

THE WESTBROOK EARLY CHILDHOOD COUNCIL PRESENTS THE EARLY CHILDHOOD COMMUNITY FORUM



THURSDAY, NOVEMBER 7TH, 2019
4:45 PM-8 PM

DAISY INGRAHAM ELEMENTARY
105 GOODSPEED DRIVE
WESTBROOK, CT 06498

TO REGISTER:
CONTACT ALYSSA LINDQUIST
WECCWELLCOORDINATOR@GMAIL.COM
(650) 315.0692

JOIN US FOR A SPECIAL EVENING!

COME, BRING A FRIEND, AND LEARN MORE ABOUT TOPICS THAT MATTER TO YOU.
PARENTS, PROFESSIONALS, TEACHERS, CAREGIVERS, GRANDPARENTS
THERE IS SOMETHING FOR EVERYONE!

CERTIFICATES OF ATTENDANCE FOR EARLY CHILDHOOD PROFESSIONALS
FREE CHILDCARE AT DAISY INGRAHAM DURING FORUM (FROM 4:45-7 P.M.)

BRING YOUR KIDS TO THE FORUM AND DROP THEM OFF FOR A FUN FILLED NIGHT OF GAMES AND PLAY.

PLUS! **AMY'S ACTIVE LEARNING** WILL BE PROVIDING FUN SENSORY PLAY FOR THE KIDS
AND **BACK STAGE DANCE**

WILL BE PROVIDING A CREATIVE MOVEMENT CLASS DURING THE FORUM FOR THE KIDS.
DINNER TO BE PROVIDED
REGISTER EARLY.

SCHEDULE FOR FORUM NIGHT:

4:45-5 P.M. CHECK IN

5-6 P.M. BREAKOUT SESSION 1

6-7 P.M. DINNER & GIVEAWAYS

7-8 P.M. BREAKOUT SESSION 2

★ NO KEYNOTE! YOU WILL GET TO
CHOOSE TWO TOPICS TO ATTEND
THIS YEAR!



Sponsored by: Middlesex United Way, Westbrook Early Childhood Council,
Westbrook Public Schools, & in collaboration with community partners



BREAKOUT SESSIONS



1) UNDERSTANDING SENSORY PROCESSING IN CHILDREN

HEATHER HICKEIN CARTIER, MA OTR/L

Many children have difficulty processing sensory input, which affects school and home success. We will learn about the 5 sensory systems most familiar to everyone and discuss 3 other systems less understood. Caregivers will leave the presentation with a variety of sensory strategies to put into place that very day with their pediatric populations.

Participants will:

- Identify the 8 sensory systems
- Understand hypo and hyper responses to sensory input
- Have a variety of strategies to use right away to address a variety of sensory concerns



2) DEVELOPING AN INCLUSIVE CLASSROOM

SARA ZAIENTZ, LCSW, CLINICAL DIRECTOR

Discuss how to create a classroom environment that encourages all children- regardless of their gender, religious affiliation, ethnicity, race, socioeconomic status, or sexual orientation- to feel included and ready to learn.

Participants will:

- Learn interventions to cultivate inclusiveness



3) MEANINGFUL CIRCLE TIME, WHAT DOES IT LOOK LIKE?

MEG FORMICA, LEARN , EDUCATION COORDINATOR

What is the purpose of Circle time? What does research tell us about how children learn best at Circle time? What do Quality Measures (ECERS, NAEYC, CLASS) look for when observing circle time? Come and discuss how to meet the needs of *all* children at Circle time. We will consider ways to facilitate young children's language/literacy and social emotional development at Circle time and throughout the preschool day.

Participants will learn about:

- Examine ways to support all learners during circle time.
- Watch UConn videos of CT teachers and reflect on strategies to support children's learning at Circle time.
- Identify CT Early Learning Standards (ELDS) to consider when planning Circle time.

BREAKOUT SESSIONS



4) UNDERSTANDING FOOD ALLERGIES

KARA PACHNIUK, MS, CNS, and ELISE MARAGLIANO, PhD

Kara, a certified nutritionist, and Elise, the mother of a child with severe food allergies, will discuss the importance of understanding food allergies in order to create a safe, and inclusive learning environment in the classroom. This session will provide an overview of the basic science behind food allergies, how they affect young children, and the importance of fostering the emotional and social well-being of children with allergies.

Participants will:

- Learn how to create a safe environment within the classroom for students with allergies.
- Explore easy food swaps for the most common allergies. -Focus on steps teachers and schools can take in order to support children with allergies and their families.

5) FEATURES OF SECOND LANGUAGE ACQUISITION IN YOUNG CHILDREN

BETH-ANN BRUNET, LEARN, EL SYSTEMS DEVELOPER

Second Language Acquisition, or the acquisition of any additional language, is an amazing, dynamic, and enriching process. With accurate knowledge and experience of that process, educators, communities, parents, and the children themselves will better respect and celebrate language learning as such. Join Beth Brunet for an overview of stages and characteristics of preschool-age, emergent bilinguals. Strategies for creating language-rich, supportive learning environments both at home and school will also be shared.

Participants will:

- Become more familiar with the stages and features of Second (or additional) Language Acquisition
- Understand the differences between Sequential, Simultaneous, Subtractive, and Additive Bilingualism, and varying characteristics and timelines for emerging bilinguals with different language profiles.
- Name components of a supportive language-learning environment and one or two strategies to be tried.

6) HOW ADULTS CAN CONQUER ANXIETY TO NURTURE HEALTHY KIDS

LAUREN DRAGO, MEd, LMHC, LPC, Licensed Mental Health Therapist

Anxiety today has become an epidemic. In an achievement-culture of high expectations and seemingly relentless demands, both children and caregivers are subject to the physical, mental, and emotional impact of anxiety. We know that healthy adults are best poised to nurture healthy kids. Together we will discuss the importance of adult anxiety management in raising resilient, confident, and capable kids. We will explore the power of our own thoughts and beliefs in alleviating anxiety, and will learn and practice clinically proven techniques that adult caregivers can both use and model to reduce the anxiety response.

Participants will:

- Learn about what causes anxiety, and why our society is treating anxiety more than ever.
- Identify the importance of adult anxiety management in direct correlation with nurturing resilient, confident, and capable kids.
- Learn and practice clinically proven techniques that engage top-down and bottom-up approaches to anxiety reduction and relief that can be used personally, and taught to children.

BREAKOUT SESSIONS



7) POSITIVE DISCIPLINE FOR EARLY CHILDHOOD

CAROL DORES, CERTIFIED POSITIVE DISCIPLINE TRAINER- EARLY CHILDHOOD, CLASSROOM, PARENTING; PRESIDENT, POSITIVE DISCIPLINE OF CONNECTICUT

Participants will learn to apply some of the principles and tools of Positive Discipline, an Adlerian research-based philosophy, to being with and/or working with groups of young children. They will also gain an understanding of the importance of belonging and social and emotional learning, and how best to teach those skills to young children.

Participants will:

- Create a classroom or care setting where children can develop a sense of belonging and significance based on the importance of contribution and mutual respect.
- Foster essential social and emotional skills to support development and school readiness, and understand behavior and how to guide it in groups of young children.
- Learn Positive Discipline and Adlerian concepts for use in the classroom, preschool community, and with parents.

geared towards educators/care professionals

8) TRIPLE P. POSITIVE PARENTING: RAISING RESILIENT CHILDREN

BARBARA V. VITA, M.Ed, EARLY CHILDHOOD NETWORK SPECIALIST

This workshop will focus on the emotional resilience in children: what it means, why it is important, and how it benefits children. We will discuss each of the six important building blocks of life skills for children to develop in order to help them manage their emotions. We will also talk about how parents can promote these skills.

Participants will:

- Learn how to promote social/emotional awareness within your children
- Learn the traps parents can fall into that can accidentally cause emotional distress in children
- Participate in a group discussion that will encourage peer learning and shared meaningful life experiences

geared towards parents

9) MINDFULNESS 101

TARA PHILLIPPI, MINDFULNESS EDUCATOR

Educate, inspire change, and promote mindfulness in children, parents, teachers, and communities to help them gain an understanding of one's self. Learn to gain confidence, build resilience and teach self-regulation which will lead to an AMAZING successful life. Create a mindfulness toolkit for self-care and self-love. Share the "gift of gratitude" with yourself and others. Be the Amazing Mind you are.

Participants will learn the basics of:

- modeling mindfulness in the classroom. -How to self-care and self-love.
- About the brain and how it works. -How to regulate their brain. -"the gift of gratitude."
- How to access and be self aware of their thoughts, feelings and actions.

REGISTRATION

FOR THE EARLY CHILDHOOD COMMUNITY FORUM 2019



INDIVIDUAL: \$30/PERSON, COUPLE DISCOUNT: \$50/COUPLE, GROUP RATE: \$25/PERSON

*MUST REGISTER TOGETHER (FOR GROUP OF 3 OR MORE, PLEASE EACH FILL OUT A FORM)

PLEASE MAKE CHECKS PAYABLE TO "WESTBROOK GRANT ACCOUNT" AND SEND TO: WECC, DAISY INGRAHAM ELEMENTARY, 105 GOODSPEED DRIVE, WESTBROOK, CT 06498

REGISTER BY OCTOBER
11TH, 2019 TO ENTER
FOR A CHANCE TO WIN
A \$25 GIFT CARD TO
TARGET!

NAME: _____

EMAIL: _____

STREET ADDRESS: _____

PHONE: _____

JOIN OUR EMAIL LIST? ____YES

HOW DID YOU HEAR ABOUT US? ____EMAIL ____SOCIAL MEDIA ____FLYER ____NEWSPAPER ____OTHER _____

BREAKOUT SESSIONS: SELECT 1ST, 2ND, and 3RD CHOICES

- _____ Sensory Processing
- _____ Inclusive Classroom
- _____ Meaningful Circle Time
- _____ Food Allergies
- _____ Conquering Anxiety
- _____ Positive Discipline
- _____ Triple P Parenting
- _____ Mindfulness



REGISTRATION CLOSES OCTOBER 31ST, 2019

LIKE US ON FACEBOOK AT [FACEBOOK.COM/WECCWELL](https://www.facebook.com/weccwell)

CONTACT ALYSSA LINDQUIST, WeccWellCoordinator@gmail.com, or by phone at 650.315.0692,
if you have any questions or have a request for financial scholarship.

NO REFUNDS.



SPECIAL THANKS TO:

MIDDLESEX UNITED WAY, WESTBROOK PUBLIC SCHOOLS, & THE MANY PRESENTERS WHO
VOLUNTEERED THEIR TIME & EXPERTISE TO HELP MAKE THIS FORUM A SUCCESS

CHILDCARE REGISTRATION

FOR THE NIGHT OF FORUM, NOVEMBER 7th, 2019
AT DAISY INGRAHAM ELEMENTARY FROM 4:45-7 PM
REGISTER EARLY.



I AM BRINGING _____ CHILDREN FOR FREE CHILDCARE FUN.
PLEASE TELL US ABOUT YOUR CHILD & ANY NEEDS THEY MAY HAVE BEHAVIORALLY,
SOCIALY, ETC. PLEASE BE SPECIFIC SO WE CAN STAFF APPROPRIATELY.

CHILD NAME: _____ & AGE: _____
ALLERGIES? _____ PICK UP TIME & BY WHOM: _____
TELL US ABOUT YOUR CHILD:

CHILD NAME: _____ & AGE: _____
ALLERGIES? _____ PICK UP TIME & BY WHOM: _____
TELL US ABOUT YOUR CHILD:

CHILD NAME: _____ & AGE: _____
ALLERGIES? _____ PICK UP TIME & BY WHOM: _____
TELL US ABOUT YOUR CHILD:
