

# Connections & Solutions:

## *Moving to Grow, Moving to Learn, Moving to a Healthy Future*



**2022 Conference  
for Early Care & Education  
Saturday, October 22, 2022  
8:00 a.m. to 3:30 p.m**

**Join us at our new location!  
Dept. of Children & Families Professional Center  
30 Van Dyke Ave, New Brunswick, NJ 08901**

## **Group A Workshops 10:00 AM-12:00 PM**

### ***A1: Using Music and Movement to Build Resilience, Self-Regulation, and the Brain in Young Children***

Music and movement are a form of active learning. They are play-based and can be designed to be developmentally appropriate, facilitating not just learning, but also development, within the four cornerstones of child development. Come have fun learning movements that will help children learn to self-regulate, build confidence and self-esteem, and facilitate cognitive, physical, and social-emotional development and enhance literacy. By using their bodies in ways that encourage the left and right sides of the brain to work together, children not only build better bodies and brains, they also gain control over their bodies and emotions and build resilience, leaving them better equipped to deal with challenging situations and bounce back faster and easier. This means smoother classroom management with less incidents of acting out. Wear comfortable clothing and shoes, and be prepared to move and have fun!

**D'TaRelle F. Tullis, CEO, Pitter Patter Feet, Beat Jelly Belly Fitness**

### ***A2: Look What I Made! Process Art and Child-Centered Displays***

Let's discuss and explore what process art is, the importance of process art in the early childhood education setting, and best practices and tips to create eye-catching and interactive child-centered displays in learning environments.

**Christin Repas, Professional Development Trainer, & Kimberly Bowe, Family Child Care Quality Improvement Specialist, Burlington Community Action Partnership, Inc. (BCAP)**

### ***A3: The Sounds Of Music: Did You Hear What I Heard?***

Explore the evidence that music is foundational to child development and feel confident about intentionally integrating music into activities for young children. The workshop is interactive and promises to be memorable.

**Dr. Joan Buzick, Asst. Professor of Educational Studies, SUNY Empire State College**

### ***A4: Tackling the Challenge of Supervision with Multiage Groups in Family Child Care***

Family child care providers are continually challenged with caring for different age groups at one time. Ideas will be presented on how they can work with all age groups in a cohesive learning environment while maintaining optimal supervision. Participants will walk away with strategies they can implement immediately.

**Patty Getz, Family Child Care Specialist, Child Care Connection**

### ***A5: Práctica Apropiable Para El Desarrollo***

Durante la presentación, se definirá de que se trata una práctica apropiada, basandose en la etapa de desarrollo en la que se encuentra el niño. Los participantes tendrán la oportunidad de experimentar y analizar actividades y expectativas apropiadas para el desarrollo según diferentes grupos de edad.

**Grace Gaillardin Jouan, Technical Assistance Specialist, Grow NJ Kids**

### ***A6: Trauma-Informed Approach to Managing Challenging Behaviors***

What makes a child hit, bite, kick, scream, cry, not listen, tantrum...? Discover the surprising reasons, and learn to uncover the hidden factors and root causes of common misbehaviors. Use brain science and compassion to understand and solve children's behavioral challenges with a trauma-informed lens. Interactive, engaging, and practical. Packed with real life examples, role plays, and group activities to enhance participants' learning of the concepts and strategies. Powerful solutions and strategies for cultivating emotional regulation, empathy, and resilience and for promoting social-emotional development.

**Anna Seewald, MEd, MPsy, Authentic Parenting**

## **Group B Workshops 1:30 PM - 3:30 PM**

### ***B1: Scheduling Your Way Out of Challenging Behaviors***

This workshop will cover how to intentionally create a schedule for an early childhood education classroom that includes transition activities. The importance of transitions and the daily schedule will be covered in relation to social and emotional skill development. We will use child development and best practice to guide us through classroom schedule creation. Participants will learn to layer their daily schedule to ensure that students are on task and challenging behaviors are minimized.

**Angela Esaw, Teacher, Willingboro Public Schools, and Early Childhood Education Consultant, 360 Learning Solutions**

### ***B2: Navigating Difficult Conversations with Families***

Early childhood professionals have an obligation to partner with families to establish positive, productive relationships. Developing partnership can be a challenge when we face tough conversations with families. Learn strategies for how to facilitate challenging conversations, consider all perspectives, understand the impact of culture on values and communication, and feel empowered to initiate conversations that support all children.

**Cindy Terebush, Early Childhood Consultant, Helping Kids Achieve**

### ***B3: Using Music & Movement to Foster Self-Regulation in Young Children***

Do you want to spend less time on classroom management and more time having fun? Join this session to learn how to use music and movement to help foster self-regulation in young students. When children are able to self-regulate, they have an easier time forming relationships, making friendships, and succeeding in the classroom.

**Brenda Limaldi, Preschool Music & Enrichment Teacher, North Brunswick Public Schools, and Owner, Sunny Bee Music**

### ***B4: Lesson-Planning for Family Child Care Homes***

Are you confused, frustrated, or bewildered by lesson-planning? Join us as we explore the fun side of planning daily activities for children. This workshop takes a hands-on approach to creating lesson plans that will enrich the lives of the young children in your care. Participants will return to their family child care program with a variety of learning activities to include all the age groups in care.

**Patty Getz, Family Child Care Specialist, Child Care Connection**

## ***BS: Incorporando La Diversidad En Ambientes Educativos***

Las familias y los niños atendidos en los programas de la primera infancia representan una amplia gama de diversidad. Los proveedores juegan un papel importante en el aumento de la conciencia y las actitudes de los niños para aceptar la cultura, diversidad, y la empatía a través de:

- Conversaciones
- Orientación y actividades reflexivas
- Los libros y materiales utilizados
- Las imágenes expuestas en el hogar de cuidado infantil familiar

**Maribel Tapia, Technical Assistance Specialist, Grow NJ Kids Technical Assistance Center-North**

## ***B6: Early Relational Health: Focusing on Early Experiences and Interactions Between Caregivers and Children to Develop Foundations for Health, Learning, and Social Well-Being***

Professional development frequently relies on the acquisition of knowledge or skill alone. This presentation reviews the concept of Professional Formation, which addresses the qualities within the professional that are necessary for authentic, relationship-based practice, and includes three interrelated “ways” that professionals become prepared for best practice: ways of knowing, doing, and being.

**Jean Budd, LPC, NCC, IMH E<sup>®</sup>, Assistant Director, Infant and Early Childhood Mental Health Consultation, and Gloria Andrade, PhD, IMH-E<sup>®</sup>, Lead Early Childhood Consultation Specialist, Center for Autism and Early Childhood Mental Health, Montclair State University**

## **ADMINISTRATOR'S TRACK**

### ***FIVE ELEMENTS OF COLLECTIVE LEADERSHIP FOR EARLY CHILDHOOD PROFESSIONALS, PARTS 1 & 2 (AM & PM)***

Designed to reimagine leadership in early childhood education, collective leadership is a system of leadership based on shared decision-making and transparency—involving everyone involved in the change process. Utilizing the gifts of all members and engaging everyone in a common vision, participants will explore new ways to lead teams and your organization in ways that allow all voices to be heard, providing a more equitable distribution of power. Workshop participants will learn how this model can be implemented in early care and education. Providers, leaders, administrators, and system changers will think differently about the manner in which they lead!

**Nilajah Renee, Leadership Trainer and Coach, Mpowering Humanity, LLC**



## Keynote Speaker: D'TaRelle F. Tullis

D'TaRelle F. Tullis is a national and international keynote speaker, consultant, trainer, and coach. She is an approved content specialist for the State of New Jersey in early childhood education and has facilitated training for the Research Foundation of The City University of New York (RFCUNY), the Urban League of Hudson County, various child care resource and referral agencies, and child care centers.

She is the creator of fitness and brain-based programs for children and adults and is a specialist in how physical movement affects and enhances the body, brain, and emotions. D'TaRelle is a certified Adult Mental Health First Aider and has presented on the topics of mental health and wellness, work/life balance, productivity, and having a positive mindset. D'TaRelle is a Positive Prime Coach, helping

organizations and companies experience greater productivity, leadership, and team-building. She has spoken weekly as a co-host on the Billionaire Mastermind Forum podcast, sharing transformative and inspirational information for greater happiness, health, and success.



### KEYNOTE ADDRESS:

#### BRAIN CARE IS SELF-CARE

Have you ever thought about where you would be without your brain? How do you feel when your movement is restricted for any reason? Movement has a profound effect on your mental and emotional well-being, both of which allow you to be at your best as educators. In this fun and interactive talk, you will experience activities for self-care that also build a better brain and body. They will feed your soul and spirit and enhance your mental, emotional, and physical functioning. You will leave with the tools and resources to minimize stress and build a greater capacity to deal with whatever may come your way. Be prepared to laugh, smile, and feel good in your body and mind as you minimize stress and enjoy greater mental and emotional well-being. Wear comfortable shoes and clothing that allow you to move easily and freely.

**2022 Conference for Early Care and Education**  
**Department of Children & Families Professional Center**  
**October 22, 2022**

**SCHEDULE**

**Registration, Continental Breakfast, and Exhibits**

8:00 A.M. - 8:30 A.M.

**Welcome**

8:30 A.M. - 8:45 A.M.

**Keynote Speaker**

***D'TaRelle F. Tullis***

CEO, Pitter Patter Feet, Beat Jelly Belly Fitness

**Training Session-Workshop Group A**

10:00 A.M. - 12:00 P.M.

**Lunch**

**Exhibits and Raffle**

12:15 P.M. - 1:15 P.M.

**Training Session-Workshop Group B**

1:30 P.M. - 3:30 P.M.

***Attending Keynote, Session A, and Session B provides five contact hours toward licensing requirements.***

**Current CDC COVID-19 recommendations will be followed. Please do not attend if you have any signs or symptoms of COVID-19 or have been exposed to someone with COVID-19.**



# CONNECTIONS & SOLUTIONS:

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## REGISTRATION FORM

You are encouraged to register online at

<https://childcareconnection-nj.org/professional-development/programs-initiatives/annual-conference/registration/>

For conference information or further details, call Cindy Jackson at 609-989-7770 (ext. 139) in Mercer County or Angie DeFazio at 732-934-2882 in Somerset or Middlesex County.

### Participant Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (E-mail) \_\_\_\_\_

Title: \_\_\_\_\_ Program Affiliation: \_\_\_\_\_

Please Circle: Family Child Care - Center - Before/After School - Nursery School - Other \_\_\_\_\_

### Conference Fee

Registration - Please check one (walk-in registration additional \$10 & LIMITED availability):

Date: October 22, 2022

\_\_\_ Conference Workshops

\_\_\_ Administrators Track

Registration Fee: \$70

Registration Fee: \$80

*We are offering a \$5 discount per person for centers who pay for 5 or more staff to attend.*

*The registration fee includes workshops, keynote, continental breakfast, lunch, and the conference education packet.*

### Workshop Selection

Please indicate your first and second preferences for workshop selection by placing the numbers 1 and 2 next to your workshop choice for each session. **Do not put a checkmark next to selection!**

*Early registration will help guarantee your workshop choices, but we cannot guarantee your 1st or 2nd preference will be met.*

**If you wish to have your registration confirmed, be sure to include your e-mail address above.**

Group A Workshops:    A1    \_\_\_    A2    \_\_\_    A3    \_\_\_    A4    \_\_\_    A5    \_\_\_    A6    \_\_\_

Group B Workshops:    B1    \_\_\_    B2    \_\_\_    B3    \_\_\_    B4    \_\_\_    B5    \_\_\_    B6    \_\_\_

Administrators Track:    AM    \_\_\_    PM    \_\_\_

Please indicate your choice for lunch:    \_\_\_ Chicken    \_\_\_ Vegetarian (Eggplant)

### Payment Method

\*Please make your non-refundable check or money order payable to: Child Care Connection

Mail payment and form to:

Child Care Connection, Conference Registration, 1001 Spruce Street, Suite 201, Trenton, NJ 08638-3957

**Registration closes October 14, 2022. All registrations must be postmarked no later than that date.**