

Child Care Resources of Rockland, Inc.

**Our mission is to promote, support and enhance the healthy development of all children by:**

- Providing resource and referral services for families seeking accessible, affordable, quality early childhood and school age care and education;
- Offering training, support and resources to the early care and education workforce as well as public and private schools;
- Connecting with business leaders and public officials to emphasize the value of quality child care to the economic vitality of Rockland County;
- Advocating for increased investment in quality child care and education;
- Collaborating with strategic partners to enhance our collective abilities to address the needs of the community now and in the future.

**We are a membership organization** made up of over 2,000 individuals. We urge you to become a member to support our efforts; our strength is largely due to your support. With your paid membership, you receive special rates for workshops and conferences, and our newsletter *Rockland Child Care News*.

*Please become a member today!*

**Child Care Resources of Rockland, Inc.**  
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childcarerockland.org

*Child Care Resources of Rockland, Inc.  
and the Early Childhood Program at  
Rockland Community College  
proudly present*

# 41st Annual Early Childhood and School Age Care Conference

**Saturday, November 7, 2015  
8:00 am-12:30 pm**

## The Early Years are Learning Years

A Professional Development  
Opportunity for Early Childhood  
and School Age Care Educators

at  
**Rockland Community College  
Cultural Arts Building  
145 College Road  
Suffern, NY 10901**



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**SPONSORED BY ORANGE & ROCKLAND**

**Target Audience for Workshops:**

IT – Infant/Toddler  
PS – Preschool

S – School Age  
D – Directors/ Supervisors

### SESSION 1: 9:15 am – 10:45 am

#### 1a. SLEEP, BABY, SLEEP!

The brain is busy during sleep, releasing hormones that help infants grow and fight illness. Healthy sleep patterns can be established before an infant is 6 months old. This session will focus on the natural cycles of infants and toddlers in our care. Learn ways healthy brains benefit from thoughtful routines starting in infancy. Explore interventions that can halt disruptive habits that interfere with a healthy sleep for caregivers, parents and babies alike. **(IT) OCFS:** Child Development, Health and Nutrition **CBK:** Child Growth and Development, Health, Safety and Nutrition

**Presenter:** Cynthia Soete, NJ First Steps Infant/Toddler Specialist, Programs for Parents, Inc.

#### 1b. CREATING AN ENVIRONMENT TO SUPPORT CHILDREN'S LITERACY

How does your environment support emergent literacy and foster active learning? This workshop will explore strategies for creating developmentally appropriate print-rich environments that facilitate meaningful learning, support diversity and promote literacy development. **(PS)**

**OCFS:** Program Development **CBK:** Environment and Curriculum

**Presenter:** Cindy Sobel, Coordinator of Professional Development, Bergen County Office for Children

#### 1c. YOGA AND MINDFULNESS FOR FOCUS AND FUN

Engage in breath, movement and mindfulness activities appropriate for early learners! You will experience activities that can help children learn to be calm, to focus and to build the internal muscles of regulation and resilience in ways that are experiential, fun and engaging. Leave this workshop with tools and techniques you can immediately use with early childhood and school aged children. **(PS, S)**

**OCFS:** Child Development **CBK:** Child Growth and Development

**Presenter:** Kate Murphy, Yoga Instructor, Zensational Kids

#### 1d. BRINGING MATH ALIVE IN YOUR SCHOOL AGE CARE PROGRAM!

See how you can help children in your school age program have fun as they practice math skills! Whether using a *Bologna Sandwich* game or making a giant sized map, practicing math skills through movement is a sure way to gain students' attention, increase excitement and improve retention. Practice a variety of games from counting to shape recognition to patterns, and learn how to customize math games for your students. All games comply with the core standards for K-1 for math. **(S) OCFS:**

Program Development **CBK:** Environment and Curriculum

**Presenter:** Monica Levy, Founder/Director of Leapsmart

#### 1e. BUILDING BRIDGES, NOT WALLS: IMPROVING COMMUNICATION WITH FAMILIES

Communicating effectively with families can be one of the most challenging and stressful aspects of our work as program directors, site supervisors or program leaders. Explore the underlying processes that contribute to tensions and disagreements in child care settings. Practical tools for problem solving and communication skills, such as Active Listening and the concept of "Gatekeeping" will be presented.

**(D) OCFS:** Safety and Security **CBK:** Family and Community Relationships, Administration and Management

**Presenter:** Susan Gellert, Quality Improvement Specialist, Bergen County Office for Children

SESSION 2: 11:00 am – 12:30 pm

2a. YOU HAVE THEM AT “HELLO”

A quality infant/toddler program starts with a warm welcome for the child and an exchange of health and safety information with the child’s parents. Explore 10 ways of meeting these requirements to help build social and emotional competence in infants as you crosswalk the Infant Toddler Environment Rating Scale Revised (ITERS-R) and the NYS Early Learning Guidelines. **(IT) OCFS:** Child Development, Health and Nutrition, Statutes and Regulations Pertaining to Child Care **CBK:** Child Growth and Development, Health and Safety and Nutrition, Professionalism and Leadership

**Presenter:** Cynthia Soete, NJ First Steps Infant/Toddler Specialist, Programs for Parents, Inc.

2b. BEYOND PLAY DOUGH- THE IMPORTANCE OF SENSORY PLAY IN EARLY CHILDHOOD

We all know children love play dough – and understandably so! It engages children’s senses and allows them to create, explore and hypothesize about their world. There is so much more than play dough that we can offer children – goop, silly putty, squish bags, sand dough, and cloud dough, just to name a few. This hands-on workshop will focus on the importance of sensory play as it encourages children’s development in all areas. This workshop will include sample homemade sensory play materials and demonstration on how to make materials such as silly putty, squish bags and foam dough. Participants will leave with recipe cards to support sensory play in their programs. **(IT, PS, S) OCFS:** Child Development, Program Development **CBK:** Child Growth and Development, Environment and Curriculum

**Presenter:** Heather J. Pinedo-Burns, Director, Hollingworth Preschool, Teachers College, NYC

2c. THE CHALLENGING CHILD – IMPROVING COMMUNICATION, BEHAVIOR AND PROGRAM DYNAMICS

This training explores strategies that help educate, handle tantrums, non-involvement, non-compliance, aggressiveness and more. Participants will learn how to recognize behavioral triggers, offer solutions and improve teacher/student communication. Activities, collaboration and role-play give teachers hands-on opportunities to meet the challenges they may experience in the classroom while also providing strategies for communicating in a positive way to parents. **(IT, PS,S) OCFS:** Child Development **CBK:** Child Growth and Development

**Presenter:** Monica Levy, Founder/Director of Leapsmart

2d. CONTROL THE CLIMATE, NOT THE CHILD!

The behavior of school age children does not happen in a vacuum. Come to this interactive workshop and explore how the environment, the dynamics of the group and your interactions impact children’s behavior. We will discuss strategies and techniques you can start using at your school age care program on Monday. **(S) OCFS:** Child Development, Program Development **CBK:** Child Growth and Development

**Presenter:** Lynn M. Siebert, Education Director, Capital District Child Care Council

2e. A CLOSER LOOK AT YOUR REFLECTIVE PRACTICE AS AN EARLY CHILDHOOD LEADER

When you reflect on your leadership skills, you see more clearly as to what’s working, not working and why. Through this reflection, you strengthen your skills as a program leader. This workshop will enhance your knowledge of your place in the complex system of an early childhood/school age care program **(D)**

**OCFS:** Program Development, Business **CBK:** Professionalism and Leadership

**Presenter:** Cindy Sobel, Coordinator of Professional Development, Bergen County Office for Children

SATURDAY, NOVEMBER 7, 2015

CONFERENCE LOCATION

Rockland Community College  
Cultural Arts Building  
145 College Road, Suffern, NY 10901

PROGRAM SCHEDULE

8:00-8:30am: Breakfast and Registration  
8:30-9:00: Welcome  
9:15-10:45—Session 1  
11:00am-12:30pm—Session 2

HOW TO REGISTER

Please complete the registration form, cut out, and mail with payment to CCRR, 235 North Main Street, Suite 11, Spring Valley, NY 10977; fax with credit card information to 845.425.5312, or register on our website: [childcarerockland.org](http://childcarerockland.org)



We proudly support **Child Care Resources of Rockland, Inc.** for the dedication, caring and compassionate services that it provides to countless families in our community.



Orange & Rockland  
[oru.com/community](http://oru.com/community)

REGISTRATION

8:00-8:30am: Breakfast and Registration  
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Name\_\_\_\_\_

Address\_\_\_\_\_

Cell Phone\_\_\_\_\_

Program\_\_\_\_\_

Work Phone\_\_\_\_\_

Email\_\_\_\_\_

INDICATE 1ST AND 2ND CHOICES FOR SESSION 1 AND SESSION 2:

Session 1: 1a, 1b, 1c, 1d, 1e

1st\_\_\_\_\_ 2nd\_\_\_\_\_

Session 2: 2a, 2b, 2c, 2d, 2e

1st\_\_\_\_\_ 2nd\_\_\_\_\_

My payment is enclosed:

\_\_\_ \$45 (Member)  
\_\_\_ \$65 (Non-Member)  
\_\_\_ \$25 (Students - with Student ID)

Charge my credit card: *Visa/MC/Discover*

Card Number\_\_\_\_\_

Expiration Date / Security Code\_\_\_\_\_

Billing Address\_\_\_\_\_

Signature\_\_\_\_\_