosphere. Participants will discuss the benefits of providing tactile experiences, focusing on the use of fabric. The sensory activities presented can apply to Toddler through School Age children.

#### **3F: Implement Effortless Daily Routines with American Sign Language**



*Jennifer Matthews, M.Ed. & Jenning Prevatte, M.Ed. of Sprouting New Beginnings*

Participants will learn how to incorporate American Sign Language (ASL) into their daily routines to enhance communication of young children. They will learn how to engage children to use ASL with songs and stories. Participants will learn approximately 50 signs in ASL through interactive demonstration, hands-on experience, and songs. Through these multi-sensory hands on learning approach participants will gain the knowledge necessary to use ASL with young children to enrich their daily interactions.

# Workshop Descriptions

## Session 4, 3:00 PM - 4:15 PM

### Workshops 4A , 4B, 4C, 4D, 4E, 4F

#### 4A: A Taste of Parent Talk



*Cindy Wilmer, Certified Facilitator of The Parent Talk System*

The Parent Talk System helps to strengthen families and improve communication skills by helping parents, caregivers, and educators learn practical, usable verbal strategies for raising responsible, caring, and confident children. Parents, teachers, daycare providers, and caregivers learn how to set limits, teach response-Ability, encourage problem solving, promote independence and self-esteem, and explore the power of the words we use. Learn to identify words that empower and words that wound. This program teaches simple strategies and practical techniques that can be implemented immediately to avoid power struggles and conflict and to promote cooperation and personal responsibility with children of all ages.

#### 4B: Read It, Write It, Sing It!



*Jennifer Prior, Associate Professor of Early Childhood and Literacy at Northern Arizona University*

Music is a natural and fun way for children to experience rich language. This presentation will help participants understand how children naturally respond to sound and rhythm and how music can be used to teach a variety of skills, such as rhyming, beginning letter sounds, sequencing and parts of speech.

#### 4D: Tips & Tricks for Better Childhood Nutrition



*Rosalie Malter, M.A.*

Learn what foods are best for children and what to avoid. Hands-on practice reading food labels and simple games to encourage kids to try new foods.

#### 4E: Managing Conflict Amongst Staff



*Smart Support Staff- Arizona's Early Childhood Mental Health Consultation System*

Conflict occurs in every workplace. Ideally, when such situations arise, people are able to engage in healthy and respectful debate and consideration of each other's viewpoints. When handled well, conflicting needs or beliefs can be an opportunity to deepen our understanding of issues, learn from others, and to develop more inclusive and creative solutions to problems. But, if mishandled or left unattended, resentments can build and conflict between people can get worse, leading to relationship breakdown and a range of significant human and financial costs. These include lower productivity, reduced morale and motivation, resistance, absenteeism, stress-related symptoms and staff resignations.

#### 4C: Jane's Day: Responding to Environments



*Laura Nagle*

Walk in the shoes of a young autistic girl's day at school. Environments which may be suitable for others may be not be suitable to a child with autism. Altering a child's environment is a great place to start and in turn create successful outcomes. This talk is presented by a person with autism, and loosely based upon her personal experience.

#### 4F: Take an Adventure in Outdoor Learning: "Let's Get Dirty"



*DeLeine Charette, Quality Coach Supervisor  
Julie Fitzgerald, Quality First Coach*

This workshop will focus on creating an outdoor learning environment enriched with opportunities to explore nature. Ideas will be shared on how to help children learn to love their natural surroundings and the benefits it provides to the physical and social well-being of the child. Hands-on activities will be provided.