

**Fort Lewis Early Childhood Conference
October 3, 2020
Session Descriptions**

Key Note: 9:00-10:30

Sharron Krull: *CELEBRATE CHILDREN! Rediscover the Child in You*

Exercise your mirth muscles, let your hair down, and allow your inner child to come out and play! Join Sharron as she shares a cornucopia of practical and playful ideas; including music, movement and creative activities to help you live, love, laugh, and learn with children. Discover how to create a nourishing environment where children and adults can flourish and reach their potential.

Session 1: 10:45-12:15

Sharron Krull: *GIGGLES & WIGGLES with a BAG of TRICKS! Circle Time Fun & Transition Tips*

Join in this participatory workshop demonstrating a variety of techniques and props for inclusion at circle time and transitioning children from one activity to the next. Have fun, get inspired and take home lots of new ideas to make your group time and transitions more active and fun!

Raleigh Marmorstein; *Building Brains and Awesome Little People*

Brain development basics with an emphasis on how relationships and early talk build strong brain structures to support later learning and development.

Katrina Lindus; *Q & A with a Coach*

Let's come together and discuss common questions about the PDIS system, the QRIS system, Levels, Credentials, Ratings, and Observations. I will do my best to create a safe space to de-mystify all things Quality Improvement. After all, we all have the same goal at heart: to ensure that every child has the best possible experience that we can provide!

Aimee Kendrick; *Sharpest Tool in My Shed*

Confidence in what you do is important. Children look to you to guide them. This presentation is all about boosting your confidence, talking about mental health, and providing resources to help you feel confident teaching.

Lunch Work Session: 12:15-1:15

Annalise Romoser; *Securing Universal Preschool for Colorado*

This year the Colorado state legislature referred a measure to the November ballot. The bill (HB20-1427) will appear as a cigarette, tobacco and nicotine tax on the November ballot. If passed, revenue from the new and increased tax would ultimately fund a universal preschool program across Colorado. During this presentation Save the Children Action Network and a representative of the Colorado Children's Campaign will share what the measure entails, how it would pave the way for universal preschool and how an expanded preschool program and policy would be designed, including opportunities to provide input to that policy design. There will be ample time for questions and discussion.

Session B: 1:15-2:45

Sharron Krull; *SIMON SAYS, "SPREAD YOUR WINGS!" Physical Activity While Socially Distancing*

We might be restricted from engaging in group activities but that doesn't mean we can't be active! Engage in fun playful activities that you and the children can do anytime anywhere. Use simple equipment to promote motor skill development and increase moderate to vigorous physical activity. Learn how to make inexpensive props for inside and outside play. Discover how to integrate movement and physical activity across the curriculum while supporting literacy, math, science, and especially children's social emotional development.

Virginia Kile; *UP the Positives and Teach Friendship Skills!*

Learn why increasing the positives reduces challenging behavior and how use this skill! Friendship Skills are one of the keys to academic success. Learn to teach the Friendship Skills that make a difference for children now and in the future!

Roseanne Evans; *Increasing Our Resiliency and Reflective Capacities Practice as Early Childhood Educators*

In the current state of the world, increasing our capacity for resiliency and reflection is of utmost importance for our ability to not just survive the times, but to thrive! We will share our story of implementing reflective supervision with our staff, resources for mindfulness and reflection, and how to build reflective capacity and resiliency within yourself!

Sarah Kahn; *How Attachment Styles Influence Your Classroom*

We all have an attachment style that began forming in us from the moment we arrived as little ones. Our attachment is influenced by our early childhood, relationships and how we experience the world around us. Often the way we relate to others, view ourselves and cope is influenced by our attachment development. Therefore, understanding your own and recognizing a child's attachment style can greatly influence your classroom and how you respond to stress, meet a child's needs, and understand those occasionally challenging behaviors. This session will work towards broadening your understanding of how to meet the needs of yourself and your classroom through the lens of attachment theory with practical knowledge and tools.

Session C: 3:00-4:30

Dr. Dorothy Shapland; *Anti-Racism Practices for Early Childhood Environments*

Jump into the deep end of Equity work as we examine ideas for Anti-Racist work in Early Childhood Classrooms and Centers. This session provides information for early educators regarding how racism plays out in early learning environments and what we can do to change the things within our spheres of influence right now. Come discuss concrete anti-racist strategies you can implement in your classrooms, and reflect on some personal action steps you can take to disrupt racism today.

Jim Dyer; *Wild School Gardens for Promoting Good Food Choices*

Helping children grow food and begin to pay attention to nature in the garden is a powerful way of helping them (and, in turn, their parents and teachers) make healthy, safe, sustainable food choices throughout their life.

Amanda Rutter; *Self-care isn't Selfish*

Self-care has always been important, but now more than ever teachers need to make sure their cup is also full. In this session, we will explore the importance of self-care and strategies to self-care.

Priscilla Patti and Megan Haynes; *Creating a Natural Play Area/Learning with Nature*

Our training is framed around three big ideas by Robin Christie of New Zealand 1. “We create PROTECTED SPACES for children – this is our basic building block in ECE environmental design.