



The Early Childhood Development Association of PEI Board & Staff are pleased to welcome you to the 2016 ECDA Fall Conference. This conference marks the sector's first and second provincial development days of the 2016-2017 academic year.

The overarching theme of this year's conference is "Guidance." Throughout this conference participants will have the opportunity to discuss with experts and colleagues the matters of challenging behavior, self regulation, nurturing healthy relationships, social and emotional skills, working in partnership with families, and creating opportunities for children to be successful! From the opening keynote, to the breakout sessions, to discussions over lunch with your colleagues, and coming to an end with the closing keynote, this conference is sure to spark the beginning of your journey to redefine and enhance the future of your practice!

Registration for the conference is now fully available online on the ECDA website at www.ecdaofpei.ca. ECDA members: in order to receive member rates, be sure to LOG IN to the member area and register for the event in the member area. Early Bird Registration is available until September 16th. Registration for this event will close on Wednesday October 12th 2016.

The ECDA would like to acknowledge our major sponsorship partner for the 2016 ECDA Fall Conference, Dairy Farmers of Canada, who have helped to make this event possible.

Regardless of which sessions you attend, we are sure these facilitators will expand your knowledge and revitalize your passion for your work in the field of early childhood care and education. By attending this conference you will gain new knowledge and skills to implement into your daily practice, which will enrich the futures of the families and children in your care.

Sincerely,

The ECDA Board and Staff

CONFERENCE SCHEDULE AT A GLANCE

WEDNESDAY OCTOBER 26, 2016: PRE-CONFERENCE DAY (6 PD HOURS)		
Time	Activity	Location
8:30 am - 9:00 am	Registration	Lobby
9:00 am - 12:00 pm	Social and Emotional Learning: A Foundation for Responding to Challenging Behaviour <i>with GRIT</i>	Memorial Hall
12:00 pm – 12:30 pm	Lunch (provided)	Studio 2 Concourse
12:30 pm - 3:30 pm	Social and Emotional Learning: A Foundation for Responding to Challenging Behaviour <i>with GRIT</i>	Memorial Hall
THURSDAY OCTOBER 27, 2016: CONFERENCE DAY 1 (6 PD HOURS)		
8:00 am - 8:45 am	Registration and Trade Show	Main Concourse
8:45 am - 9:00 am	Opening Remarks	
9:00 am - 10:30 am	Image of the Child <i>with Sonya Hooper</i>	Homburg Theatre
10:30 am - 11:00 am	Nutrition Break (sponsored by Debbie Phillips & Associates Inc. - The Co-operators) and Trade Show	Studio 2 Concourse
11:00 am - 12:30 pm	Opening Keynote: Beyond Survival: The importance of being resilient when working with young children <i>with Barbara Kaiser</i>	Homburg Theatre
12:30 pm - 1:30 pm	Lunch (provided) and Trade Show	Studio 2 Concourse
1:30 pm - 4:30 pm	Sessions 1A-F	Various Locations
4:30 pm – 6:00 pm	Meet & Greet Social (sponsored by Manulife & PEI Employee Benefits Agency)	Mavor's
7:00 pm - 8:30 pm	Parent Night <i>with Barbara Kaiser</i>	Homburg Theatre
FRIDAY, OCTOBER 28, 2016: CONFERENCE DAY 2 (6 PD HOURS)		
8:00 am - 8:30 am	Registration and Trade Show	Main Concourse
8:30 am - 10:00 am	Sessions 2A-F	Various Locations
10:00 am - 10:30 am	Nutrition Break (provided) and Trade Show	Studio 2 Concourse
10:30 am - 12:00 pm	Sessions 3A-G	Various Locations
12:00 pm - 1:00 pm	Lunch (provided), Trade Show	Studio 2 Concourse
1:00 pm - 2:30 pm	Panel Discussion <i>with various facilitators</i>	Homburg Theatre
2:30 pm - 4:00 pm	Closing Keynote: Lighten Up! Humor is FUNdamental to providing Quality Care to Young Children <i>with Paul McGhee</i>	Homburg Theatre

WEDNESDAY OCTOBER 26TH PRE-CONFERENCE DAY (6 PD HOURS)

This year we are offering two Pre-conference day workshops, one for directors and team leaders, the other for school-age educators.

Registration for a Pre-conference Day workshop

Registration details for Pre-conference Day workshops can be found on page 13 of this booklet and on the ECDA website at www.ecdaofpei.ca

FOR DIRECTORS & TEAM LEADERS (9:00 AM – 3:30 PM)

Social and Emotional Learning: A Foundation for Responding to Challenging Behaviour

Facilitator: GRIT Program Staff

Confederation Centre of the Arts



At a time when so much attention is placed on what the child is doing, what the child needs and what the child or family ought to be doing, this full day session will provide educators with an opportunity to reflect on their current practices and to build their skills, knowledge and confidence for responding to challenging behaviour. Drawing upon evidence based practices from the Teaching Pyramid Model, particular emphasis will be on the universal strategies to build a strong foundation for “all” children, the intentional use of targeted social and emotional strategies for “some” children, as well as the collaborative teaming with families and other community supports to understand our role in responding to behaviour that we view as challenging.

Who should attend? Given the emphasis on exploring new professional practices, it is recommended that this pre-conference learning day is attended by one or more members of a professional team. Ideally, a director and a staff in a supervisory position working directly with children would ensure this practical, co-learning experience is transferred back and applied to your lived professional practices as you return to work. For this reason we have introduced reduced rates for participants who attend with a co-worker from their centre.

FOR SCHOOL-AGE EDUCATORS (9:00 AM – 12:00 PM)

Supportive Guidance for Challenging Behaviour in School-aged Children

Facilitator: Jan Blaxall

Rodd Charlottetown Hotel

In early years and elementary school settings, there are some children who struggle with strong emotions and self-regulation. While some of these children will have diagnosed special needs that require outside intervention, many more can learn to self-regulate with appropriate individual support and specific strategies. This session focuses on the principles of individualized approaches to supporting self-regulation that have worked for those who work with children from 4 to 8 years.

THURSDAY OCTOBER 27TH CONFERENCE DAY 1

OPENING REMARKS & IMAGE OF THE CHILD (8:45 AM – 10:30 AM)

Image of the Child

Facilitator: Sonya Hooper

Your view of children impacts everything you do from setting up a learning environment to your interactions. How do you see children? As capable competent contributors to their learning; or vulnerable, inexperienced and incapable? Perhaps you see children as cute and funny. In any case this view of children impacts the way you approach your role as educator and your interactions with children. This session will set the stage for your learning journey throughout the conference and challenging you to identify and reflect on your image of children. Leaving you with questions to inspire and challenge participants to continue to cultivate strong images of children.

OPENING KEYNOTE (11:00 AM – 12:30 PM)

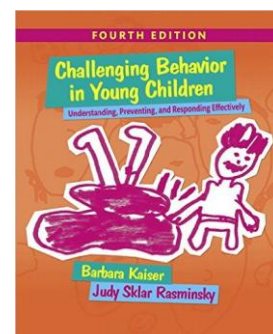
Beyond Survival: The importance of being resilient when working with young children

Facilitator: Barbara Kaiser, author, Challenging Behavior in Young Children



We may not be able to control everything that is happening in the classroom, but we can control how we respond. When challenging behaviour occurs, teachers need to be powerfully present, emotionally responsive, and role models of healthy social and emotional behaviour. Personal resilience is the capacity to prevent, tolerate, overcome, and be enhanced by adverse events and experiences. When we lose control of ourselves, our response to a child's inappropriate behaviour can make things worse. Strengthening our resilience allows us to moderate our feelings, thoughts, and behaviours, and enables us to respond effectively to challenges, and encourages us to develop new skills. Rather than focusing on managing stress, focusing on fostering resilience can be more productive.

Barbara Kaiser has worked for over 30 years as a teacher and education consultant. She has co-authored several books, including Challenging Behavior in Young Children: Understanding, Preventing and Responding Effectively 3rd Edition (2012, Pearson Education). She has taught part-time in the Faculty of Education at Concordia University and Acadia University. In addition to presenting workshops and keynote speeches on the topic of challenging behaviour internationally, Barbara recently developed a Provincial Anti-Bullying Strategy with the Nova Scotia Dept. of Education. She has also developed an instructional DVD series and related workshops, "Facing the Challenge." Prior to moving to Nova Scotia, she was the founder/director of the first rural, subsidized day care centre in Quebec, and then started another non-profit, community-based centre in Montreal which became well known for its multi-age group setting, and unique use of space which emphasized empowering children and helping them learn how to make meaningful choices for themselves.



1A The Power of Positive Connections: Understanding and preventing challenging behaviour

Facilitator: Barbara Kaiser, author, Challenging Behavior in Young Children

Your connection with a child is the most powerful tool you have as a teacher. When challenging behaviour enters the picture, this crucial relationship may falter. The behaviour gets in the way, blocking your view of the child, making it difficult to establish a positive connection. How you relate to the child depends on what you see when you look at the child—and what you see depends on who you are. Whether you're aware of it or not, everything about your teaching—how you approach and respond to the children, set up your room, choose and present activities, even your knowledge of child development and theory—filters through the prism of your own emotions, family background, education, temperament, beliefs, values, and culture. Challenging behaviour can be prevented when teachers understand themselves, the child and and create a responsive learning environment, program, and social climate.

Recommended for: early childhood educators

1B Family Centered Practice –Are we there yet?

Facilitator: Barb Reid and Marilyn Armstrong, GRIT Program

A brief exploration of the research on Family Centered Practice will provide the context for participants to reflect on their own values, beliefs and practices. We will share tools for shifting our behaviours from relationship based to participation of families and discuss how to respectfully work with families to identify their areas for further support.

Recommended for: directors, early childhood educators

1C Self-regulation Matters

Facilitator: Jan Blaxall, program development, Early Years Professional Development Centre

What is meant by self-regulation? Why is it important? The key period for development of self-regulation strategies is during the first five years of life, when the brain is being wired in response to individual biological make-up, experiences and primary relationships with important people in the child's life. However, many children do not build a solid foundation in the early years and continue to struggle with managing behaviour, emotions and attention. Early childhood educators and teachers have a crucial role to play. Learn strategies to support self-regulation development with preschool and school-age children.

Recommended for: early childhood educators

1D Communication and Sensory Stragies

Facilitator: Michele Moffat, Speech-Language Pathologist, Speech Strength

If you work with children who: become overwhelmed easily, cope poorly with change, are inflexible in their thinking, are challenged by transitions, prefer to stay with only a few (or a single) activity, don't bounce back easily once they've lost their temper, aren't aware of the impact of their actions on others, have difficulty interacting with their peers, or don't read social cues well... If you have found yourself wanting to support children through crisis moments, but are at a loss for how to help... If you could use a fresh perspective on the underlying developmental issues that result in these behaviours... This workshop is for you. In this workshop, you will develop a deeper understanding of why children behave the ways they do, give you a skill set for managing explosive behaviours, and help you to diffuse upsets to quickly decelerate these challenging moments and prevent outbursts as much as possible.

Recommended for: school age educators, early childhood educators

1E Techniques for Finding Balance and Relieving Stress

Facilitator: Judy Archibald & Denise Arsenault, Naturotherapists, Health Within

Participants will gain knowledge and experience of using several techniques that can be used in and out of the classroom that will help relieve anxiety and stress, bring more balance into each person who uses the techniques. Stress and anxiety will go down. Techniques are based in Brain Gym, Energy Medicine, Breath Work & Mindfulness. Suggestions about eliminating food additives to reduce outbursts, an example of Dr. Doris Rapp's studies will be mentioned. Deep diaphragmatic breathing, the 36 breaths, tapping techniques, meditative techniques. The children can learn how to uncurl their ears; increase their comprehension, focus and balance; and calm each other by holding the frontal neurovascular points on the forehead, which take a person out of the fight or flight mode and instill calm in the body.

Recommended for: centre cooks, early childhood educators

1F Les arts sans désordre!

Facilitatrice: Lynn Gaudet, artiste, Génie Arts

Les participants créeront des oeuvres avec l'appuis d'un tableau d'information . Cette méthode les permettront de préparer et animer des activités artistique qui encourage l'autonomie et l'harmonie.

Recommandé pour: les éducatrices francophones

FRIDAY OCTOBER 28TH CONFERENCE DAY 2

SESSIONS 2A – 2F (8:30 AM – 10:00 AM)

2A Positive Behavior Support & Functional Assessment (PART 1 of 2)

Facilitator: Barbara Kaiser, author, Challenging Behavior in Young Children

This is a 2-part workshop. Participants of this workshop must register to attend both 2A & 3A. Functional Assessment is an important tool that enables early childhood educators to help children with challenging behaviour to learn appropriate ways to express their needs. The premise of Functional Assessment is that every challenging behaviour can be thought of as a child's solution to a problem and a form of communication. This workshop will help educators learn how to use Functional Assessments to understand where the behaviour is coming from, why it is happening at a particular time in a particular place, the logic behind it, and function (or purpose) it serves for the child, how it can be prevented, and what replacement skills the child needs to learn in order to meet their needs appropriately. Even if the behaviour is unacceptable, the function seldom is.

Recommended for: early childhood educators

2B Making Moments Matter: Building Nurturing and Responsive Relationships

Facilitator: Barb Reid and Marilyn Armstrong, GRIT Program

We know that children learn and develop in the context of relationships that are responsive, consistent, and nurturing. How can we build relationships with children, families and our colleagues that will support children's dispositions for learning and social and emotional development.

Recommended for: directors, early childhood educators

2C Quality in Infant/Toddler Care - Relationship-Based Programs

Facilitator: Jan Blaxall, program development, Early Years Professional Development Centre

Quality Infant-Toddler Programs are based on research and best practices. Practices that focus on warm, responsive relationships between infants and toddlers and their caregivers are key components of quality. Quality includes low ratios and group size that enable knowledge caregivers to respond promptly and sensitively to babies' cues.

Recommended for: infant/toddler educators

2D The Playful Brain: Development of Young Children's Humor

Facilitator: Paul McGhee, president, The Laughter Remedy

This workshop describes basic developmental changes in young children's humor from infancy until about age seven, along with the social, emotional and cognitive developmental benefits resulting from young children's humor.

Recommended for: the light at heart, school age educators, early childhood educators

2E How Involving Kids in the Kitchen Can Help Alleviate Mealtime Challenges

Facilitator: Dairy Farmers of Canada

Did you know that involving kids in the kitchen can help make them better eaters? If you experience mealtime challenges, you will want to join our registered dietitian as she shares tools and tips on how to involve kids in the kitchen. Learn about best feeding practices for children, how to use cooking to promote childhood development, and much more. Designed specifically for early childhood educators and cooks working in childcare centres attended by

three to five year olds, this workshop promises to be a great addition to an educator's professional development plan.

Recommended for: centre cooks, centre meal planners, centre grocery shoppers

2F Un environnement qui stimule l'apprentissage et non des comportements...

Facilitator: Francine Bernard & Marlene Harding

Le rôle et l'importance de l'aménagement de la salle. Comment supporter les enfants à s'engager avec plaisir pour apprendre ainsi que comment bâtir des relations saines avec eux.

Recommandé pour: les éducatrices francophones

3A Positive Behavior Support/Functional Assessment (PART 2 of 2)

Facilitator: Barbara Kaiser, author, Challenging Behavior in Young Children

Continuation of 2A. Participants of this workshop must attend both 2A & 3A. See description on page 7.

3B Beyond Mad, Sad and Glad: Supporting Children's Emotional Regulation

Facilitator: Barb Reid and Marilyn Armstrong, GRIT Program

Supporting children's emotional regulation is crucial to their academic and life-long success. We will explore ways that adults can model and promote emotional literacy for young children. Strategies to support children to regulate their emotions throughout everyday routines will also be discussed.

Recommended for: early childhood educators

3C Self-Regulation with Infants and Toddlers

Facilitator: Jan Blaxall, program development, Early Years Professional Development Centre

The first two years of life are very important for the foundation self-regulation skills to develop. Co-regulation leads to experiences of security and calm, while recognition of individual temperament and preferences facilitates meaningful engagement. Both at home and in child care programs, the child's needs for predictable, responsive comfort and support should be prominent in our decisions about how to care for both infants and toddlers.

Recommended for: infant/toddler educators

3D Learning to Use Humor to Cope with Stress: the 7 Humor Habits Program

Facilitator: Paul McGhee, president, The Laughter Remedy

This workshop focuses on Dr. McGhee's research-based Humor Training Program (whose success has been documented by research in 5 countries). This program (the 7 Humor Habits Program) first builds the basic foundation skills of a good sense of humor and then shows how to extend those skills/habits to managing the daily stress that goes with one's personal life and (sometimes) working with young children.

Recommended for: the light at heart, school age educators, early childhood educators

3E The Impact of Diet on Children's Learning and Behaviour

Facilitator: Dr. Lana McMurrer, naturopathic doctor, Simmonds McMurrer Naturopathic Medicine

Does your centre care for children who are always tired, have trouble focusing, are anxious, or express themselves in a challenging way? This workshop will explore possible links between nutrition and children's behaviours, mental health, and learning. We will discuss some of the possible causes of these struggles as well as healthier alternatives to popular foods, how to monitor potential food allergies, and the side effects and nutrient depletions of medications that are commonly prescribed to children. Participants will walk away from this workshop better equipped to take a holistic view to help guiding each child to more optimal health.

Recommended for: centre cooks, centre meal planners, centre grocery shoppers

3F Me prendre soin pour l'amour des enfants!

Facilitator: Jeanne Gallant, Facilitatrice, À manipuler avec soin

Comment puis-je me ressourcer afin de mieux gérer des comportements indésirables des enfants et de répondre aux demandes exigeantes du travail tout en favorisant mon bien-être? Dans cet atelier, nous partagerons des façons simples qui me permettront de me centrer pour

Intervenir aux nombreuses demandes tout en créant un environnement enrichissant et empreint d'amour dans mon travail. En somme, m'approprier des outils pour me prendre soin m'amènera loin dans mon parcours professionnel et personnel et m'assurera du calme afin d'enrichir les résultats de mes relations. Le bien-être des enfants dépend de mon bien-être.

Recommandé pour: les éducatrices francophones

3G Anxiety in Early Childhood

Facilitator: Dr. Kathryn Bigsby, Pediatrician, QEH Pediatric Clinic

A pediatrician will provide insight into early childhood anxiety- what is anxiety, and can young children experience anxiety? The discussion will include an examination of possible indicators that a child could be experiencing high levels of anxiety, and what a child's challenging behaviour could be communicating. Participants will discuss with the facilitator the factors that can influence children's behaviour, competencies to nurture, and techniques to consider that can contribute to every child's success.

Recommended for: all early childhood educators

PANEL DISCUSSION (1:00 – 2:30 PM)

What are Children's Behaviours Telling Us?

Expert Panelists: Barbara Kaiser, educator & author; Elizabeth Jeffery, educator & Conscious Discipline facilitator; Dr. Katherine Bigsby, pediatrician; Michelle Moffat, SLP

For every child that passes through a child care program's doors, there are as many individual personalities and multiple influencing factors. In this plenary session, a panel of experts will offer some definition to the term 'challenging behaviour', and discuss what a child's behaviour might be trying to communicate. Participants will have opportunity to listen and ask questions of the panelists, including inquiry on strategies and ideas to help children develop healthy social and emotional skills; how to recognize non-typical challenging behaviour; setting appropriate interventions; how to support a family during a referral process.

CLOSING KEYNOTE (2:30 – 4:00 PM)

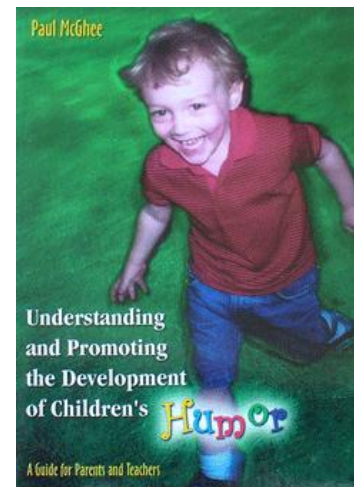
Lighten Up! Humor is FUNdamental to providing Quality Care to Young Children

Facilitator: Paul McGhee, president, The Laughter Remedy



This entertaining, fun, and meaningful keynote shows how humor helps cope with the stress associated with teaching and caring for young children, and helps you continue to provide quality education and care day after day—even on your toughest days. A sense of humor is shown to provide the resilience needed to cope with the challenges that young children sometimes offer; you might say a good sense of humour is an essential survival skill for teachers and care providers! This keynote is guaranteed to get you laughing, but also discusses real, important issues related to the education and care of young children.

*Paul McGhee is currently President of The Laughter Remedy in Wilmington, Delaware, USA. His scientific contributions to the field of humor research make him unique among those who currently work as professional speakers discussing the importance of building more humor into your life. He has published 15 books, including *Stumble Bees and Pelephones*, a tool for building children's verbal humor skills, and *Understanding and Promoting the Development of Children's Humor*, which enables teachers and parents to better understand young children's humor so that humor may be more effectively used in the education of children from infancy to age seven. He has also published many scientific articles on humor and is internationally recognized for his contributions. Paul has worked full time as a professional speaker for the past 20 years. He has provided keynotes and workshops to many Fortune 500 Companies, hospitals and healthcare organizations, early childhood educators and conferences devoted to aging. His work has been featured in many international publications, including the *New York Times*, *USA Today*, and *Newsweek*.*



TRADE SHOW VENDORS

Bricks4Kids	PEI Employee Benefits Agency	Austin's Creations
Special Olympics PEI	PEI Association for Community	Autism Society of PEI
Sun Life Financial	Dairy Farmers of Canada	Young Millionaires

Trade show hours: Thurs 10:30 - 11:00 AM, 12:30 - 1:30 PM; Fri 10:00 - 10:30 AM, 12:00 - 12:30 PM
Tip: bring cash if you plan to shop any of our featured trade show vendors!

ACCOMMODATIONS

The Hotel on Pownal, 146 Pownal St., Charlottetown

- ❖ Reserve your room under the 'Early Childhood Development Association' block for reduced rates for the nights of Wednesday October 26th and Thursday October 27th.
- ❖ \$119/night – double-doubles, single doubles, single king, and single queen rooms
- ❖ Includes:
 - Free parking
 - Breakfast daily
 - Complimentary Guest Cocktail Reception each weeknight
 - Wireless, high-speed Fibre-op internet
 - Complimentary coffee, tea, and treats throughout the day.
- ❖ To reserve call 902-436-2295 or 1-800-265-5551 by Friday, September 19th.



THURSDAY EVENING SOCIAL

Thursday October 27th 4:00 pm - 6:00 pm
Mavor's Bistro & Bar

Sponsored by: Manulife & PEI Employee Benefits Agency

Conference participants are invited to a reception following the last breakout session of the day on Thursday at Mavor's. This event will combine our Meet & Greet and Kitchen Party from previous years. There will be appetizers, the Instabooth photo booth, and our conference facilitators will be there to answer any questions about their workshops, or just to get to know them a bit better! A great opportunity to unwind and chat about the events of the day with your colleagues! We hope to see you there.

Thank you to Holland College Early Childhood Care and Education students for your valuable volunteerism.



REGISTRATION FEES

Early Bird (Thursday and Friday)

- Member: \$150 +HST
- Non-member: \$280 +HST

Regular Rate (Thursday and Friday)

- Member: \$170 +HST
- Non-member: \$300 +HST

Friday Only

- Members only: \$120 +HST

Pre-conference Day: Directors & Team Leaders

- Member (1 staff attending): \$95 +HST
- Member (2 or more staff attending): \$75 +HST
- Non-member (1 staff attending): \$115 +HST
- Non-member (2 or more staff attending): \$95 +HST

Pre-conference Day: School-age Educators

- Member: \$25 +HST
- Non-member: \$45 +HST

REGISTRATION SUBMISSION

Submit your registration form:

- Online at: www.bit.ly/2016ECDAfall
- Members please log in to the Member Area to receive member rates.

Submit your payment:

- Cash: please hand deliver any payments made in cash to the ECDA office
- Cheque: payable to The ECDA of PEI.
- PayPal: using Visa or MasterCard via online registration form
- Email transfer: to payments@ecdaofpei.ca