Conference Schedule

8:00 - 8:45 A.M.  
Registration, Vendors, & Exhibits Open

8:45 - 10:15 A.M.  
Welcome & Keynote Address

Opportunity Knocks
  Leslie Stonehawker, Child Care Consultant
  Katie McKenzie, Literacy Specialist

10:30 A.M. - 12:00 P.M.  
Morning Breakout Sessions

I AM MOVING I AM LEARNING  
(90 minute sessions)

Body Language
Moving with the Brain in Mind
Nutrition Building Blocks
Take It Outside
Birth to Five
MVPA Everyday

12:00 P.M.  
Lunch, Vendors, & Exhibits Open

1:00 - 2:00 P.M.  
Featured Speaker

Just a Spoonful of Humor
  Juli Burney, Teacher, Humorist & Author

2:15 - 4:15 P.M.  
Afternoon Breakout Sessions  
(2 hour sessions)

Period of Purple Crying
Setting the Stage for Infants & Toddlers
Setting the Stage for Preschoolers
Promoting a Culture of Health & Wellness
Shaken Baby & Safe Sleep
Mandatory Reporting of Child Abuse

For more information contact:
UNL Extension
1505 Broadway, PO Box 129
Dakota City, NE 68731
(402) 987-2140
dakota.unl.edu

www.extension.iastate.edu/woodbury

All talks approved for in-service licensing requirements for Iowa, South Dakota, and Nebraska child care providers.
Keynote and Session Descriptions

I Am Moving I Am Learning (IMIL)

Morning Keynote (1 hour)

Opportunity Knocks
Katie McKenzie, Literacy Specialist, United Way & Leslie Stonehawker, Child Care Consultant Coordinator, Iowa Childcare Resource and Referral

Promising practices and developmentally appropriate physical activity guidelines for preschool children. Includes current research related to obesity prevention and recommended strategies to improve the quality of physical activity and nutrition choices for young children and their families.

IMIL Morning Breakout Sessions (90 minutes)

Body Language: A Movement Vocabulary for Young Children
Leslie Stonehawker, Child Care Consultant Coordinator, Iowa Childcare Resource and Referral

The use of words and verbal cues can be very important to engaging and encouraging children to learn a wide variety of movement. Learn strategies to help children “tell your muscles what to do” in motor skill development.

Moving with the Brain in Mind
Katie McKenzie, Literacy Specialist, United Way

The development of the brain in a child’s first five years of life clearly shapes the learning capacity they have for the rest of their lives. Learn how the brain structure and functioning can be enhanced through movement and physical activity.

Nutrition Building Blocks
Angela Abts, Extension Educator, University of Nebraska Extension

Early childhood is an optimal time for growth and development. Healthy nutrition is a key for growth and also a foundation for success in school and life. Learn about ways to promote a healthy lifestyle by establishing healthy preferences early in life.

Take It Outside
Ruth Vonderohe, Extension Educator, University of Nebraska Extension

Discover the treasures of outdoor play and time in nature. Learn why it is important to provide unstructured, child initiated play outdoors. Prepare outdoor play areas for all ages.

Birth to Five: Introduction to Motor Development
Carmen Stewart, Director, USD Head Start

Key concepts and vocabulary related to motor development. Recognize the implications that these concepts have on movement for children from Birth to Five. Understand that successful movement opportunities are fostered by manipulation and adaptation.

MVPA Everyday
Bonita Manger, Family Service Specialist, USD Head Start

Do the children in your care get at least 60 minutes of structured MVPA (moderate to vigorous physical activity) every day? Participants will experience MVPA activities that can be replicated with pre-school children.

Featured After Lunch Speaker (1 hour)

Just a Spoonful of Humor
Juli Burney, Teacher, Humorist and Author

My mother always said her children were both a blessing and a bother. The trick is how to remain good role models for them when they are the latter. That’s when a sense of humor is essential. Just a spoonful of humor can not only help the medicine go down, but it can help us have better attitudes in challenging situations, build relationships, and become good role models for our children. Humor helps you move through life and appreciate the blessings more than the bothers. Come and discover your own delightfulness.

Afternoon Breakout Sessions (2 hours)

The Period of PURPLE Crying
Deb Baldwin, RN, Child Care Nurse Consultant, Iowa Child Care Resource and Referral

What do you do when an infant has inconsolable crying bouts? Don’t let frustration set in! This is a temporary period of time in an infant’s life. Develop coping strategies for you and the parents to use with these crying infants.

Setting the Stage for Infants and Toddlers
Cyndi Swingen, and Julie Tucker, both E.C.S.E. Teacher/Consultants, Northwest Iowa AEA

Very young children need help expressing their emotions appropriately. Learn the strategies for social and emotional behaviors. These positive preventive measures will help you understand behaviors, and give essential information that can be used to provide positive guidance in caregiving relationships. From the Teaching Pyramid.

Setting the Stage for Preschoolers
Sue Moran, E.C.S.E. Teacher/Consultant, Northwest Iowa AEA

Want to help preschoolers be able to manage their own behavior? Build a foundation that will allow caregivers to guide children to feel confident and competent, develop relationships, make friends, learn how to persevere, follow directions, be emotionally literate, manage their emotions, and learn how to be empathetic. From the Teaching Pyramid.
**Promoting a Culture of Health & Wellness**

*Aaron Iacino, RN, Siouxland Safety*

Ever wonder if a child has a concussion? Look beyond band-aids and boo-boos without panic. Allergies and asthma, indoor air quality (including mold and mildew), poisonous materials (like asbestos, pesticides). Learn what to do in these situations and bring your questions. Think ahead and prevent accidents.

**Shaken Baby & Safe Sleep of Infants**

*Dr. Wendy Heckert, DNP, APRN, Heckert Nurse Consulting, LLC*

Newer research is changing the way we take care of infants. Everyone in an infant’s life needs to know about Sudden Infant Death Syndrome (SIDS) and Shaken Baby Syndrome. Develop SIDS prevention strategies and a sleep policy for your program. Understand the different reasons a baby may be crying. Plan safe ways to deal with infants that will reduce the risks.

**Mandatory Reporting of Child Abuse**

*Steven Hayward, Retired Protective Services Program Specialist, Iowa Department of Human Services*

Learn to recognize and report child abuse. This two hour session will meet mandatory law requirements on child abuse education for child care providers in Iowa and provide useful information for all.

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**Thank you SHIP, Boys Town & Northern Nebraska Early Learning Connection!** All have provided funding to help keep this conference more affordable for area Child Care Providers.

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**J-T-Shirts & Sweatshirts**

Conference gear can be ordered for pick up at the conference. Graphic is shown here.

No other shirts will be sold this year.

**Conference vendors will have other items for purchase the day of the conference.**

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**Registrations Due:**

**Friday**

**September 27, 2013**

If a registration form is not included with this flyer, they are available on the web at:

- dakota.unl.edu
- www.extension.iastate.edu/woodbury

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**Hints to make this a great day for all participants.**

- Please dress in layers. Personal preferences vary and room temperatures may fluctuate.
- As a courtesy to other participants, please leave cell phone off or in silent/vibrate mode. Answer calls outside of session room.
- Do NOT use personal electronic devices during sessions.
- Credit for each speaker will only be given when you are in the room during the ENTIRE session.
- Speakers and topics are subject to change.

Continuing Education Units (CEU) are NOT being offered this year.

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**Conference Planning Committee**

Shanna Barton  
Donella Busker  
Cindy Chettinger  
Jean Dailey  
Jenelle Darke  
Annagail Fetterman  
Jean Grove  
Adrienne Jansen  
Carol Larvick  
Jan Loewen  
Judy Monson  
Rochelle Nelson  
Cyndy Scott  
Cindy Sebade  
Sarah Smith  
Shirley Sorge  
Susan Strahm  
Lisa Topf

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Tri-State Child Care Providers Conference
Saturday, October 12, 2013
Marina Inn, South Sioux City, Nebraska

Who should attend?
Child Care Home Providers
Child Care Center Staff
Pre-School Staff
Head Start Staff
Kindergarten Teachers
Foster Parents
Anyone Who Cares About Children

Registration Information
Registration Fee:
$33.00 by September 27, 2013.
Registration is $38.00 if postmarked
on September 28, 2013 or later.
Space is limited, pre-register early
to be sure you have a spot!

Send registration and check to
UNL Extension
P.O. Box 129
Dakota City, NE 68731
Phone: (402) 987-2140
Checks to: UNL Extension

. . . and justice for all
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