

Recharge.  
Restore.  
Renew.

# Educating Hearts: The Stress Effect

A Social Emotional Conference

**February 1st, 2014**

**9:00-4:15pm**

Registration @ 8:30 am.

Keynote Speaker @ 9:00 am.

- ♦ 6 PQAS Hours in 1 Day!
- ♦ Keynote Speaker
- ♦ Lunch
- ♦ Workshops for ECE & School Age Providers

## Vendors, Raffle Prizes & Giveaways!

\* read on to find out about our raffle!

**Montgomery County Community College**

**Science Center**

**3 4 0 DeKalb Pike**

**Blue Bell, PA 19422**

CHANGE OF  
LOCATION!

# THANK YOU PARTNERS

- Montgomery County Community College
- The Health Federation of Philadelphia
  - Spring Valley YMCA
  - Mariah Group Unlimited
    - Sarah E. Payne
  - Chestnut Hill College



# RAFFLE

# DON'T MISS OUT!

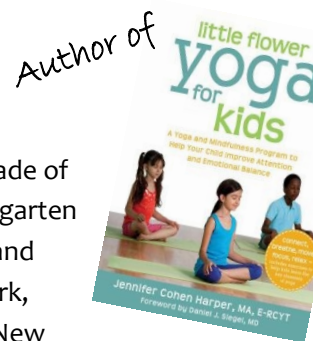
- **Automatically receive one raffle ticket when you register.**
- Register by 1/15/14 & receive 5 FREE raffle tickets.**
- **Additional tickets will be sold at the door! 2 for \$ 1.00.**
- **EACH PRIZE IS VALUED AT OVER \$50.00!!**

## YOU COULD WIN A PRIZE FROM...



# Keynote Speaker

Jennifer Cohen Harper, MEd, is a leading voice in the children's yoga community and dedicated to making yoga and mindfulness practices accessible to all children regardless of circumstance. After nearly a decade of personal yoga practice, she began using yoga successfully in her kindergarten classroom, and soon began to teach her techniques to other teachers and administrators, eventually creating *Little Flower Yoga*. Based in New York, Little Flower Yoga directly serves more than 700 children per week in New York City schools and reaches many more through a worldwide network of trained teachers and school consultations.



Keynote Begins @ 9:00 am.

## First Session Workshops\* 10:45-12:15pm

### **Bruce Perry's Neurosequential Model of Therapeutics for Educators (K1 C2 03)**

**Presented by Diane Wagenhals**

This workshop will highlight the basics of Dr. Bruce Perry's Neurosequential Model of Therapeutics for Educators. Included will be a general overview of the brain, featuring four main levels, what each does and how childhood experiences impact the development of each. Based on these levels, Dr. Perry has designed a way to "map" children's brains and then he provides suggestions for some specific ways ECE educators can understand children's behaviors and needs followed by ways to help underdeveloped or traumatized areas to recover and heal.

### **Balancing Work & Life, If You're Burned Out How Can You Help The Children? (K5 C1 51)**

**Presented by Jan Michener**

FUN. No experience necessary, be willing to share and be open to new possibilities. This workshop combines team building activities with energy and mindful activities that helps release stress, build community and give voice to each individual.

### **This is Jeopardy! (K2 C2 21)**

**Presented by Kimberly Railey**

Buzz in and test your knowledge regarding factors that contribute to personal stress utilizing the Jeopardy game! Compete against colleagues for the correct response.

### **Managing Stress in the Early Childhood/School Age Environment (K5 C2 51)**

**Presented by Tom McCarty**

This workshop will help caregivers understand some of the stresses we face on a daily basis. We will also discuss ways to alleviate and solve some of them. We will also collaborate on ways to avoid some of the primary stressors.

### **Mindfulness Tools for Building Resilience (K1 C2 03)**

**Presented by Monica Sullivan**

Mindfulness Tools for Building Resilience introduces educators to a variety of mindfulness practices that strengthen capacities in emotional management and help to create a trauma-sensitive classroom. These practices help develop a set of essential skills; concentration, observation, attention and emotional balance, while promoting healthy relaxation and a more compassionate environment.

### **Managing Stress To Improve Healthy Learning in Young Children (K5 C2 52)**

**Presented by Sarah Payne**

This workshop will include very practical, hands on approaches to help teachers and parents practice proactively and responsively creating safe and stable learning environments where children can manage their stressors and not give up on their learning goals.

### **Sharing the Tough Stuff: Communicating with Parents (K5 C2 53)**

**Presented by Monica Stanoch**

Participants will learn strategies to share difficult messages with parents while maintaining a positive relationship and explore their own communication styles in conflict.

### **Caring for the Caregiver (K7 C1 84)**

**Presented by Betsy L.M. Miller, RN.**

This workshop explains stress management, infectious disease risks, musculo-skeletal (ergonomic) challenges associated with caring for children. Participants will review the occupational health risks addressed in *Caring for our Children*, 3rd Edition and assess their personal/worksites health promotion strategies; learn techniques to alter their own health risks as caregivers.

# 2nd Session Workshops\* 1:00-2:30pm

## **This is Jeopardy! (K2 C2 21)**

**Presented by Kimberly Railey**

Buzz in and test your knowledge regarding factors that contribute to personal stress utilizing the Jeopardy game! Compete against colleagues for the correct response.

## **Balancing Work & Life, If You're Burned Out How Can You Help The Children? (K5 C1 51)**

**Presented by Jan Michener**

FUN. No experience necessary, be willing to share and be open to new possibilities. This workshop combines team building activities with energy and mindful activities that help release stress, build community and give voice to each individual. All activities can be adapted to the classroom or out of school programs.

## **You got to Move it! PART 1 (K2 C2 04) \*Part 2 will take place during the second afternoon session.**

**Presented by Karen DeHaven**

Helping children to develop stress management through dance and movement activities. Practical strategies to help children develop self-regulation skills and have fun.

## **Bruce Perry's Neurosequential Model of Therapeutics for Educators (K1 C2 03)**

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## **Using Every Day Experiences to Develop Self-Regulation Skills in Children (K2 C2 11)**

**Presented by Linda Martin**

This workshop will explore sensory processing, self-regulation, executive functions, gender differences and how the classroom environment can affect behavior.

## **Mindfulness Tools for Building Resilience (K1 C2 03)**

**Presented by Monica Sullivan**

Mindfulness Tools for Building Resilience introduces educators to a variety of mindfulness practices that strengthen capacities in emotional management and help to create a trauma-sensitive classroom. These practices help develop a set of essential skills; concentration, observation, attention and emotional balance, while promoting healthy relaxation and a more compassionate environment.

## **The Impact of Stress and Trauma on the Developing Brain PART 1 (K1 C2 03) \* Part 2 will take place during the second afternoon session.**

**Presented by Dr. Deborah Lawrence**

Positive social/emotional development is the cornerstone of school readiness. Early experiences (even those that occur while pregnant) can impact a child's ability to form trusting relationships with adults. This session will focus on how the brain develops during the early years and the areas of the brain that are most effected by stress and trauma.

## **Caring for the Caregiver (K7 C1 84)**

**Presented by Betsy L.M. Miller, RN.**

This workshop explains stress management, infectious disease risks, musculo-skeletal (ergonomic) challenges associated with caring for children. Participants will review the occupational health risks addressed in Caring for our Children, 3rd Edition and assess their personal/worksites health promotion strategies; and learn techniques to alter their own health risks as caregivers.



# 3rd Session Workshops\* 2:45-4:15pm

## **Fitting Fitness into the Early Childhood Classroom (K2 C1 15)**

**Presented by Kristin Kunkle**

In this session participants will explore ways to encourage physical activity in the classroom with children from infancy through preschool. Discussion will include information on the importance of introducing exercise in the early years and benefits of integrating fitness into teachers' daily practice. Participants will discover how incorporating exercise in the classroom can be an effective stress relief activity for both children and teachers. Attendees will come away with a host of physical fitness activities to implement with children in their care.

## **Managing Stress in the Early Childhood/School Age Environment (K5 C2 51)**

**Presented by Tom McCarty**

This workshop will help caregivers understand some of the stresses we face on a daily basis. We will also discuss ways to alleviate and solve some of them. We will also collaborate on ways to avoid some of the primary stressors.

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## **You Got To Move It! Part 2 (K2 C2 04)**

**\*Continuation from first afternoon session.**

**Presented by Karen DeHaven**

Helping children to develop stress management through dance and movement activities. Practical strategies to help children develop self-regulation skills and have fun.

## **The Teacher's Social Emotional Elevator (K8 C3 91)**

**Presented by Dr. Veirdre Ridgley- Jackson**

"Change the results you are getting by reacting differently". This session will have the participants examine their social emotional elevator and will provide clear, practical tools to energize high performance behaviors for school age professionals. Join us as we explore to stay productive...create peaceful environments...and ignite a clear mind in the face of any situation.

## **Mindfulness Tools for Building Resilience (K1 C2 03)**

**Presented by Monica Sullivan**

Mindfulness Tools for Building Resilience introduces educators to a variety of mindfulness practices that strengthen capacities in emotional management and help to create a trauma- sensitive classroom. These practices help develop a set of essential skills; concentration, observation, attention and emotional balance, while promoting healthy relaxation and a more compassionate environment.

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## **Using Every Day Experiences to Develop Self-Regulation Skills in Children (K2 C2 11)**

**Presented by Linda Martin**

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# FOR YOUR INFORMATION...

## PLEASE ENTER THROUGH THE SCIENCE CENTER BUILDING

**Montgomery County Community College**

**340 DeKalb Pike**

**Blue Bell, PA 19422**



## Look for the balloons!

### **From the Pennsylvania Turnpike**

Take Exit 333 at Norristown. Go west on Germantown Pike to Route 202. Turn right and go north. Look for College sign on right, 1/2 mile north of Route 73.

### **From the Schuylkill Expressway (I-76)**

Alt. 1) From I-76 Exit 331B, take I-476 (Blue Route) north to Exit 20, Germantown Pike West. Go west on Germantown Pike to Route 202. Turn right and go north. Look for College sign on right, 1/2 mile north of Route 73. Alt. 2) Get on Pennsylvania Turnpike at Valley Forge and go east to Exit 333, then follow directions for Alt.1 above. Alt. 3) Get off Route 202 North exit, stay on Route 202 North through Norristown and north. Look for College sign on right, 1/2 mile north of Route 73.

### **From Chester County**

1) Take Route 202 north through Great Valley, King of Prussia, and Norristown and north. Look for College sign on right, 1/2 mile north of Route 73. 2) Take Route 422 east to Route 29 interchange. Take Route 29 east to Ridge Pike. Turn right on Ridge Pike, bear left at intersection to Germantown Pike, and take Germantown Pike to Route 202. Turn left, take Route 202 north. Look for College sign on right, 1/2 mile north of Route 73.

### **From Bucks County**

Take Routes 309 or 202 south to Montgomeryville. Take Route 202 south to Morris Road intersection. Look for College sign on left, 1/2 mile north of Route 73.

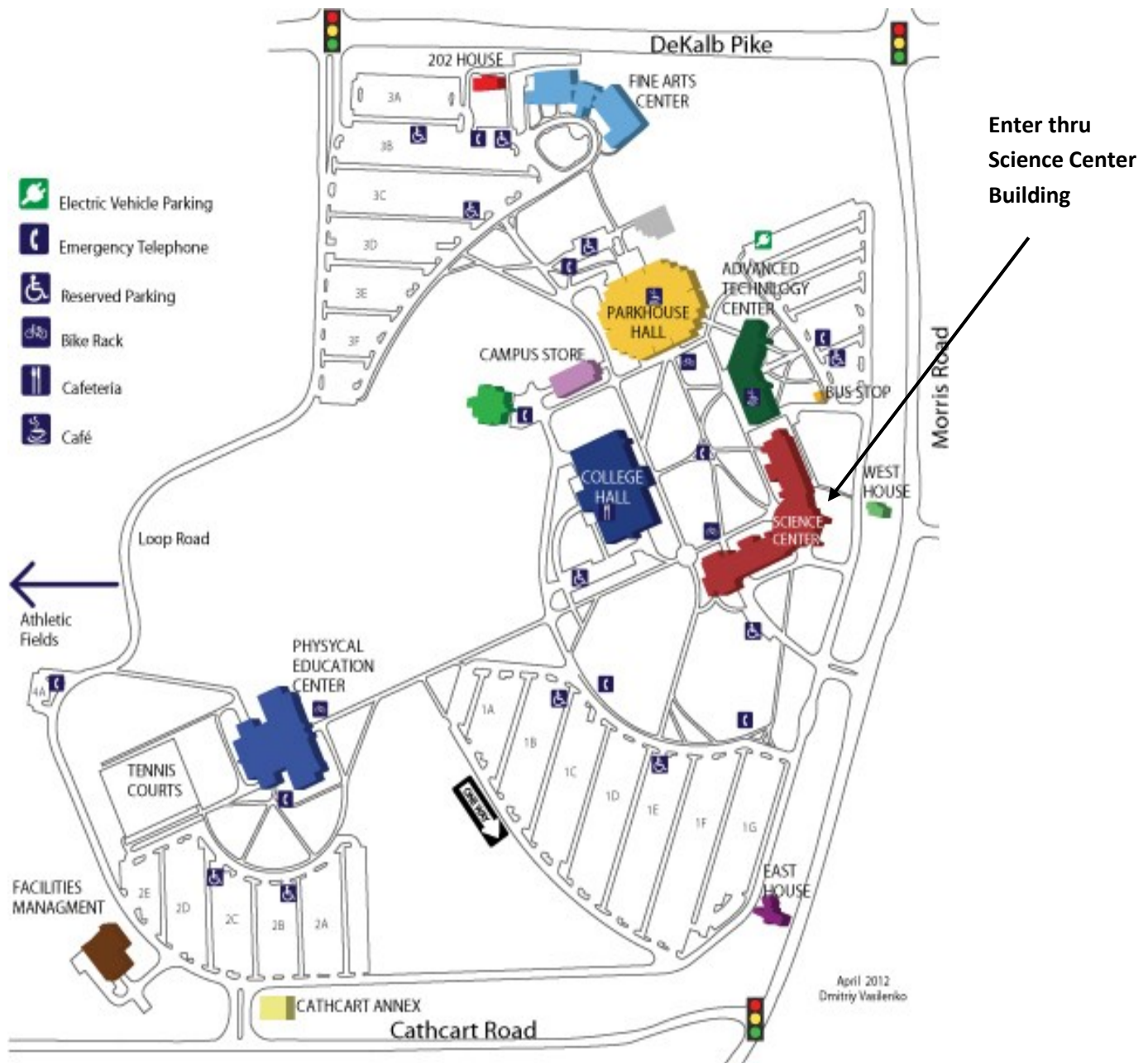
### **From Delaware County**

Take I-476 (Blue Route) north to Exit 20, Germantown Pike West. Go west on Germantown Pike to Route 202. Turn right and go north. Look for College sign on right, 1/2 mile north of Route 73.

**PARKING IS AVAILABLE.**

**FOR BUS SCHEDULES VISIT [WWW.SEPTA.ORG](http://WWW.SEPTA.ORG)**

# Campus Map





Registration  
Deadline is  
January 29th, 2014

# Registration Form

Please duplicate form for each participant.

\$35/person (includes lunch).

First choice sessions are not guaranteed, register early!

Certificates will be given to participants who are PAID on the day of the conference. No refunds will be given.

\*= required for PD Credit

<b>* NAME:</b>		
<b>ORGANIZATION NAME:</b>		
<b>*D.O.B</b> __/__/__	<b>*LAST 5 OF SSN</b>	
<b>* PHONE NUMBER:</b>		
<b>* EMAIL:</b>		
<b>Lunch Choice:</b> Turkey Wrap    ____    Tuna Wrap    ____    Veggie Wrap    ____		
<b>Dietary Restrictions:</b> _____		

## PLEASE PICK TOP 2 CHOICES FOR EACH SESSION BLOCK

Session 1	1st	2nd	Session 2	1st	2nd	Session 3	1st	2nd
Bruce Perry's Model of Therapeutics for Educators			This is Jeopardy!			Fitting Fitness into the Early Childhood Classroom		
Balancing Work & Life, If You're Burned Out How Can You Help The Children?			Balancing Work & Life, If You're Burned Out How Can You Help The Children?			Managing Stress in Early Childhood/School Age Environment		
This is Jeopardy!			You've Got to Move it! Part 1			Caring for the Caregiver		
Managing Stress in Early Childhood/ School Age Environ-			Bruce Perry's Model of Therapeutics for Educators			You've Got to Move it! Part 2		
Mindfulness Tools for Building Resilience			Using Every Day Experiences to Develop Self Regulation Skills			The Teacher's Social Emotional Elevator		
Managing Stress to Improve Healthy Learning			Mindfulness Tools for Building Resilience			Mindfulness Tools for Building Resilience		
Sharing the Tough Stuff: Communicating w/Parents			The Impact of Stress & Trauma on the Brain			The Impact of Stress & Trauma on the Brain		
Caring for the Caregiver			Caring for the Caregiver			Using Every Day Experiences to Develop Self Regulation Skills		

Make Checks Payable to: MELC

Mail Registrations to:

MELC/PD Dimensions, 201 Sabine Ave., Narberth, PA 19072

Or Fax form to 610-617-3550 Questions? Call 610-617-4550 Opt. 4