



Thriving,  
*Not Just Surviving,*  
in ECE

Saturday, October 17, 2026  
8:30 a.m. - 1:00 p.m.

# Keynote Speaker: Jillian Best Adler

Jillian Best Adler is an early childhood consultant. She holds a master's degree in child development from the Erikson Institute and has spent most of her career training and coaching early childhood educators and facilitating workshops and support groups for parents. Using a nonjudgmental, laughs-are-welcome-here approach, she guides educators and parents through the process of shifting their perspectives on everyday behaviors and commonly held beliefs about children and our interactions with them. All of her work, including her own parenting, is values-based and informed by/rooted in a commitment to justice.



## Keynote Address:

### **The Annoying Things That Kids Do, How They Impact Us, and Why It's All Ok!**

Let's take a break from your responsibilities as lesson-planner, play-maker, conflict-preventer, potty-trainer, and regulation-follower, and spend some time exploring your well-being at work. Using developmental theory and research as a framing, we'll look at familiar child behaviors, unpack the difference between "best practice" and "perfection" in the classroom, and acknowledge the ways that our nervous system impacts our professional practice and our mood.

# Schedule

Virtual Doors Open

8:30 a.m. - 8:50 a.m.

Opening Remarks/Welcome

8:50 a.m. - 9:00 a.m.

Keynote Speaker

Jillian Best Adler

9:00 a.m. - 10:00 a.m.

Workshop Session A

10:15 a.m. - 11:15 a.m.

Workshop Session B

11:30 a.m. - 12:30 p.m.

Raffles & Wrap Up

12:40 p.m. - 1:00 p.m.

Optional Guided Meditation

1:00 p.m. - 1:30 p.m.



# Group A Workshops

10:15 a.m.-11:15 a.m.

A 1 :

## **Managing the Impact of the Annoying Things That Kids Do**

Jillian Best Adler, MS

Independent Consultant and Trainer

In this session, we'll discuss and practice proactive and reactive strategies for boosting your well-being at work. With one eye looking at the ways that your classroom is adapted to meet children's developmental needs and the other looking at how you tend to your own nervous system, prepare to walk away feeling refreshed and ready to shift your mindset about how you *should* feel in your professional life.

A 2 :

## **From Chaos to Clues: Understanding Challenging Behaviors in Young Children**

Alli Storm, M.Ed

Director of Education and Referral Services, Child Care Connection

In this fun and engaging one-hour training, participants will explore how early brain development shapes children's behavior and discover the "why" behind challenging behaviors. Educators will learn about the developing brain, the four general functions of behavior, and how children use behavior as communication. Through practical examples and discussion, participants will gain tools to better understand children's actions and create supportive behavior plans when needed.

A 3 :

## **Taking Care of the Caregiver: Self-Care for Early Childhood Educators**

Virginia Hampton, Ph.D.

Infant Toddler Specialist and Early Childhood Trainer, Child Care Connection

Taking care of yourself is important for early childhood educators to support your well-being *and* your work with young children. This session examines how self-care benefits physical, emotional, and mental wellness and how taking care of yourself enhances children's learning and development. Through activities and discussion, we will explore self-care strategies that can be used each day. Participants will also receive tips and resources to support plans for your-self care.

# Group B Workshops

11:30 a.m.–12:30 p.m.

**B 1 :**

## **Leadership Lens: Turnover is Costing You More Than You Think**

Emily Schwartz, M.Ed, Lead Trainer, Child Care Connection

&

Alison Chevrier, MAT, Shared Services Specialist, Child Care Connection

Every time a teacher walks out the door, it costs your center far more than just the price of a new job posting. High turnover drains your budget, burns out your remaining team, and disrupts the stable environments children need to thrive. In this workshop, we will look beyond the surface expenses to uncover the hidden financial and cultural costs of staff turnover. You will leave with data-driven insights and practical, low cost retention strategies designed to stabilize your team, protect your bottom line, and build a workplace culture where educators actually want to stay.

**B 2 :**

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# *Guided Meditation*

*with*

*Nadine Roberts*

*1:00 p.m. - 1:30 p.m.*



## *About Nadine*

Nadine Roberts, BA, CCLS, VSTCLP, CRM, CGIP, is a certified child life specialist and integrative mind/body healing arts practitioner with over 25 years of experience supporting individuals, caregivers, and professional communities. She specializes in guided imagery, mindfulness-based stress reduction, vibrational sound therapy, and restorative practices that help people connect with calm, clarity, balance, and inner resilience.

## *About the Session*

This gentle restorative session offers guided imagery, grounding techniques, and simple mindfulness practices to help early childhood educators ease stress and replenish emotional reserves. Participants will leave with accessible tools they can use both personally and professionally.

- **No Experience Needed:** Whether you're a daily practitioner or a total beginner, the guidance is accessible and jargon-free.
- **Camera Optional:** This is your private time. Feel free to turn off your video, dim your lights, and simply follow the audio.
- **Immediate Impact:** You will leave the session feeling physically lighter and mentally sharper for the remainder of the day.

Join us to unplug, breathe, and return to your day with a steady heart and a clear mind. 

# *Thank You*

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# Child Care Connection

Thriving, Not Just Surviving, in ECE

## REGISTRATION FORM

For conference information or further details, call Emily Schwartz at 609-212-4954  
or Alison Chevrier at 609-989-9348.

### Participant Information

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

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

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_ (\*This email will be used for  
all conference communication\*)

NJCCIS # \_\_\_\_\_

Please Circle:

Family Child Care      Center      Before/After School      Nursery School      Other

Conference Fee: \$30

\*\$5 discount if registration is completed by June 30, 2026

### 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 section.

**Do not put a checkmark next to selection!**

Group A Workshops: A1\_\_\_\_ A2\_\_\_\_ A3\_\_\_\_

Group B Workshops: B1\_\_\_\_ B2\_\_\_\_ B3\_\_\_\_

Optional Guided Meditation Yes\_\_\_\_ No\_\_\_\_

Please make your non-refundable check or money order payable to: Child Care Connection, Inc.

Mail payment and form to:  
Child Care Connection  
1001 Spruce Street, Suite 201  
Trenton, NJ 08638

**OR** Visit the *Conference* page of our website.  
Scan or click on the QR code!

