

# 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 14<sup>TH</sup>**

**&**

**SATURDAY**

**June 15<sup>TH</sup>**

**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 14<sup>th</sup> 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 15<sup>th</sup>**

**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 25<sup>th</sup>)  
\$ 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 7<sup>TH</sup>**

### 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](mailto: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 2<sup>nd</sup> and 3<sup>rd</sup> 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](mailto: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** 1<sup>st</sup> choice: \_\_\_\_\_ 2<sup>nd</sup> choice: \_\_\_\_\_

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

1:30 p.m. – 2:45 p.m. **200 SERIES** 1<sup>st</sup> choice: \_\_\_\_\_ 2<sup>nd</sup> choice: \_\_\_\_\_ 3<sup>rd</sup> choice: \_\_\_\_\_

3:00 p.m. – 4:15 p.m. **300 SERIES** 1<sup>st</sup> choice: \_\_\_\_\_ 2<sup>nd</sup> choice: \_\_\_\_\_ 3<sup>rd</sup> choice: \_\_\_\_\_

### Method of Payment

Participant Fee:  \$170 Regular Registration  \$160 Early Bird Registration (until May 25<sup>th</sup>)

\$ 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](http://www.ssdcs.ca), by mail, Fax: (780) 532-9621 or in person to:  
Stepping Stones Day Care Society 9614 100 Avenue, Grande Prairie, Alberta .....0

**Registrations will be accepted until June 7<sup>th</sup>, 2019 unless Conference sells out earlier!**