

**Don't Miss the Early Bird Registration:**  
**March 2, 2012**



A healthy continental breakfast will be provided from 7:15 a.m. - 8:00 a.m.  
Come have breakfast and network with your fellow providers!

## Lunch Choices

*(pick one)*

### A. Cobb Salad

Diced chicken breast, avocado, tomatoes, eggs, crumbled blue cheese, over crisp lettuce served with choice of dressing.

### B. Turkey Focaccia

Sliced oven roasted turkey and Wisconsin cheddar with lettuce

and tomato served on grilled tomato and asiago cheese focaccia bread brushed with fresh pesto. Comes with fresh fruit and kettle chips.

### C. Grilled Vegetable and Smoked Gouda Quesadilla

Grilled peppers, onions, mushrooms, tomatoes, garlic and cilantro, with smoked gouda and barbeque sauce with a side of spicy vegetarian black beans.

Co-Sponsored by:



Community Services  
14949 62nd St. N., P.O. Box 30  
Stillwater, MN 55082-0030

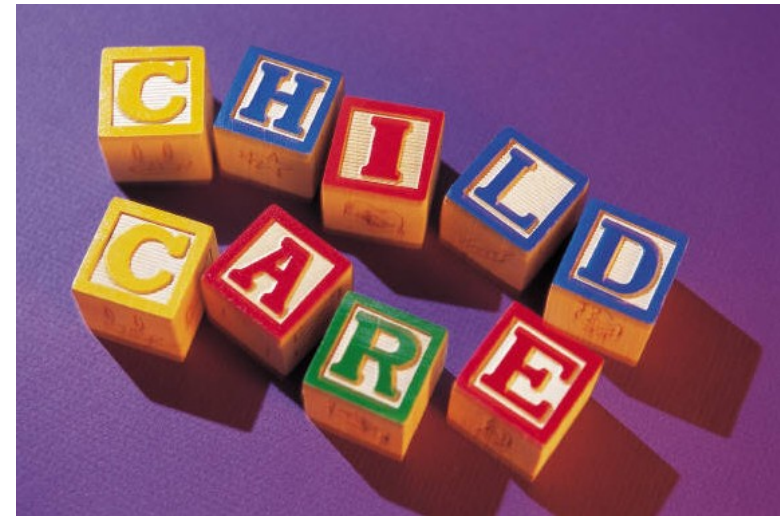
and



10 Yorkton Court, St. Paul, MN 55117



# 12th Annual Child Care Spring Seminar



**Saturday, March 24, 2012**  
7:15 a.m. - 3:15 p.m.

## Prom Center

484 Inwood Ave., Oakdale, MN 55128

**6 Training  
Hours Available**

Door Prizes • Fire Extinguisher Servicing • Vendors • Exhibits

# Washington County Child Care Seminar Registration Form

(Only one registration form per person. Form may be copied.)



Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ County: \_\_\_\_\_

Email Address: \_\_\_\_\_

Professional Affiliation (check one):

- Center or Preschool Staff     
  School Age-Care Staff  
 Family Child Care     
  Head Start  
 Other (specify): \_\_\_\_\_

Please indicate your 1st and 2nd choice by circling the letter of the workshops you would like to attend. We will make every effort to accommodate your first choice. Workshops will be filled in the order registrations are received, so register as soon as possible.

	Circle Choice #1			Circle Choice #2		
Session 1	A	B	C	A	B	C
Session 2	D	E	F	D	E	F

Circle Your Lunch Choice		
A. Cobb Salad	B. Turkey Focaccia	C. Quesadilla

I would like to register as follows:

- \$55.00\* **Early Bird**  
 (postmarked by/ received in Washington County's office by March 2, 2012)
- \$65.00\* **Registration Fee**  
 (postmarked by/ received in Washington County's office by March 16, 2012)

\*Materials, refreshments, and lunch are included.

**TOTAL AMOUNT ENCLOSED: \$** \_\_\_\_\_

Registrations are accepted by mail, by phone at 651-430-4164 (Nadine Groven), or by faxing the registration form to 651-430-4193.

Please make checks payable to:  
Washington County Community Services - Child Care

Mail registration and payment to:  
Washington County Community Services  
Cottage Grove Service Center  
ATTN: Child Care Licensing  
13000 Ravine Parkway  
Cottage Grove, MN 55016



Registrations will not be accepted without payment. No confirmations will be mailed. Your registration is confirmed unless otherwise notified.

**All registrations must be received by March 16, 2012.**

No refunds will be given for cancellation.  
No walk-ins allowed!



## Keynote Speaker - Ted Bowman

### Promoting Resiliency in Children AND Those Who Work With Them (CCCA-IV)



## Welcome!

Too many children face losses, adversity, and disruptive events including death, divorce, moves, violence, or they live with a chronic condition. It is enough of a challenge to master the "normal, developmental" challenges. Facing additional stress makes childhood all the more formidable.

In such a world, nurturing, safe settings and staff able and willing to promote hope and resiliency are essential resources for children. Studies and anecdotal stories tell us of children who thrive in spite of the odds, because of caring adults in their lives.

In this practical session, participants will be presented with a framework of resiliency which includes attention to loss. Resources and tools which child care providers can use in their work to promote resiliency and hope will be presented, demonstrated, and discussed. Participants will be able to immediately apply learnings and tools to their work.

Ted Bowman is a trainer, educator, and consultant. He specializes in change and transition, whether it occurs in families, an organization, or the community. In addition, Ted has taught Family Education courses at the University of Minnesota since 1981. He currently teaches a graduate social work course on grief and loss at the University of Saint Thomas which he began teaching in 2003.

Ted is the author of over 80 articles and chapters appearing in a range of books, journals, newspapers, and magazines. His booklet, *Loss of Dreams: A Special Kind of Grief*, was released in 1994. *Finding Hope When Dreams Have Shattered* was published in 2001. A co-edited volume of poetry all by Minnesota poets, addressing themes of loss and renewal, *The Wind Blows, The Ice Breaks*, was published in 2010. His knowledge, caring, and heartfelt stories make his presentation particularly meaningful for early childhood educators.

On behalf of Washington County Community Services, Resources for Child Caring, Anoka County Community Action Program/Child Care Resource and Referral Baseline, and the Child Care Council, we invite you to attend the Washington County Child Care 12th Annual Spring Seminar on Saturday, March 24, 2012. We have some dynamic speakers who are truly experts in their fields. Our keynote speaker, Mr. Ted Bowman, will focus on promoting hope and resiliency in children and those who work with them. Other topics, such as Autism and Love and Logic, offer insights for providers who work with children of any age. May you find the seminar educational and rejuvenating!

If you have any questions about the conference, please call Becky Knighton at 651-430-6574, Nadine Groven at 651-430-4164, or Suzanne Pollack at 651-430-6476.

We would love to see you there!



## Directions

**The Prom Center is located:  
at 484 Inwood Ave.**

1/2 mile north of I-94 in Oakdale, adjacent to the Hilton Garden Inn and across from Oak Marsh Golf Course and Lake Elmo Bank. *Inwood Ave. and Radio Dr. are the same road.*

## Seminar Schedule

**\*Bonus:** Get your fire extinguisher tagged at the conference! Becker Fire & Safety Services will be there servicing fire extinguishers. Cost: \$5.00/annual certification. 6 & 12 year testing will be available for additional fees. New fire extinguishers will be available for purchase at a discounted rate.

- **7:15 a.m. - 8:00 a.m.**  
Registration/Breakfast/  
Shopping/Fire  
Extinguisher Check
- **8:00 a.m. - 10:00 a.m.**  
Introduction &  
Keynote Speaker
- **10:00 a.m. - 10:15 a.m.**  
Break/Shopping
- **10:15 a.m. - 12:15 p.m.**  
Session 1
- **12:15 p.m. - 1:15 p.m.**  
Lunch Provided/Shopping
- **1:15 p.m. - 3:15 p.m.**  
Session 2

## Session 1 Workshop

10:15 a.m. - 12:15 p.m.

### A. *I Am Moving, I Am Learning* Jamie Bonczyk (CCCA-I)

Fitness is a byproduct of play! In this workshop participants will learn to intentionally plan and facilitate movement experiences that can support children in reaching developmental milestones. They will experience strategies to take back to the classroom including teaching cues to engage children in Moderate to Vigorous Physical Activity (MVPA).

Jamie Bonczyk obtained a M.A. in Early Childhood Education Professions with a concentration in Training and Development from Roosevelt University in Chicago, IL. She has worked in diverse early childhood environments in North Dakota, Minnesota, and Illinois. In her current role she is the Director of Health and Nutrition at PICA Head Start in Minneapolis, MN.

### B. *Love and Logic* for Childcare Professionals Andrew Johnsrud (CCCA-IV)

In this session you will learn the basics of the Love and Logic philosophy of positive behavior management. You will gain new skills you can use immediately in your work with children. We will look at some of the foundational pieces of raising responsible kids. These classes will allow you to bring the fun of raising responsible kids into your child care setting.

Andrew Johnsrud is an independent facilitator of Love and Logic. In his two decades as a father and secondary school teacher, Andrew firmly believes that working with kids boils down to *decency* and preparing kids for the *real world*!

### C. *Safe Sleeping* Environments for Infants in Child Care Settings/ Abusive Head Trauma (SBS) Kathleen Fernbach (CCCA-VI)

This program will focus on the latest research, trends, and the American Academy of Pediatrics recommendations on SIDS and Sudden Unexpected Deaths in Infancy (SUDI). This session will cover safe sleeping practices for infants and crib safety. Abusive Head Trauma (Shaken Baby Syndrome) training will complete this session, allowing the attendee to meet licensing requirements for both SIDS and Shaken Baby Syndrome.

Kathleen Fernbach, BSN, RN, PHN, Director, Minnesota SID Center, has been with the Minnesota Sudden Infant Death Center since its inception in 1976 first as a coordinator and later as director of this statewide program. The MN SID Center is a public - private partnership between the MN Dept. of Health and Children's Hospitals & Clinics of MN. She is the author of the SIDS Risk Reduction MN Training Curriculum for Child Care and Foster Care Providers, a member of the MN Dept. of Health's task force which developed *Infant Death Investigation Guidelines: Background & Implementation for Local Investigative Personnel*, and a member of the state Child Mortality review team.

## Session 2 Workshop

1:15 p.m. - 3:15 p.m.

### D. *Science from A-Z* Sara Mulso (CCCA-II)

Do you hit a roadblock as you try to think of something engaging to include in your science area for various themes? This session will cover themes from A to Z and include items and activities to interest your eager little scientists.

Sara Mulso has both a BA and MA in Early Childhood Education from Concordia University, St. Paul where she is an adjunct faculty member and an early childhood trainer. Her passion is to help early childhood educators understand the profound role they play in creating learning experiences for young children in each and every interaction. She enjoys sharing ideas that are practical and can be easily implemented into a variety of settings.

### E. *Understanding Autism* Spectrum Disorder: What Does It Look Like and How Can We Help? Tami Childs (CCCA-III)

This session will focus on helping child care providers recognize the early signs of an autism spectrum disorder (ASD). Videos will be utilized to demonstrate differences in development in the areas of social, communication, and behavior skills. Providers will learn how the underlying characteristics of ASD may impact a child and

related strategies to help these children be more successful in the child care environment.

Tami Childs is a psychologist, autism spectrum specialist, and state leader in the area of Autism Spectrum Disorders in Minnesota. Her passion is working with educators and parents to improve outcomes for students with autism spectrum disorder. Dr. Childs is the coordinator of the Minnesota Low Incidence Project for ASD. Her training is in school/educational psychology and autism spectrum disorders birth through age 21.

### F. *Planning for Toddlers* Pam Bohn (CCCA-II)

Toddlers are active little people; so how do you hold their attention? Learn how to create a plan that is age appropriate and will work for both the children and you. Come play and learn lots of activities to do with infants and toddlers. We will explore some new things, as well as some tried and true activities, designed especially for the younger set.

Pam Bohn has a Bachelor's Degree in Elementary and Early Childhood Education. She has more than 20 years of experience working with children birth to school age and their parents. She currently teaches CFE in Brooklyn Center and is a social worker for Anoka County.



### “Minnesota Core Competency” Content Areas:

Core Competency Content Area I:  
**Child Growth  
& Development**

Core Competency Content Area II:  
**Environment & Curriculum**

Core Competency Content Area III:  
**Assessment & Planning  
for Individual Needs**

Core Competency Content Area IV:  
**Interactions with Children**

Core Competency Content Area V:  
**Families & Communities**

Core Competency Content Area VI:  
**Health, Safety, & Nutrition**

Core Competency Content Area VII:  
**Program Planning & Evaluation**

Core Competency Content Area VIII:  
**Professional Development  
& Leadership**