

# Conference 2017 Class Descriptions

## **A1: SUID/AHT** (2 hours)

This class meets training requirements for both Sudden Unexpected Infant Death (SUID) and Abusive Head Trauma (AHT). Content includes recommendations to reduce SUID; safe sleep environments; regulations related to safe sleep in licensed environments. Symptoms, consequences and risk factors of AHT will be covered in addition to strategies to use when stressed, angry or frustrated. **(KCF:VIIa CDA:1)**

## **A2: Basic Child Development** (8 hours)

All children are born eager to explore their world and master their development. Join us for this foundational training in which we review the theories of child development, the importance of developmentally appropriate practice, the developmental milestones of the first five years of life, including brain development and factors that can influence child growth and development. We will examine the function and importance of play in the lives of young children as well as highlight how observation and assessment of children is important as early childhood educators. **(KCF:I CDA:8 PA:1)**

## **A3: Redleaf Family Child Care Curriculum: Teaching Through Quality Care** (8 hours)

Learn planning and implementation of the Redleaf Family Child Care Curriculum including the domains of child development, elements of effective curriculum, and the role of authentic assessment in gathering information about young children's development. Develop strategies to adapt curriculum to meet individual children's needs. Explore scaffolding, age appropriate outcomes, and daily schedules. This class has been developed to address training requirements associated with Parent Aware. **(KCF:IIa CDA:2 PA:4,8)**

## **A4: First Aid/CPR** (4 hours)

This recertification course allows you to refresh your memory, renew your skills and stay up to date on the latest techniques. Designed for those whose certifications are still valid but near expiration, this abbreviated CPR & First Aid renewal course allows you to maintain certification for an additional two years. **(KCF:VIIIb CDA:1)**

## **B1: Planning for the Future: Annual Budget and Cash Flow** (2 hours)

Learn basic budgeting concepts. Explore income and expense sections of a budget. Discuss purpose of budgeting and the different types of budgets. Understand the purpose of projecting cash flow. Break down the sections of a cash flow statement. Analyze a child care business case study to identify strategies to manage cash flow. Identify strategies to manage cash flow using First Children's Finance business management resources. **(KCF:VI CDA:6)**

## **C1: Developing a Marketing Plan for Family Child Care Business** (2 hours)

Learn basic marketing principles and concepts. Complete an environmental scan. Identify features and benefits of child care program. Analyze child care competitors. Identify strategies to build an effective message. Define target market to secure future enrollment. Learn how to use marketing principles to secure community partnerships. **(KCF:VI CDA:6)**

## **C4: First Aid/CPR** (4 hours)

See A4 for complete description of First Aid and CPR class.

## **D1: The Changing Face of Professional Development** (2 hours)

### **Minnesota Department of Human Services**

When funding is scarce and time is precious, providers want to get the biggest bang for their buck in both quality and quantity. Attendees will learn about exciting improvement to the Develop website and updates on resources available. Come learn how to maximize your professional development experience. Hands-on support to navigate your online Develop account and get questions answered. **(KCF:VI CDA:6)**

## **E1: Legislative Leadership for Family Child Care** (2 hours)

This workshop will provide participants with general understanding of legislative process and how that process will assist us in developing legislative policy helpful to family child care providers and the families we serve. Participants will expand their understanding of the family child care system and how they can advocate for change. This course will offer participants a solid look into the legislative and advocating process. **(KCF:VI CDA:6)**

## **E2: Prevention and Behavior: It's All about Environment** (2 hours)

What does the early childhood environment say to children? This workshop will examine the physical and social environments

and their effect on children's behavior. Learn how to prevent unwanted behaviors while guiding children's desired behaviors through hands-on activities and practical strategies. **(KCF:IIc CDA:3 PA:4,8)**

### **E3: SUID/AHT** (2 hours)

See A1 for description of Sudden Unexpected Infant Death and Abusive Head Trauma.

### **E4: Promoting Diversity in Early Childhood** (2 hours)

This session provides participants opportunities to learn how to use play materials, planned activities, and daily interactions to bring diversity into child care programs and promote acceptance and respect of all people. **(KCF:IIa CDA:2)**

### **F1: Keynote: Donald Gault** (2 hours)

#### **Celebrating Differences, Commonalities and the Work of Child Care**

This keynote address discussion is built around the conference theme, Celebrating our Differences, drawing on Donald's thirty years of work in Public Health and sixty years of life. Content will include: Reflections on what makes us different, what makes us unique, and what brings us all together as a community from a Public Health perspective; building peaceful, healthy families and communities; and application of these ideas to the unique, sacred and challenging work child care. **(KCF:VI CDA:6)**

### **G1: Building on Our Differences and Common Humanity** (2 hours)

This breakout session will give participants the opportunity to continue the discussion from keynote presentation; share experiences and best practices for understanding differences and commonalities of families we work with and our colleagues in the field; offer discussion on how can we enhance our sense of connection as child care providers; explore ways to develop tangible actions and messages we can employ with families we serve and one another in recognition and honor of our differences and our common humanity. **(KCF:VI CDA:6)**

### **G2: Talking to Children about Differences: A Multicultural Perspective** (2 hours)

The power of words! Children are naturally curious and ask a lot of questions. Why? What's that? It is never too early or too late to start talking to children about diversity. Starting at birth, they learn to put thoughts, feelings, beliefs and needs to words! They want to understand what makes people and things different. This workshop will open the door on how to support a culturally sensitive discussion with children about differences. **(KCF:IIa CDA:2 PA:4,8)**

### **G3: CCAP/ CCDBG: A Provider's Perspective** (2 hours)

The many rules, policies and forms required for the Child Care Assistance Program (CCAP) can be confusing for child care providers and for the families we serve. But mistakes can be costly and have far-reaching negative consequences. Learn about changes to the MN Child Care Development Plan and the federal block grant (CCDBG). This class will give providers the resources needed to successfully participate in the program and help parents as they navigate to ensure timely payments. **(CC:VI CDA:6)**

### **G4: Active Supervision: Provider Self-Care and Privacy** (2 hours)

Meets the Family Child Care provider annual supervision training requirement. This training curriculum will define MN DHS Rule 2 Licensing standards and best practices regarding supervision in family child care settings; identify the effects of provider stress/depression on supervision of and interaction with children; and identify appropriate self-care and privacy strategies that promote effective supervision and safety in child care. **(KCF:VIIb CDA:1)**

### **H1: Child Care Emergencies: Be Prepared** (2 hours)

Identify the risks and hazards that may affect your child care program. Examine the nine national best practices for creating strong emergency plans to protect the children in your care. Create a written emergency plan specific for your program. Develop an action plan for communicating and maintaining your emergency plan. **(KCF:VIIb CDA:1)**

### **H2: ADHD: Seeing the Disability Behind the Behavior** (2 hours)

Navigating the ADHD landscape might be easier with a map to follow! Join other participants in this interactive training to discover the myths and facts of ADHD as well as exploring successful and practical strategies for including children with ADHD. **(KCF:IIc CDA:3 PA: 4,7,8)**

### **H3: Celebrating Culture** (2 hours)

We live in a nation of many cultures and Minnesota is no exception. But how do we create an authentic multicultural child care environment when we ourselves know so little about our neighbors? So what's the difference between a hijab, niqab, chador and burqa and why is the Hmong New Year celebrated in November? Participants will be introduced to the culture of our

state's most recent immigrant populations from Somalia and Southeast Asia as well as explore the most common immigrant influences on the culture of Minnesota: Germany, Ireland, Sweden, and of course, the cultural footprint of this region's indigenous people. **(KCF:III CDA:4)**

**I1: Active Supervision: Out of Home Safety Issues** (2 hours)

This course meets the family child care annual supervision training requirement. Potential hazards children are exposed to when participating in out of home activities, events and transportation will be identified; needed resources and adult assistance required for out of home activities will be discussed; the ages and characteristics of the children enrolled affecting hazards and potential safety issues involved will be explored; and a plan to address safety concerns when taking children out of the home for activities, using tools provided and practiced during the training will be created. **(KCF:VIIb CDA:1)**

**I2: Creating Culturally Sensitive Early Childhood Environment** (2 hours)

Am I offering a culturally sensitive early childhood environment? This workshop will have participants evaluate their own program. Like an overstuffed closet, we will roll up our sleeves, open the door, dump everything out and reorganize the environment so we can work toward creating a place where children can grow and develop in a program that values diversity. **(KCF:IIa CDA:2 PA:4,8)**

**I3: Toxic Stress** (2 hours)

Learning to cope with stress is an important component of healthy development and building resilience. Limited stress responses can actually promote growth, but "toxic stress" is a stress response that excessively activates the body's stress management system with life-long consequences. Toxic stress in the absence of protective adult support to buffer children can weaken the architecture of the developing brain, with long-term consequences for learning, behavior, and both physical and mental health. Examine the research and learn strategies to lessen the effects of toxic stress. **(KCF:IIc CDA:3)**

**I4: Yoga with Young Children** (2 hours)

Come prepared to stretch and move. Participants will explore yoga techniques that support self-confidence while developing awareness of emotions and body. Using yoga with children can foster self-calming, practice listening, and improve physical health and emotional well-being. Participants will explore ideas to bring dramatic play and literacy into the practice of yoga. **(KCF:IIId CDA:2 PA:4,8)**

**J1: Promoting Development and Positive Behavior through Music** (2 hours)

Music is a natural for capturing kids' attention and imagination and, as it turns out, it has a huge impact on a developing child's body and mind. Dancing, listening and playing to a beat can shift a kid's mood, help him cooperate and express emotions. In this session we will explore the power of using music to support children's early learning and development. **(KCF:IIc CDA:3 PA:8)**

**J2: P is for PLAYdough** (2 hours)

Push, explore, pull, squish, roll, and discover- children love to play with play dough! A basic substance, created in a variety of textures, scents, and colors provides an exciting and explosive opportunity for children to grow in child development and school readiness skills. Participants will learn the developmental benefits, discuss how PLAYdough works within the Early Childhood Indicators of Progress, and will leave with a variety of activities and recipes they can use with their mixed age group or prekindergarten class. **(KCF:IIb CDA:2 PA:4,8)**

**J3: SUID/AHT** (2 hours)

See A1 for description of Sudden Unexpected Infant Death and Abusive Head Trauma.

**J4: Taming the Paperwork Monster** (2 hours)

The paperwork requirements to be a licensed family child care provider can be daunting. This workshop will help participants develop effective systems for keeping up-to-date with DHS required paperwork and keeping their program in compliance with DHS documentation rules. **(KCF:IVc CDA:5)**

**K1: First Aid/CPR** (4 hours)

See A4 for complete description of First Aid and CPR class.

# WEEKEND SCHEDULE

## Friday, March 24

<b>7:30 am</b>	<b>Breakfast</b>	
8:30 am	Session A	4 Options
10:30 am	Session B	1 Option
<b>12:30 pm</b>	<b>Lunch</b>	
1:00 pm	Session C	2 Options
3:15 pm	Session D	1 Option
<b>5:30 pm</b>	<b>Dinner</b>	<i>*Silent Auction bidding opens 6pm</i>
8:00 pm	Networking and Social Activities	

## Saturday, March 25

7:00 am	Morning Stretch and Meditation	
<b>7:30 am</b>	<b>Breakfast</b>	
8:00 am	Morning Address	
8:15 am	Session E	4 Options
10:30 am	Keynote Address - Session F	1 Option
<b>12:30 pm</b>	<b>Lunch</b>	
1:00 pm	Session G	4 Options
3:15 pm	Session H	3 Options
<b>5:30 pm</b>	<b>Dinner</b>	<i>*Silent Auction bidding closes at 5:30 pm</i>
8:00 pm	Networking and Social Activities	

## Sunday, March 26

7:00 am	Morning Stretch and Meditation	
<b>7:30 am</b>	<b>Breakfast</b>	
8:15 am	Session I	4 Options
10:30 am	Session J	4 Options
<b>12:30 pm</b>	<b>Lunch</b>	
1:00 pm	Session K	1 Option