



**NURTURING THE YOUNG CHILD CONFERENCE Session detail**  
**Western State Colorado University Center- Prosser Theater entrance**

**SATURDAY November 9, 2019**  
**9:00-10:15am**

**8:30 – 9:00 am Registration/Check-in**

**Keynote Address**

**Emily Braucher– From Suspicion to Trust Building Connections Across Differences in Stressful Times**

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**10:30-12:15**

**Trauma-Informed Care: Putting out Fires and Encouraging New Growth - Tom Hays, MA**

No matter the age of the child, the setting or circumstances, working in a profession (and yes, parenting of any type- foster, grand, kinship, traditional- counts as working in a profession!!!) where you are responsible for the safety, nurturing, education, growth and development of young people, comes with a powerful upside, but also involves inherent and myriad challenges.

Not only is it difficult and “crazy-making” to watch an 8-year-old have an absolute meltdown, to find yourself in the middle of a power struggle with a teenager, or to have a student overtly or tacitly refuse to engage in any school work, but it’s also frustrating and gut-wrenching to feel unable to help, find that you’re now smack dab in the middle of a screaming match with a 15-year-old, or sense that you are swiftly approaching your emotional boiling point and nothing good is about to happen!

Trauma-Informed Care serves as a conceptual model/framework within which to understand the nature of the most challenging behaviors and attitudes, provides a lens through which to shift perceptions of behavior from “what’s wrong with you” to “I wonder what happened to you”, and helps move our responses and reactions from punitive in focus to restorative by nature.

This session is designed to provide participants with insights, concepts and a slight philosophical shift (ok, maybe a huge shift for some) that may help prevent some of the more difficult behaviors and attitudes, will no doubt shift the perception of, and reaction to, unacceptable behaviors from “uh-oh, here we go again” to “I got this”, and will douse the emotional flames of dysregulation, disconnectedness and distrust while encouraging an environment where healthy, nurturing, trusting relationships can flourish and grow.

After all, it’s all about the relationships, (not the bass) isn’t it?

**10:30-12:15**

**Cavity Free Kids -Healthy Child Care Colorado**

Cavity Free Kids is a curriculum designed for use in child care centers, family child care settings, preschools, head start, and home visiting programs, as well as other early learning environments, like library story times and play-and-learn groups. Cavity Free Kids lessons and activities can be adapted to the ages and developmental stages of the children in your care. This training includes a rich collection of activities, circle time activities, stories, and songs that actively engage children. The curriculum includes activities, resources,

and materials that make it easy for you to teach children and their families about the five basics of oral health: Baby Teeth Are Important, Water for Thirst, Tooth Healthy Foods, Brush, Floss, Swish, Going to the Dentist.

\*Participants will receive a certificate for 2 hours of approved training, the curriculum book, and other oral health teaching materials.

**10:30-12:15**

**Math matters, all day, everyday!** - Maren Eberly, MA

Each day is a new opportunity to bring math into a child's life. We will be playing with all sorts of math-tastic resources that will better a child's understanding of number. Flashing (numbers, that is), singing, dancing, and reading are things that can be turned into math-y activities. Come and have fun with the "Math Fairy" of the Gunnison Valley!

**10:30-12:15**

**New Materials for Pyramid Model: Super Friend, Problem Solving, Calming, Emotions** -Virginia Kile, MA, ECSE

Upgrade your Pyramid Model teaching with new materials from CA Inclusion. The materials include: Choice Board for Super Friend Skills, Problem Solving Steps, Resolving Conflicts, Alternative Solution Kit Ideas, Calming with Sonia Snail, I Can Get Calm (toddlers), Book of Feelings, Super Friend story and props, Expectations Story. During this interactive session, participants will receive and practice using the new materials. Expand your teaching with new materials and props!

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**12:30-1:30 Catered Lunch Served in South Ballroom (Only for individuals who paid conference registration fee)**

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**1:45-2:45**

**Stay CLASSy: Extending learning through meaningful interactions measured in the CLASS observation tool**

*Corrine Jaeger*

What is the CLASS tool, and what does it measure? Join this session and leave with the skills to increase concept development, quality of feedback, and language modeling in your preschool classroom. Participants will be given strategies that connect their students' learning to home, increase conversations, build vocabulary, and ask open-ended questions.

**1:45-2:45**

**I am Moving, I am Learning for Infants and Toddlers**

*-Healthy Child Care Colorado*

Enriching early childhood experiences support brain development and form bonds between children and adults that are essential for healthy physical, cognitive, and social development. We will explore how relationships between adults and children, and between brain and body, are enhanced by music and sensory, control and exploratory experiences. This training provides strategies and resources that support learning through music and movement for three different ages and stages including: infants (pre-crawlers), babies (crawlers) and toddlers (walkers).

\*Participants receive a certificate for 1.5 hours of approved training.

**1:45-2:45**

**Red Flags for teachers - when to refer; what to look for** -April Christopherson, OTR/L

Participants will learn about normal developmental milestones and 'red flags' that indicate need for further action. We will discuss fine motor, gross motor, speech, sensory, and behavioral red flags and identify the best practices for implementing a plan for intervention.

**1:45-2:45**

**Toxic Stress in Early Childhood: Understanding its Causes, Consequences, and What We Can Do About it**

-Elly Miles, MA

When children experience toxic levels of stress, the consequences can be pervasive and lifelong; however, resilience is within reach for many children and teachers play an important role in facilitating this possibility. This session will overview this expansive research area in three sections. In the first section, the concept of toxic stress will be introduced and its causes explored. Next, the consequences of toxic stress will be reviewed, including how it is thought to influence changes in the brain and body and its link to behavioral health (e.g. challenging behaviors). Finally, findings will be presented on the processes and interventions which can buffer and promote resilience for children exposed to toxic stress.

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**2:45-3:45**

**Implicit Bias in the Early Childhood Classroom** - Corrine Jaeger and Carie Mitchell

What is implicit bias and what can you do about it? This session participants will learn about implicit bias and the seven principles of culturally responsive practices to support all learners and their families. Remember, aware is halfway there and once we learn better we must do better.

**2:45-3:45**

**Nurturing the Young Child Book Club- “The Enchanted Hour: the miraculous power of reading aloud in the age of distraction” by: Meghan Cox Gurdon** \*A few copies available at Gunnison Library

- Amanda Birdsong

This is the third year for this unique conference sessions. If you read ahead then of course you won't miss your chance to come and share your thoughts and ideas. If you didn't, come join us anyway. You will get notes and highlights from a facilitated discussion of the text, then do your reading later. No presentations just your fellow young child experts reading and discussing stuff from the book. A great way to share and learn in an informal group. Don't forget to refill your drink and grab some chocolate, it wouldn't be a book club without it.

**2:45-3:45**

**Effective Communication for teachers, parents, caregivers - How to have the 'hard' discussions and how to bridge uncomfortable relationships for effective communication of child's needs at school; daycare; home; therapy**

- April Christopherson, OTR/L

Participants will learn about their own communication style and how to effectively communicate difficult topics without conflict or misunderstanding. Break-out sessions and group activities will be a part of this interactive session.

**2:45-3:45**

**Suspensions, Expulsions, and the use of Infant and Early Childhood Mental Health Consultants in Early Care and Learning Settings across Colorado**

-Elly Miles, MA

Early experiences of suspension and expulsion may carry long-term negative consequences for achievement and behavioral health and national evidence suggests they occur frequently and disproportionately. Prior to this evaluation by the Colorado Office of Early Childhood, few studies examined the use of expulsion in early care and learning settings in Colorado and no studies examined suspension. This presentation will review what we learned from a survey of 663 home and center-based providers and 4 focus groups in Colorado. Findings will cover the rates for suspension and expulsion, groups at disproportionate risk, and the use of preventative supports for the management of challenging behaviors. Additionally, focus group findings will add valuable context by highlighting provider and parent perceptions of the experience.

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**3:45-4:45**

**“Let’s Get Dirty”** -Kristin Peterson and Brandi Houle

This fun and interactive presentation will introduce the audience to nature-based education. This presentation will begin with an introduction as to why and how nature is so important for children's social, physical, and psychological well-being. Next, the presentation will explore fun nature-based activities for children to explore with all their senses while gaining social and physical skills as well as psychological well-being. There will be three activities, at one time that the audience can rotate through as the presenters aid the activities and answer any questions.

**3:45-4:45**

**Literature Inspired Invitations and Provocations-** Amanda Birdsong

As educators we all know the incredible value of falling in love with a story or using a book as a connection to new horizons. In this session we will explore ways to help foster connections between kids and books. I strongly believe young children learn best through play and for me giving children opportunities to play with the ideas and images from wonderful stories and inspiring poems is the perfect way to foster connection. This session is great for teachers with students of various ages. And best yet, teachers will leave with ideas in hand to use right away.

**3:45-4:45**

**Early Literacy... The Essentials**

-Lisa Pike

This session will highlight the importance of Phonological Awareness and Phonological Awareness Continuum, Letter Naming as an early literacy skill, and clearly enunciating the 44 phonemes of the English Language. Participants will enhance their ability to plan and embed appropriate early literacy activities within their teaching

**3:45-4:45**

**Attachment as a Protective Factor**

-Kari Commerford

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**4:45-5:30pm Networking, Raffle Drawings, and Certificates in Hallway**