

Stepping Stones Day Care Society's ANNUAL EARLY CHILDHOOD CONFERENCE 2019

TRAUMA INFORMED PRACTICE

How Trauma Affects Children's Development

This Conference is for anyone that works with children, families, or has a genuine interest in learning more about practice through a trauma informed lens.

FRIDAY

June 14TH

&

SATURDAY

June 15TH

Stonebridge Hotel

12102-100 Street

Grande Prairie, AB

T8V 5P1

Tel : 780-539-5561



Welcome

Dear Friends and Colleagues,

It is a pleasure to wish you a warm welcome to Stepping Stones Day Care Society's Annual Early Childhood Conference!

As you know, early childhood has a profound impact on the way children develop. By supporting children through a trauma informed lens, we can ensure we are being sensitive to each child and their developmental needs. As we begin to understand neurodevelopment, the impact of attachment and relationships, generational trauma and self-care, we can ensure we are providing the very best foundation for our children and those we work with. With this in mind, we have provided a variety of session topics that hope to enrich your ability to provide quality care to young children and will build on the great work that you do.

In collaboration with community partners and professionals in the field, we hope to expand on your reflective practice to ensure the children in our lives are being supported in intentional and meaningful ways.

See you there!

The Conference Committee



Agenda

Friday, June 14th

- 5:30 p.m. – 6:30 p.m. Registration, Social (refreshments & appies)
- 6:30 p.m. – 8:15 p.m. SESSION - prelim
- 8:15 p.m. – 9:30 p.m. Wrap up, Social



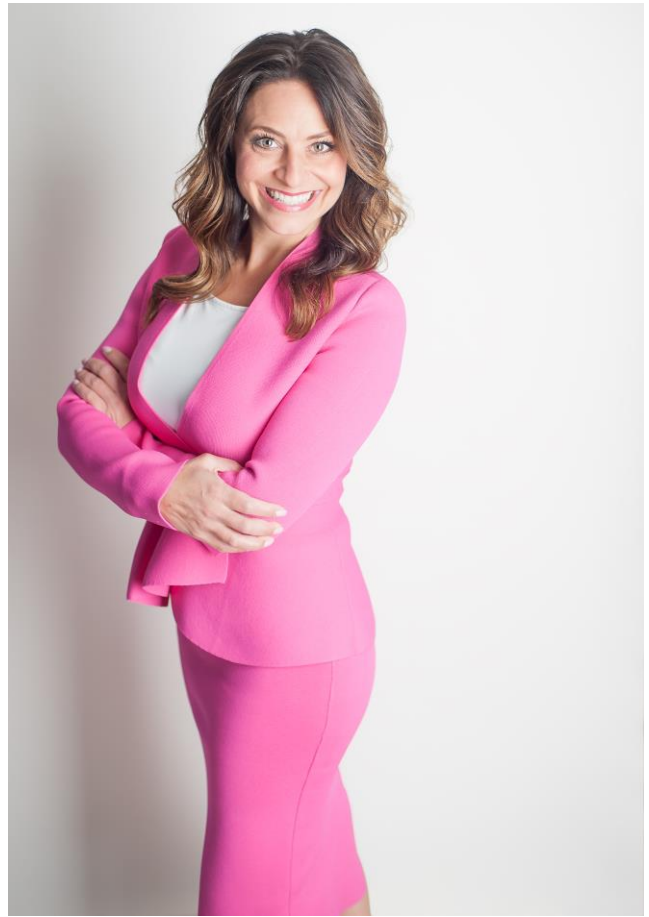
Saturday, June 15th

- 7:30 a.m. – 8:15 a.m. Registration
- 8:30 a.m. – 9:00 a.m. Welcome, Acknowledge & Blessing
- 9:00 a.m. – 10:15 a.m. Key Note
- 10:15 a.m. – 10:30 a.m. Health Break
- 10:30 a.m. – 12:15 p.m. SESSIONS (100 Series)
- 12:15 p.m. – 1:15 p.m. Lunch & Panel Presentation
- 1:30 p.m. – 2:45 p.m. SESSIONS (200 Series)
- 2:45 p.m. – 3:00 p.m. Health Break
- 3:00 p.m. – 4:15 p.m. SESSIONS (300 Series)
- 4:15 pm Closing, Evaluations, Door Prizes



Keynote Address

Dr. Vanessa Lapointe



Dr. Vanessa Lapointe is a mom, registered psychologist, parenting educator, best-selling author, international speaker, and a regularly invited media guest. Founder and director of The Wishing Star Lapointe Developmental Clinic, she has been supporting families and children for almost 20 years and has previous experience in community mental health and the school system. She is also a connoisseur of all things to do with stunning footwear.

While navigating the journey of parenting her own two children, including the restructuring of her family through divorce, Dr. Vanessa has been challenged to grow herself up. Rather than hiding behind the glossy façade, she acknowledges how much she is in the muck of it just like everyone else. From this awakened place she journeys along on a path that lands for herself and her family, all of which has profoundly changed her life and is a significant influence on her speaking and practice.

Feel free to checkout the work of Dr, Lapointe by visiting her website <https://drvanessalapointe.com/speaking-5/>

FRIDAY, June 14th 6:30 p.m. – 8:15 p.m.

TRAUMA INFORMED PRACTICE IN EARLY CHILDHOOD DEVELOPMENT

Please come out and join Ruth while she talks about trauma informed practice and what it looks like in the world of early childhood development. What is our role as Educators, and how does our practice affect the outcomes. Ruth will set the stage for what we can expect as we share our Saturday listening, learning, sharing, and networking together!

Presenter: Ruth Proulx



SATURDAY, June 15th

101

PROMOTING RESILIENCE IN CHILDREN: RELATIONSHIPS & NEURODEVELOPMENT

How we respond and relate to children can significantly influence the outcomes of a child's life. Through the use of Ruth's story and through research and evidence-based practice, come learn the skills that can help children flourish.

Presenters: Ruth Proulx & Amanda Rosset



102

BUILDING BETTER BRAINS – INFANT & PRESCHOOL MENTAL HEALTH

What is brain development and attachment? What do they have to do with Infant & preschool mental health? Join fellow participants as we explore fundamentals that build healthy brains and discuss the signs and symptoms when something seems wrong.

Presenter: Lynn Berry-Barsaloux

201

WHY ADULTS NEED TO BE IN CHARGE

The science of child development has very clearly revealed that children absolutely *need* to marinate in an environment of connection in order for their brains and their hearts to grow exactly as nature intended. The crucial experience created for the child is one of emotional *rest*, created by caring adults who are simultaneously in charge and full of compassion.

Presenter: Dr. Vanessa LaPointe

202

BEHAVIOUR GUIDENCE

Working with undesirable behaviours can be an ongoing struggle. In this session participants will be provided with prevention and intervention strategies to help reduce these behaviours. We will also look at and evaluate why behaviours occur. Once we understand what children are trying to communicate through their behaviours, we can respond appropriately.

Presenters: Kim Burgess & Sara Sullivan

203

CIRCLE OF SECURITY

A secure attachment between child and caregiver's is critical to a child's current and future well-being. Through an introduction to Circle of Security, participants will explore the importance of attachment and how we can ensure we are meeting children's needs.

Presenter: Tanice Jones



204/304

BLANKET EXERCISE (Concurrent Sessions 1:30pm-4:15pm)

Blankets are used to tell a story that represents the lands inhabited by indigenous people that eventually became Canada. Participants are guided through a historical timeline that includes the treaty-making process, residential schools and other events that impacted indigenous people in Canada.

Presenters: Andrea Deleeuw will be joined by her facilitator team and an Elder from our region

301

SCHOOL AGE PROGRAMMING

Join fellow participants as we explore areas in your program that allow for independence and nurture self-concept all while providing a holistic rich learning environment that meets the developmental needs of school age children.

Presenter: Shawna Goodenough

302

TRANSITIONS

We will examine the many transitions in a day and explore ways to incorporate learning and fun during these times. Transitions hold many opportunities for skill-building, problem-solving, listening, following directions, and cooperation. Come learn some new tricks of the trade!

Presenter: Amy Youngman

303

RELAXING INTO THE MOMENT (seating max 50)

Studies have shown that the average human being in Western society has 40,000-60,000 thoughts a day and 90-95% of these thoughts are the same ones we had yesterday. All day long, stories run through our minds. About ourselves, other people, our bodies, the world, money, work and on it goes. This mental clutter prevents us from experiencing true peace and happiness, balance and well-being. Meditation and self-inquiry are some simple and effective tools to rediscover the quiet beneath all this apparent mental activity. Learn how to restore mental clarity, energy levels, improve happiness and health on all levels in this relaxing and insightful session.

Presenter: Dr. Shelyn Somani, MD



JUNE 14 & 15, 2019

CONFERENCE LOCATION

Stonebridge Hotel
12102 -100 Street Grande Prairie, AB.

REGISTRATION AREA

Located right outside the Richmond Ballroom (please follow the signs once you have entered the hotel lobby)

ACCOMMODATIONS

Advanced reservations are recommended at the accommodation of your choice. However, the Stonebridge Hotel 12102 -100 Street Grande Prairie, AB. [1-780-539-5561](tel:1-780-539-5561), has graciously set aside a block of rooms for conference participants at a group rate of \$119.00 plus applicable taxes. For room reservations please click on the following link: [Stepping Stones Society Group Block](#)

When making reservations by phone quote code: Stepping Stones Day Care Society Group Block.

VENDORS

A variety of educational toys, books and resources along with products to 'indulge' yourself will be available for purchase Friday & Saturday.

Dr. Vanessa LaPointe will also have a table where you can meet with her, purchase her books, and get them signed!

FOR MORE INFORMATION

Registration Assistance & Conference Information, please contact Krystalyn Evans-Puckey (780) 532-9684 X 101

REGISTRATION DETAILS:

Fee: \$170.00 - Regular Registration
\$ 160.00 – Early Bird Rate (by May 25th)
\$ 50.00 Full-time Human Services Students
(Instructor verification required)

Fees include:

Keynote address, sessions, refreshments & lunch.

If you have dietary concerns, please come prepared. There is no reduced fee for not attending both days. All registrations are on a (paid) first-come, first-served basis.

We ask that you please be considerate of fellow participants who may have scent sensitivities.

Deadline to Register: JUNE 7TH

How to Register:

Include registration form(s) and payment. Payment required to process registration. Make cheques payable to Stepping Stones Day Care Society.

Mail: Stepping Stones Day Care Society
9614 – 100 Avenue
Grande Prairie, Alberta T8V 0T2

Fax: (780) 532-9621

Email: admin@ssdcs.ca

In Person: Stepping Stones Day Care Society
9614 – 100 Avenue
Grande Prairie, Alberta T8V 0T2

Session Cancellation Policy:

If a cancellation occurs, participants will be placed in an alternate session according to availability.

Alternate Session Selections:

Group size is limited for all sessions. Be sure to indicate 2nd and 3rd choices or an alternate will be assigned for you.

Conference Withdrawals:

Notice of withdrawal must be received in writing via email to admin@ssdcs.ca by 2:00 p.m. Friday, June 7, 2019. No refunds will be issued after this date. A \$25.00 administrative processing fee will apply. Non-attendance does not constitute notice of withdrawal. No refunds will be issued due to non-attendance, including inclement weather. Delegated participant replacements accepted at registration however will be required to attend registered sessions.

Annual Early Childhood Conference 2019

REGISTRATION FORM

◆ This conference may sell out. Register today!! ◆

Please note that certificates of attendance will be issued for this conference. Please ensure you sign in at each session and provide an email contact, so you are able to receive your certificates.

Name: _____ Date of Registration: _____

Mailing Address: _____ Phone: _____

_____ Postal Code: _____

Occupation: _____ Agency/Program: _____

Day Care Family Child Care Preschool School-Age Head Start Student Parent Link Teacher/EA
 Community Program/Agency _____ Support Staff (Aide) Out of Province

Session Selections... Fill in alternate choices. Group size is limited, and sessions fill quickly.

Friday, June 14th, 2019

6:30 p.m. – 8:15 p.m. **Ruth Proulx**

Saturday, June 15th, 2019

8:30 a.m. – 9:00 a.m. **Welcome, Elder Acknowledgment & Blessing**

9:00 a.m. – 10:15 a.m. **Keynote Address**

10:30 a.m. – 12:15 a.m. **100 SERIES** 1st choice: _____ 2nd choice: _____

12:15 p.m. – 1:15 p.m. **Lunch & Panel Presentation**

1:30 p.m. – 2:45 p.m. **200 SERIES** 1st choice: _____ 2nd choice: _____ 3rd choice: _____

3:00 p.m. – 4:15 p.m. **300 SERIES** 1st choice: _____ 2nd choice: _____ 3rd choice: _____

Method of Payment

Participant Fee: \$170 Regular Registration \$160 Early Bird Registration (until May 25th)
 \$ 50.00 Full-Time Student _____ (Instructor Signature Required)
 Cash Cheque Visa MasterCard

Card# _____ CVV#: _____ Expiry Date: _____ Cardholders Name: _____

I authorize Stepping Stones Day Care Society to charge my credit card in the amount of \$ _____ Signature: _____

◆ Full payment must accompany registration- Registration will not be processed until payment is received. ◆

◆ Cancellation policy in effect ◆

◆ Participants should inquire if they are eligible for PD Funding through Alberta Human Services or AECEA ◆

Registration available on-line at www.ssdcs.ca, by mail, Fax: (780) 532-9621 or in person to:
Stepping Stones Day Care Society 9614 100 Avenue, Grande Prairie, Alberta0

Registrations will be accepted until June 7th, 2019 unless Conference sells out earlier!