

	Session Key	Session Title	Session Description	Session Presenter
9 - 10 AM	Keynote	Keynote Session: Cultivating Firece Self-Care with Mindful Self-Compassion and Inner Resiliency	Most helping professionals and social service organizations know the importance of promoting self-care. Yet, this critical workforce focus tends to be grossly neglected and forgotten. Consequently, this presentation will review the negative impact of chronic professional non-self care. The highlight will be an invitation to cultivate a fresh, new evidence-based way relating to oneself at work and beyond through mindfulness and compassion in order to develop fierce resiliency, effectiveness and productivity.	Dr. Sydney Spears, LSCSW
	1a	MyPlate on a Budget	So many people say "but it costs too much to eat healthy." This program will give you thrifty tips for making meals and snacks that are both tasty and healthy. You will learn practical ways to plan and budget for healthy meals while reducing fat, sugar and sodium...without sacrificing flavor. Let this be the first step for making MyPlate become YOUR plate.	Denise Sullivan, University of Missouri Extension
	2a	Supervision of Children	Young children are brought to our programs to learn and grow in safe and healthy ways. As an early childhood professional, it is our obligation to provide the safest environment for the children in our care. At the same time, we must provide opportunities to let our children explore, learn and have fun! This session will provide a basic overview of the importance of having a policy, procedure and practice in place to ensure all children are returned to their families in the same or better physical and mental condition than when we accepted them into our program that morning.	Nancy Heathman, The Family Conservancy
	3a	Child Abuse & Neglect	This training event will help providers define child abuse and neglect and identify categories of child abuse and neglect. They will name signs of possible emotional distress caused by child abuse and neglect. They will learn about the response procedure for when abuse or neglect is suspected, and develop ideas for working with parents regarding reporting of suspected abuse or neglect. They will develop strategies to protect themselves against allegations of child abuse and neglect, and learn the response procedure for when abuse is suspected in the child care setting.	Debbie Karlstrand, The Family Conservancy
	4a	Finding Balance... For Infants, Toddlers, and their Caregivers	Balance... It takes a lifetime to achieve, or does it? In this session we will look at what is means to find balance for yourselves and the children we care. We will explore where balance begins, what gets in the way, and how to create strategies to support finding balance physically, emotionally, and in our everyday.	Shannon Carr, RISE Child
	5a	The Essential Keys for Unlocking Mindfulness-Based Effective Leadership	In the age of complexity, rapid change and challenge, strong social service leadership within organizations can be daunting. This interactive workshop will explore some of the most innovative research-based components of "effective-mindful leadership" within organizations. In particular, there will be an opportunity for participants to reflect upon their current personal leadership style in regards to leading oneself, the organization and others.	Dr. Sydney Spears, LSCSW
Session 1: 10:15 - 11:45 AM	1b	What's Hot and What's Not	In this session you will be introduced to some of the hottest books being used in early childhood settings. Come find out about some of the newer titles and authors that young children (and their teachers) cannot get enough of because they are so in love with them! Along with the books you will learn a few strategies or activities associated with the titles. As well, you will learn about what books you should avoid because they are ineffective for engaging young children. Bring your oven mitts because some lucky participants will walk away with one of the "HOTTEST" books in their hands!	Shelli Lee, 2009 Missouri Teacher of the Year
	2b	Art Tools Go Green	Through group instruction, applied classroom activities and group/individual reflection, learners will explore why natural and nature-created objects give children a more creative, processed-based outlet for art expression than plastic, project-based items. The article, "Nature swap: Art tools go GREEN!" by Sandra Duncan, Jessica DeViney, and Sara Harris will be used as a supporting document. All participants will receive a copy of the article along with other supporting documents that support the activity. Participants will create at least two art projects based on the concepts explored in the applied classroom activities. There will be a time for group and individual reflection so participants can share and reflect their work completed in the applied classroom activity.	Jacque Crocker, The New School Studio
	3b	Seeing Picky Eaters through New Eyes	Picky eating... what is it all about anyway? Discover the stages of eating and how they can help see your picky eater through a new lens. Explore new ways to support young eaters, parents, and caregivers while making mealtime pleasant again.	Shannon Carr, RISE Child
	4b	PITC: Working with Temperaments	Working With Temperaments: To create nurturing relationships with children, caregivers need to become aware of the feelings, expectations, and attitudes they bring from their own past experiences, particularly in childhood. In this class, participants will have an opportunity to explore their own temperament traits and how both their temperament and a child's may influence the relationships in group care. As part of responsive caregiving, an awareness of temperament can help the caregiver create a good fit with each child in his/her care.	Meg Fuehne, The Family Conservancy
	5b	What is the Wellness Wheel and Why Does it Matter?	Health and wellness are the ability to be present at the moment and allow yourself to experience life to the fullest and to be the best version of yourself. "6 dimensions of overall wellness wheel: Emotional, Mental, Intellectual, Spiritual, Social, Occupational, and Physical. The Wellness Wheel will engage participants by filling in the corresponding pie-shaped section of the wheel to the degree they have achieved and created an action plan to help improve a healthy lifestyle.	Estelle Brooks
Session 2: 12:45 - 2:15 PM	1c	Bucketfilling for Me?	Early childhood educators are constantly giving of ourselves, all day long. So often we just have an empty tank—or bucket as I like to call it. What can we do for ourselves? What does it take to keep our own buckets full when we are constantly filling others all day long? Join me in taking care of ourselves for a bit so that we can continue to take care of others with our best selves.	Shelli Lee, 2009 Missouri Teacher of the Year
	2c	Loose Parts in Sensory Play	When children interact with loose parts in sensory play, they enter a world of "what if" that promotes imagination, creativity, critical thinking, problem solving, and cooperative play. This workshop will explore the science and the strategies needed to create inviting environments that provide a rich pallet of provocations that inspire active learning and open-ended play in early childhood classrooms.	Jennifer Frank-Dull, Mid-America Regional Council Pegi Stamps, Constructive Playthings
	3c	Anti-Bias Strategies in the Early Childhood Classroom	A multi-cultural/anti-biased approach can help students learn to value differences, nurture the development of positive self-identity, and teach them to treat all people with respect. This session will share strategies that can be used to create an anti-bias environment for young children.	Mary Williams, The Family Conservancy
	4c	ASQ FAQ	Participants will learn an overview of the ASQ-SE screening tools and the purpose for using screenings for children. There will be time to learn how to score the tool and to practice using the tool to become familiar in it's use. There will also be a discussion about interpreting the results and then utilizing the results for planning specific teaching goals for children.	Gayle Anderson, Consultant
	5c	Nurturing Boys in an Early Childhood Setting	Did you know that 80% of the children expelled from preschool are boys? In this session we will discuss some sobering facts about boys in preschool, current brain research about the differences between boys and girls, and talk about strategies to implement in the early childhood classroom to help boys learn, grow and develop and to decrease challenging behavior.	Jan Inman, United4Children
Session 3: 2:30 - 3:30 PM	1c	Bucketfilling for Me?	Early childhood educators are constantly giving of ourselves, all day long. So often we just have an empty tank—or bucket as I like to call it. What can we do for ourselves? What does it take to keep our own buckets full when we are constantly filling others all day long? Join me in taking care of ourselves for a bit so that we can continue to take care of others with our best selves.	Shelli Lee, 2009 Missouri Teacher of the Year
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