

Child Care Choices, a Program of the Mental Health Association, Frederick Community College, the Interagency Early Childhood Committee (IECC), and the Frederick County Judy Center present:
A Learning Day for Child Care Providers

Learning Day ²⁰¹⁹



Saturday, November 2, 2019
7:30am – 4:00pm
Frederick Community College

Mind Management – Just Breathe

Learning Day 2019: Mind Management – Just Breathe is a full-day event designed to enhance the professional development of child care providers in Frederick County. The opening session, *Mind Management: Neuroscience, Self-Care and Life Success*, presented by Frank Kros, will show attendees how to keep their minds in the best possible shape emotionally, psychologically and spiritually. Participants will learn how to develop a high level of mental fitness and extraordinary psychological health. In addition, participants will be shown how to accelerate their learning, deepen their relationships and effectively resolve stress. Two hours Core of Knowledge in Child Development will be given for this session.

Learning Day 2019 will also feature workshop selections in the Child Development, Curriculum and Health, Safety and Nutrition Core of Knowledge areas, as well as a variety of child-related informational exhibits. This Learning Day was made possible due to collaboration between the Frederick Community College, Interagency Early Childhood Committee (IECC), The Frederick County Judy Center and Child Care Choices, a Program of the Mental Health Association. Workshops will be held on the campus of Frederick Community College (FCC). Breakfast and lunch are included in the registration fee.

About the Opening Session Presenter:

Frank J. Kros, MSW, JD is the President of the Transformation Education Institute. Mr. Kros is a career child advocate, who has served as a Childcare Worker, Child Abuse Investigator, Children's Home Administrator, Consultant, College Professor, Attorney, Writer and Speaker. He currently serves as president of Transformation Education Institute, Director of the National-At-Risk Education Network (NAREN) and executive vice president of The Children's Guild, a multi-service children's organization headquartered in Maryland.

MSDE OCC Approval Number CWO-157827

Early Bird Registration Pricing of \$50 Ends
Friday, October 4th!

Training Sessions

Morning

M-1. Trauma and the Brain: The Developmental Impact of Trauma in Childhood — *Frank Kros, MSW, JD, Transformation Education Institute*. Brain science can be an intimidating and sometimes boring topic for professionals in child serving organizations, parents and policy makers. This workshop makes neuroscience understandable and accessible to non-scientists so that the importance and usefulness of these brain-based discoveries can be shared and utilized across the helping professions. Most important, these findings provide a compass for those programs serving trauma victims. The strength of the findings regarding trauma and brain development provide a clear direction to helpers on what interventions and characteristics are most important for rebuilding and enhancing damaged brains. By understanding this direction, helpers can compare and assess current practices and align them with this groundbreaking research to improve treatment for childhood victims of trauma. *COK-2 hrs. Child Development*

M-2. Trauma-Informed Mindfulness Skills for the Early Childhood Program— *Shelley Pentony, Outreach & Communications Director, RYT 500 & Trauma Informed Yoga Instructor, Sol Yoga, Inc. Services*. Immerse yourself in different aspects of self-regulation which will help you and the children you work with manage the stress of transitions, conflicts, and emotional ups and downs. You will have a chance to observe, practice and partner-teach each skill so you will be ready to incorporate these practical skills into your everyday program. You will also learn how the specific self-regulation activity affects the physiology of the stress response and how to incorporate trauma-informed and permission-based language into your program to increase your effectiveness in working with trauma-affected children. **Note:** Providers who sign up for this session will have the opportunity to sign up for two consecutive Saturdays, November 9 and 16 mornings at Walkersville Public Library Community Room for 3 FREE COK hours issued by FCPS. More information will be sent to you. Snow date will be December 7. *COK-2 hrs. Health, Safety and Nutrition*

M-3. Using Visual Supports to Promote Independence & Success—*Leslie Frei, Teacher Specialist for Early Childhood Education, Frederick County Public Schools*. Just as adults often rely on visual supports to enhance memory (calendar, to-do lists, grocery lists, road signs, etc), children benefit from visual reminders. Visual strategies support both receptive and expressive language and can act as a cue for teaching appropriate behavior. Learn research-based techniques for building strong visual systems in your early childhood environment. *COK-2 hr. Curriculum.*

M-4. The Brain Architecture Game —*Kathy Allen, Program Administrator, Judy Center*. Environments that promote safety and trust, both at home and in your programs, help young children heal from traumatic experiences by restoring a feeling of control and predictability. Learn through a hands-on experience how adverse childhood experiences affect the development of the brain by playing the Brain Architecture Game. *COK-2 hrs. Child Development*

Afternoon

A-1. Right From the Start: Building Great Brains Birth to Age 5— *Frank Kros, MSW, JD, Transformation Education Institute*. There is no better time to invest in building really extraordinary brains than in the first few years of life. Neuroscience is overflowing with fresh insights and valuable information on nurturing and educating new brains from birth to five years of age. These brains have very specific emotional, nutritional and intellectual needs. When these needs are adequately met, children flourish. When these needs are not met predictable consequences result that require highly targeted interventions. Participants will be given the five essential steps to building a great brain. They will be given the basic biology of the brain and will be able to identify the key parts essential to healthy development. Participants will also be provided with an understanding of how those parts relate to prenatal influences and the development of the fetus. Participants will be provided with the 7 Great Practices on how to raise a smarter child. *COK-2 hrs. Child Development*

A-2. Trauma-Informed Mindfulness Skills for the Early Childhood Program— *Shelley Pentony, Outreach & Communications Director, RYT 500 & Trauma Informed Yoga Instructor, Sol Yoga, Inc. Services*. Immerse yourself in different aspects of self-regulation which will help you and the children you work with manage the stress of transitions, conflicts, and emotional ups and downs. You will have a chance to observe, practice and partner-teach each skill so you will be ready to incorporate these practical skills into your everyday program. You will also learn how the specific self-regulation activity affects the physiology of the stress response and how to incorporate trauma-informed and permission-based language into your program to increase your effectiveness in working with trauma-affected children. **Note:** Providers who sign up for this session will have the opportunity to sign up for two consecutive Saturdays, November 9 and 16 mornings at Walkersville Public Library Community Room for 3 FREE COK hours issued by FCPS. More information will be sent to you. Snow date will be December 7. *COK-2 hrs. Health, Safety and Nutrition*

A-3. Using Visual Supports to Promote Independence & Success—*Leslie Frei, Teacher Specialist for Early Childhood Education, Frederick County Public Schools*. Just as adults often rely on visual supports to enhance memory (calendar, to-do lists, grocery lists, road signs, etc), children benefit from visual reminders. Visual strategies support both receptive and expressive language and can act as a cue for teaching appropriate behavior. Learn research-based techniques for building strong visual systems in your early childhood environment. *COK-2 hr. Curriculum.*

A-4 The Brain Architecture Game —*Kathy Allen, Program Administrator, Judy Center*. Environments that promote safety and trust, both at home and in your programs, help young children heal from traumatic experiences by restoring a feeling of control and predictability. Learn through a hands-on experience how adverse childhood experiences affect the development of the brain by playing the Brain Architecture Game. *COK-2 hrs. Child Development*

PRE-REGISTRATION IS REQUIRED

Learning Day 2019: Mind Management – Just Breathe

Saturday, November 2, 2019

Registration deadline: **Saturday, October 19, 2019**

Registration fee: **\$60 (NO refunds/credits)**

Registrations must be postmarked or faxed by October 19th.



Mail-in Registration Form

Payment is required at time of registration.
Registrations must be mailed, emailed or faxed. Registrations will **not** be taken by phone.

Name: _____ Daytime Phone: _____

Address: _____ City/State/ZIP: _____

County: _____ Email: _____

I am a:
Center director _____ Center staff member _____ Name of center/school: _____

Family child care provider _____ Potential family provider _____ Other _____

Please indicate special accommodations or needs: _____

Training Sessions

All participants will attend the opening Presentation. Training sessions are assigned as registrations are received. Placement is not guaranteed, but every effort will be made to meet your training needs. **Class sizes are limited; early registration is recommended.**

Step 1: Choose three classes for each training session. In the spaces below, write the letter and number (e.g. M-1, M-2, M-3) of your 1st, 2nd, and 3rd class choices for each training session.

	1 st Choice	2 nd Choice	3 rd Choice
10:45-12:45 Session	_____	_____	_____
	1 st Choice	2 nd Choice	3 rd Choice
2:00-4:00 Session	_____	_____	_____

Each attendee will be registered for the Keynote Presentation.

Step 2: Indicate payment method below. \$50 Early Bird fee by 10/4/19 or \$60 Regular Fee after.

 Check or money order (payable to Child Care Choices) Cash MasterCard or VISA

Master Card/Visa Account#: _____ - _____ - _____ - _____ Exp. Date: ____/____ CVV _____

Billing address (if different): _____ Signature _____
(Credit Card statements will indicate **Frederick County Mental Health** as the merchant.)

Step 3: Return this form with payment to: Child Care Choices, 226 S. Jefferson Street, Frederick, MD 21701
OR **fax** to Child Care Choices at 301-695-4826 OR **email** to cberkey@fcmha.org.

NO refunds/credits
A confirmation letter will be emailed along with directions to the location.
You will receive an information packet at sign-in on the morning of Learning Day.

Frederick Community College makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. If you have accommodation needs or questions, please call 301-846-2408. To request a sign language interpreter, please visit <http://fcc-interpreting.genbook.com>. If you have interpreting related questions, please email Interpreting@frederick.edu. Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. To guarantee accommodations, requests must be made at least five workdays in advance of a scheduled event.



Registration Deadline
Saturday, October 19, 2019

\$50 Early Bird Pricing
Expires Friday, October 4th

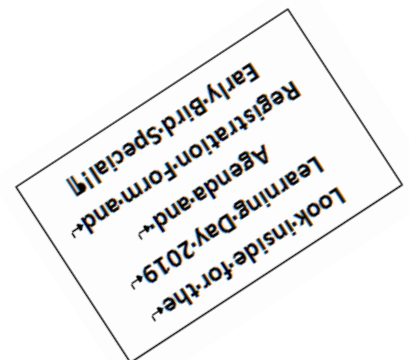
Learning Day 2019 Conference Agenda

7:30-8:15 a.m.	Sign-in & Continental Breakfast/Exhibits
8:15-8:30 a.m.	Welcome/Opening Remarks
8:30-10:30 a.m.	Keynote Presentation
10:30-10:45 a.m.	Break
10:45-12:45 p.m.	Morning Training Session (choose one class and two alternates)
12:45-2:00 p.m.	Networking Lunch/Exhibits
2:00-4:00 p.m.	Afternoon Training Session (choose one class and two alternates)

Participants receive up to 6 clock hours of Core of Knowledge and may submit certificate to MSDE Credentialing for 1 Professional Activity Unit.

Frederick Community College prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment.

Child Care Choices is a member of the Maryland Child Care Resource Network with funding from the Maryland State Department of Education through Maryland Family Network.



A Program of the Mental Health Association
Member Agency of the Maryland Child Care Resource Network with
Funding provided by the Maryland State Department of Education

Child Care Choices
226 S. Jefferson Street
Frederick, MD 21701

