



**BUILDING RESILIENT  
KIDS, FAMILIES, &  
COMMUNITIES**

# EDUCATING the HEART

**7th Annual Social Emotional Conference**

▶▶ **SATURDAY** ◀◀  
**JANUARY 26, 2019**  
8:15 AM - 4:15 PM

**Montgomery County Community College  
340 Dekalb Pike, Blue Bell, PA 19422**

**6 PQAS Hours | ACT 48 Credits  
Registration Fee: \$21**



# EDUCATING THE HEART

## 7<sup>th</sup> Annual Social Emotional Conference

Today's children and families face stress in varying degrees. Learn practical strategies to promote resilience in children, families, and YOU! Receive community-based resources, tools and strategies that can promote healthy development and support conditions in which children and families can thrive.



**BUILDING RESILIENT KIDS,  
FAMILIES, & COMMUNITIES**



## REGISTRATION INCLUDES:

- 6 PQAS Hours
  - Act 48 Credits
  - Lunch & Raffle
- 

## TO REGISTER:

Online: [www.pddimensions.org/SocEmConf](http://www.pddimensions.org/SocEmConf)

Registration Fee: \$21.00

Deadline: January 24<sup>th</sup>

---

QUESTIONS: Call 610.617.4550, opt. 4

## CONFERENCE OVERVIEW:

**Registration**  
8:15 am - 9:00 am

**Welcome & Keynote**  
9:00 am - 10:15 am

**Workshop Session I**  
10:30 am - 12:30 pm

**Lunch & Raffle**  
12:30 pm - 1:15 pm

**Workshop Session II**  
1:15 pm - 4:15 pm

**Conference Ends**  
4:15 pm

HOST



Montgomery County  
Community College

SCIENCE CENTER THEATER  
340 Dekalb Pike • Blue Bell, PA 19422

---

SPONSOR



**PUBLIC  
HEALTH**  
management  
corporation

FUNDED BY:

Public Health Management  
Corporation (PHMC)

# ▶▶ KEYNOTE TOPIC

## Two of a Kind – David and Jenny Heitler- Klevans



Two of a Kind, the award-winning musical duo of David & Jenny Heitler-Klevans, will provide an inspiring and interactive Keynote presentation for this year's conference theme of "Building Resilient Kids, Families and Communities." David & Jenny will draw on their 3 decades of experience as teachers, performers, songwriters, teaching artists, recording artists and parents, to create a presentation which will give participants opportunities to sing, move and interact. Two of a Kind will present songs which are both fun and

thought-provoking, and will provide activities and resources to use in the classroom and beyond. Music can be powerful and transformative, and David & Jenny have written and collected many songs and stories which help children, teachers and families to affirm their emotions, relate to each other constructively, and gain resilience and persistence in the face of adversity.

# © AM SESSION INFORMATION

## Positive Discipline: How We Speak to Children

*Michele Fortier*

*ECE/SA K5.10C2 K5.4C2*

Participants will gain a deeper understanding of positive discipline and their role in helping children gain the skills needed for self-regulation. Topics included: discipline vs. punishment, the four goals of misbehavior, why using “No, Don’t, and Stop” are not effective and what language to use instead. We will connect positive discipline to the Pennsylvania Learning Standards for Early Childhood.

## Trauma 101: An Introduction to Trauma-Informed Care

*Lakeside Global Institute*

*ECE/SA K1.3 C2*

Research shows that 67% of the population has experienced at least one Adverse Childhood Experience. These trauma-based adversities are predictive of a multitude of toxic physical, mental, and social outcomes throughout a person’s lifetime. In this multi-media, interactive workshop, professionals work together to build a powerful image that helps them appreciate the complex nature of trauma and its aftermath.

## Storiez: Managing and Expressing Feelings

*Dr. Meagan Corrado*

*ECE/SA K1.4 C2*

This training will support participants in understanding the function and neurobiological implications of feelings. Using relatable examples and interactive activities, participants will be introduced to nine steps that support children in appropriately expressing and managing their emotions.

## Shifts Happen as We Reframe

*Mary E. Farrelly*

*ECE/SA K2.13 C2*

This positive social emotional health workshop will spark thought, investigation and shifts in our thinking. As we reframe our thoughts, movement is promoted and our thinking changes. Participants will play the Reframe Game to shift a pattern, belief or thought system.

## The Power of a Positive Attitude in Teaching Success

*Rebecca Lamar*

*Self-Care K2.13C2*

Early Childhood practitioners who are working in the classrooms, will be given an overview of the effects of stress and the impact it can have on their classroom management. Participants will recognize the key elements of stress and select appropriate methods to manage it at all levels.

## Play, Sing, and Read Having Fun with Books and Learning

*Mary Catherine Bluder Leadership/Community K3.9 C2 K3.6 C2*

Fun, and engaging activities help create a love of learning. Families and caregivers will explore activities that support early literacy and relationships through reading. See how your public library can help! Come prepared to sing, play and have fun with stories.

## Positive Racial Representation in Children’s Books Matters

*Lisa Kares Brown*

*ECE/SA K3.3 C2*

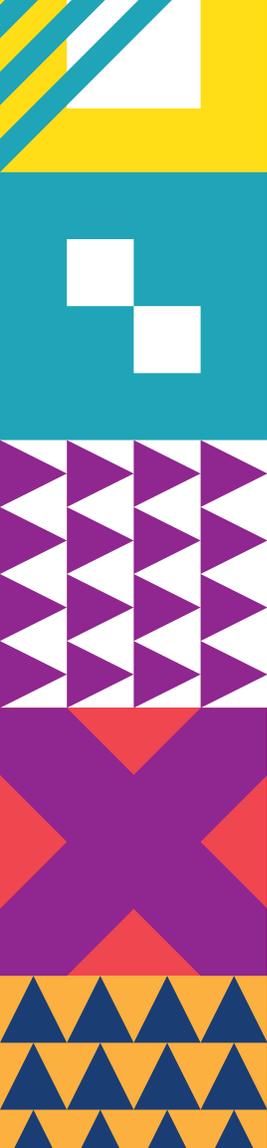
The stories and illustrations within picture books shape children’s racial attitudes and racial identities. Participant will explore diverse picture books and learn why appropriate racial representation matters.

## Engaging Parents

*Elizabeth Farwell Ozer Leadership/Community K3.4 C2 K3.11C2*

Caregivers can develop conflict with their early childhood program for reasons beyond the control of the director or teacher. Often, the cause of the perceived conflict is related to funding streams, national standards, and social policies. Learn strategies to leverage the passion and concern of these adults to help them learn more about the issues at stake and find their voice as an advocate for their child in partnership with their providers to support and nurture young learners.

*two-hour* SESSIONS



# © PM SESSION INFORMATION

## **Trauma 103: Recognizing Vicarious & Secondary Trauma for Caregivers**

*Lakeside Global*

*Self-Care*

*K1.3 C2*

The emotional and physical cost of being an engaged and empathic caregiver can be an occupational hazard. Considering the potential impact of vicarious and secondary trauma, compassion fatigue, and burn-out, caregivers are provided with critical steps in identifying signs and symptoms of each. Additionally, practical skills and a commitment to self-care are an integral part of this interactive workshop.

## **A Minute for Mindfulness: A New Look at Best Practices for Teachers, Students, and Families**

*Dr. Kimberly Heuschkel, ED.D.*

*ECE/SA Self-Care*

*K1.4 C2*

This workshop will explore mindfulness and teach hands-on strategies for teachers, students, and families in early childhood and school-age settings. Participants will learn the basics of this practice and discover tools and techniques to better manage everyday situations with children.

## **Tough Talks: Engaging Families in Critical Conversations**

*Rebecca Lamar*

*ECE/SA Leadership/Community*

*K5.1C2 K5.3 C2*

Participants will discuss components of professionalism and partnership with parents and families when difficult issues arise surrounding the development of a child. Communication, relationship building, and everyday interactions are crucial to maintaining a bond with families, parents, staff and children. Strategies will be discussed that focus on parents as a support for their child's health and behavior, as well as promotion of the development of the whole child.

---

### **Instilling the Way of Personal Balance in our Children's Lives**

*James Farrelly*

*Self-Care*

*K1.4 C2*

All children can come to see how resilient they can be once they are connected to the way everything generates harmonious living. Caregivers can be the positive light for our children to see. This balance-enriched workshop instills an environment centered on heightened levels of awareness, perception, and alignment.

### **The Impact of Divorce on Young Children and Families**

*John L. Sperduto*

*ECE/SA*

*K3.5 C2*

This workshop examines the thoughts, emotions, grief, loss, shame, stigma, anger, and isolation of children whose parents are divorced.

### **Sensory Experiences for Infant and Toddler Teachers**

*Karen Lefkovitz*

*ECE/SA*

*K2.10 C2*

Toddlers hear a lot of “no” as they grab, take apart and explore their environment. We will examine how cognitive development in toddlers is built on sensory experiences. Through hands-on activities, participants will understand the developmental needs of this age group and plan for a sensory-rich, “yes” based-classroom.

### **Lost Opportunities, How Teaching Interferes with Learning**

*Deb Lawrence, PhD*

*ECE/SA*

*K2.2 C2 K2.10 C2*

The purpose of early childhood education is to provide opportunities for children to acquire the dispositions of learning required for all aspect of success. This session brings to light the unintended consequences of teaching and provides strategies for increasing learning in your classroom.

### **Take Your Power Back! Regain Your Kingdom with Respect**

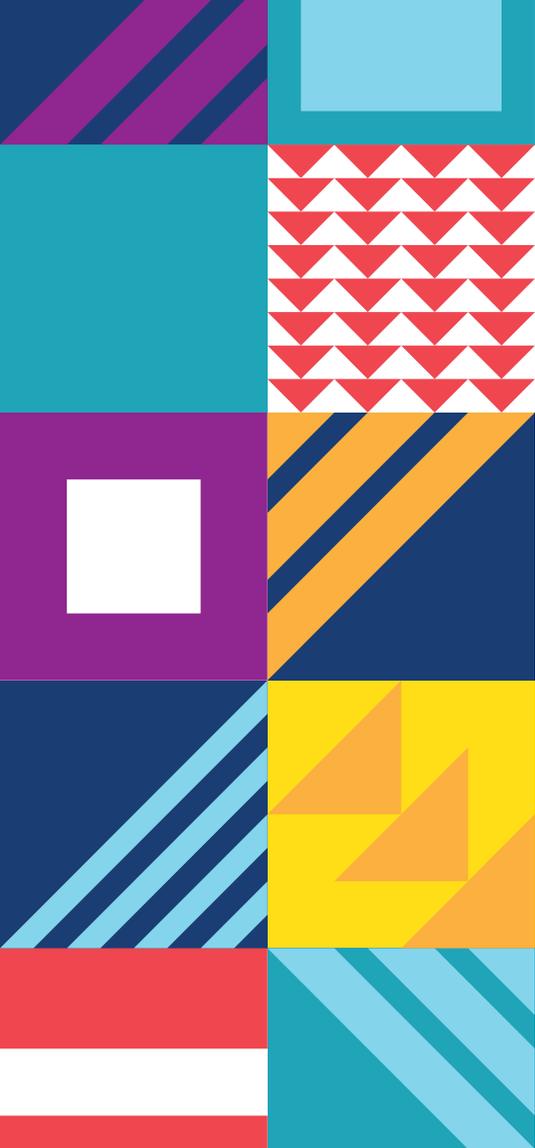
*Ron Shuali, M.Ed*

*ECE/SA*

*K2.13 2*

Laugh out loud and learn three techniques to immediately improve your classroom behavior through a proven behavior management system using auditory, visual and kinesthetic cues. Participants will experience positive physical and emotional sensations that they can then implement the next day in their own classroom.

*three-hour* **SESSIONS**



MONTGOMERY EARLY LEARNING CENTERS



# Professional Development Dimensions

Nurturing Early Learning and  
Youth Development Connections

» TO REGISTER

[www.PDDimensions.org/SocEmConf](http://www.PDDimensions.org/SocEmConf)

*registration closes* **JANUARY 24<sup>th</sup>**

Snow Date: **FEBRUARY 9, 2019**