

### Keynote (9:30-10:30am):

**Planting Seeds of Resilience** Conscious Discipline offers strategies to connect with all children and empowers you with the skills to create safe environments. In this training you learn how to identify ways to intentionally connect with each student every day, understand the adult’s role in creating safe classroom environments and learn ways for you and the children in your classroom to calm their stress response. *I, T, P, SA, A*

Sarah Catherine Rhodes teaches in a public school and has an inclusive PreK class including children with disabilities, multilingual learners, and students who qualify under Title 1. She is a Nationally Board-Certified Teacher and has participated in the NC Demonstration Program supporting best practices in the early childhood setting. As a classroom teacher and Certified Instructor for Conscious Discipline, Sarah Catherine is a relatable and engaging presenter who is eager to share her skillset with other educators. Sarah Catherine graduated from Meredith College with a degree in Child Development and now serves as a mentor teacher for student interns.



**Morning Sessions (10:45 am-11:45am)- Please choose a first, second and third choice.**

**Key: I-Infants, T-Toddlers, P-Preschool, SA-School Age, A-Administrators**



**A. Change Is Hard! But It Doesn't Have to Hurt**

**Melissa Maybin, Healthy Social Behavior Specialist, SWCDC**

Experts estimate that 20-30% of a young child's day involves transitioning from one activity to another. That's a lot of moving and a lot of wasted time! Unless teachers plan transitions as carefully and intentionally as they plan the rest of their day, that time can be stressful and frustrating for teachers and

children alike. Participants will identify the transitions in their daily schedule, determine ways to eliminate some transitions, and learn strategies to support smooth transitions. **P**



#### **B. Working with Different Personalities in ECE programs**

**Annette Dubrouillet, Retired, previous owner Decision Drivers, LLC, previous ECE specialist US Department of Army**

Wouldn't it be nice if everyone was just like us? We'd always know what to say and do to please them. It would also be very boring. This session introduces four basic personality types and how to best work with each of them. You'll also learn about your own style and how to live with yours! **A**



#### **C. Leading from Within**

**Crystal Williams, School Age Consultant- Western Territory, SWCDC**

Do you have a desire to grow professionally and make a difference as a leader, and to help the children in your classroom develop their leadership skills? If you would like a plan to gain the leadership knowledge and skills you desire, this training is for YOU! **SA**



#### **D. Connections Beyond the Classroom**

**Melanie Sellars, Bailee Hall, Sherry Fowler, Jennifer Ammacher, NC PreK Teachers, WNCSource**

An overview of strategies to help teachers connect the classroom to families to help support the whole child. We will discuss specific engagement strategies to build strong relationships with families and include families in our classroom or school communities. Incorporating the Five Love Languages to support the social and emotional needs of children and families. **I, T, P, SA**



#### **E. Building Your Bounce- Promoting Adult Resilience**

**Amy Phillips, Program Support Services Manager, WNCSource**

Early childhood professionals have a unique role in children and family's lives in supporting each child's social and emotional development which requires us to be able to bounce back despite the odds that may be stacked against us. This session will use the Devereux Adult Resilience Survey to discuss four protective factors that support adult's ability to bounce! Based on materials from Devereux Center for Resilient Children **I, T, P, SA, A**



Stop by and see our vendors!

## **Afternoon Sessions (1:00-2:00)- Please choose a first, second and third choice.**



### **F. Empowering Children as Leaders**

**Libbi Farmer and Joanna Aguilar, Early Educator Support Office Mentor and Evaluator, UNC Charlotte**

This training will help identify resources, activities, and stories to help us become mindful of our beliefs that impact our program environment, children, and the families we serve. *I, T, P, SA, A*



### **G. Supporting all Learners: Helping Students with Disabilities Develop Social-Emotional Skills** **Sarah Katherine Rhodes, Conscious Discipline Certified Instructor**

Do you have students in your class, whether identified with a disability or not, who are struggling to follow directions or maintain peer interactions? Come learn strategies from Conscious Discipline to support learners of all abilities in your classroom setting as you create a sense of safety, connection, and problem solving. *I, T, P, SA, A*



### **H. Why Questions Matter** **Crystal Williams, School Age Consultant- Western Territory, SWCDC**

Do you have a desire to enhance the fun, connection, and interactions in your classroom? Do you have a willingness to grow as a professional and make a difference in the lives of others? If you'd like to deepen classroom conversations and improve the connections with your students, come ready to learn "why questions matter" *P, SA*



### **I. Handling Difficult Situations in ECE Programs** **Annette Dubrouillet, Retired, previous owner Decision Drivers, LLC, previous ECE specialist US Department of Army**

This session addresses how to respond to difficult situations in early childhood education programs. We will learn how to stop creating our own problems and how to prevent challenging situations from escalating. *A*



### **J. Hold My Juice Box- Individualizing Activities for Specific Children** **Kristy Stepp, PREP Early Interventionist, Children & Family Resource Center**

In this workshop you will learn to plan for the unplannable. Some children just don't fit into the curriculum or the lesson plan. We will learn how to plan for those children who exhibit only one specific interest, and how to transform your lesson plan activities to meet the interests of each child. Come create your own busy box for those moments that you cannot give them your undivided attention. *T, P*

## Schedule for **Week of the Young Child** March 23, 2024

8:15-8:45am: Doors Open/Check-In

8:45-9:15am: Breakfast

9:15-9:30am: Welcome/Housekeeping/Morning Giveaways

9:30-10:30am: Keynote

10:45-11:45am: Morning Breakout Sessions

12:00pm-12:45pm: Lunch/Giveaways

1:00pm-2:00pm: Afternoon Breakout Sessions

2:00: Adjourn





Community. Kids. Connections.

At CFRC, we believe that  
**every child**  
is worth the  
**investment.**

**The earlier we can start, the stronger the outcome and the more likely we are to be successful.** That's why we invest in early childhood education and rely on evidence-based programs to help parents be their child's first and best teacher. To ensure long-term success, we also partner with child care providers to improve access to quality child care. **When we invest in children, we all win.**

Investing in high-quality early childhood education is an effective strategy for reducing long-term social costs, improving economic prospects for parents, and providing enduring benefits for children well into adulthood. Participation in high-quality learning environments not only impacts each child, but it also strengthens our workforce today and prepares future generations to be competitive in the global economy tomorrow.

**We nurture the development of children by building a strong foundation of family and community.** We know the first years of a child's life are the most important developmentally and they set the foundation for a child's future, which is why we provide programming for every step of the journey. From pregnancy through the adolescent years, our programs focus on:

- Family Education and Support
- School Readiness
- Social Emotional Health
- Quality Early Childhood Experiences

To learn more about our programs, please visit:  
**[CHILDRENANDFAMILY.ORG/PROGRAMS](http://CHILDRENANDFAMILY.ORG/PROGRAMS)**

