



***WHSA 14<sup>th</sup> Annual Training Conference***  
***February 22-24, 2016***

***WHSA Post-Conference***  
***February 24, 2016 from 1 - 5 pm***  
***February 25, 2016 from 8 am - Noon***

***Kalahari Resort Convention Center***  
***Wisconsin Dells, WI***

***Disclaimer:*** Sessions may be added or deleted prior to the start of the Conference as presenters confirm their attendance with us. Please refer back to [www.WHSAonline.org](http://www.WHSAonline.org) for an up-to-date listing. The At-a-Glance Schedule will be posted on-line in the near future.



## WHSA Post-Conference Sessions

February 24, 2016 from 1 – 5 pm  
 February 25, 2016 from 8 am - Noon  
 Kalahari Resort Convention Center, Wisconsin Dells, WI

### Registration Cost for Post-Conference Sessions

	Member or Member Partner	Non-Member	Student	Presenter
Early Bird by 12/31/15	\$50	\$100	\$40	\$50
Regular after 12/31/15 before 2/10/16	\$75	\$125	\$50	\$75
On-site after 2/10/16	\$100	\$150	\$60	\$100

*Space is limited so register early!*

### Introduction to the Pre-K CLASS Framework

Participants will understand background information on what the CLASS tool measures and its structure. During the two days (four hours each day), participants will complete activities to strengthen their understanding of each domain and practice CLASS observation skills. After viewing video exemplars, participants will have opportunities for group discussion on coding to deepen their knowledge of scoring through a CLASS lens.

#### Learning Outcomes:

After attending this session, participants will:

- Understand what the CLASS tool measures
- Identify teacher-child interactions associated with each CLASS dimension
- Develop strategies to improve the quality of their classroom

#### Presenter:

Jeanne Myer, M.Ed, is an Early Childhood Specialist in Region V. Jeanne has a master's degree in Family Education and brings 19 years of Head Start and Early Head Start experience as a Family Service Worker, Classroom Teacher, Head Start Home-base Teacher, and Early Head Start Home Visitor. Jeanne has worked for STG International for over three years providing training and technical assistance in the areas of School Readiness, Family Engagement, Infant/Toddler development, Health, CLASS, and Professional Development. Jeanne holds CLASS reliability status and conducts CLASS Observation training for participants in the state of Wisconsin.



## Motivational Interviewing: A Framework for Engaging Those You Serve in Positive Changes

Change is hard. Those who strive to help others make changes for themselves and their families often find it challenging to find and maintain the motivation for change. It can feel like we are doing all the work, our priorities aren't aligned, and goals are set but never achieved. Motivational Interviewing offers an evidence-based model for effective conversations about change. In this session we will explore the foundational spirit of this approach and learn and practice the skills and techniques. Our time together will be highly participatory and will give participants an opportunity to observe and practice the skills, practical strategies, and tools in real-play and role-play situations.

### Learning Outcomes:

After attending this session, participants will be better able to:

- Identify the four key domains of the spirit of MI
- Employ the core skills in MI at a basic level
- Integrate MI spirit and skills into current approach with the people they serve
- Design a plan for future development towards proficiency in MI

### Prerequisite:

You are strongly encouraged to attend the *Introduction to Motivational Interviewing* conference session on Wednesday, February 24, 2016 from 10:30 am – Noon if you have not had this training previously.

### Presenter:

Mia Croyle is an experienced mental health counselor and a trainer and coach in Motivational Interviewing, communication, leadership, and behavior change. She is a member of the Motivational Interviewing Network of Trainers (MINT), and has facilitated learning workshops for diverse groups of professionals across the country.

After experiencing the positive changes that Motivational Interviewing brought to her own work with individuals working on a variety of behavior changes, Mia now enjoys sharing Motivational Interviewing with other professionals and helping them think about ways that it might make sense in their work. Mia is the proud mother of two children, ages 5 & 6 and has a special interest in working with professionals who work with children who come from hard places.



Register online today at  
[www.whsaonline.org](http://www.whsaonline.org)

## Using Reflective Practice to Support Your Coaching Model

Reflective supervision is a collaborative relationship for professional growth that improves program quality and strengthens practice. Reflective practice builds the capacity of individuals, relationships, and organizations by cherishing strengths and partnering around vulnerabilities (Zero to Three). This session will explore the three building blocks of reflective supervision—reflection, collaboration, and regularity. Participants will gain knowledge and skills to implement reflective practice in their everyday activities on an individual level and in collaborative relationships within their program. Participants will explore strategies for improving self and shared reflections. They will gain knowledge on how to integrate these skills during supervision and how to resolve the common challenges that arise.

During the first day participants will explore different models of reflective practice and how to use reflective practice for professional development. During the second day participants will explore more in-depth use of reflective practice to support coaching within a program. By utilizing Practice Base coaching, a cyclical process for supporting teachers' use of effective teaching practices; participants will explore the different components of planning goals and action steps, engaging in focused observation, and reflecting on and sharing feedback about teaching practice to implement and sustain an effective coaching system. Through interactive discussions and activities, participants will gain practical approaches for developing a shared understanding of reflective supervision and early childhood coaching.

### **Presenters:**

#### Lillian Mallinson, Early Childhood/Infant Toddler Specialist, STG International, Inc.

Lillian has over 12 years working experience with children and families. She has worked as an infant/toddler teacher, a developmental screener and program manager for an Early Head Start program. In addition to working in early childhood, Lillian has provided services, as a Reunification Specialist to children and families within the Bureau of Child Welfare in Milwaukee. Most recently, the past 6 years she has provided training and technical assistance to HS/EHS programs. Lillian has a B.A. in Psychology from UW-Milwaukee and a M.A. in Child Development from Erikson Institute.



#### Ann Steffen, Early Childhood Specialist, STG International, Inc.

Ann has held a variety of positions in the field of Early Childhood Education for over 25 years. These include experiences from classroom work with infants and toddlers, to child care administration positions, home visiting as a Birth to Three Service Coordinator and coordination of education services in Head Start. Ann holds a masters degree in Early Childhood: Exceptional Education Needs and is currently employed with STG International as an Early Childhood Specialist providing Training and Technical Assistance to Head Start Grantees in Wisconsin.



## **Keynote Luncheon Speaker: Dr. Adolph Brown**

### **The Value of Relationships**

Monday, February 22, 2016 from 11 am – 1:30 pm



**Overview:** Spark motivation and engagement with your students, their parents/guardians, and your colleagues by consistently acknowledging the whole person. Learn how the power of significant emotional and social bonds can help children and families in the most difficult circumstances support others to be the best they can be. By learning to bring out the best in our students, families, and colleagues, we can effectively combat “toxic stress.”

Participants will learn:

- The value that healthy relationships have on one’s sense of belonging, knowing they matter, and belief they are accepted and appreciated.
- To recognize, acknowledge and effectively intervene with varying emotional states of students, parents/guardians, and colleagues.

**Presenter:** Dr. Adolph Brown is the Founder, President, and CEO of The Leadership & Learning Institute. As a former public school educator and credentialed administrator, full tenured university professor, university dean and businessman, Dr. Brown has studied and worked along side highly successful leaders and educators. He has taken his over 25 years experience and has developed core competencies that are expressed in everything successful business leaders and educators do.

Thanks to his hard work, his faith and attitude, and a caring village like you, Adolph has overcome an upbringing of extreme poverty and violence, welfare, fatherlessness, and a single-mother led household to be with you today. Dr. Brown has become one of the world’s most popular speakers with his unique ability to inform as well as entertain. He is famous for his practical toolkit and loved for his inspirational messages. He brings “the content and the crazy!”. Dr. Brown blends humorous stories with truisms or “REAL TALK” and research to challenge his audiences to live and work more positively. Through his books, audio and video recordings and television and radio talk shows, audiences and individuals continue to love his powerful message delivered in a singular, unorthodox yet down-to-earth style.

**As a recognized Master Teacher, business leader, educational/clinical psychologist, anthropologist and motivational speaker**, his outrageous and energetic outlook will captivate you the minute he walks onto stage. As a noted business and education humorist, Dr. Adolph Brown entertains you as he relays his professional experiences coupled with his evidence-based and data driven research in his hilarious and heart-warming style. His mantra upon entering each new venue is “Learn More & Laugh Louder!™”

With multiple degrees from the [College of William and Mary](#) in psychology and anthropology, master's degree graduate study in classroom management and differentiated learning, and doctoral degree work in education/community/clinical psychology with an emphasis in group dynamics, Adolph first discovered his passion for people development whilst working as a middle school educator and later as a diversity and communication consultant.



# WWSA 14<sup>th</sup> Annual Training Conference

February 22-24, 2016

Kalahari Resort Convention Center, Wisconsin Dells, WI

(A shaded training session title denotes a 3-hour training session.)

All training sessions are listed in alphabetic order below. You will also find the session's training area(s), audience, content level and length. At the back of the document, you will find sessions grouped by training areas(s).

**Disclaimer:** Sessions may be added or deleted prior to the start of the Conference as presenters confirm their attendance with us. Please refer back to [www.WWSAonline.org](http://www.WWSAonline.org) for an up-to-date listing. The At-a-Glance Schedule will be posted on-line in the near future.

## **2016 YoungStar Updates: How Head Starts can participate**

**Bridget Cullen**, Program & Policy Analyst, Adv., Dept. of Children & Families

Information on the 2016 changes to the YoungStar evaluation criteria will be presented. Head Start programs will be presented with information about how they can participate in YoungStar.

**Training Area(s):** Early Childhood Ed. & Dev; Leadership, Prof. & Org. Dev.; Program Design & Mgmt.

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Child Care; Community Partners

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

## **All Children Deserve Best Practices: How one school district integrated Head Start, 4K and Special Education**

**Belinda Grantham**, Director of Early Education, Kenosha Unified School District

This training will focus on how three separate programs (Head Start, 4K, and special education) serving children of the same age (ages 3 - 5) were able to work together to braid programming requirements and goals into one program. The presenter will share one school district's approach to integrating programs with distinct differences. Development of a common philosophy and common curriculum, the adoption of a common curriculum and assessment tool, the positive result of braided funding, the expansion of parent engagement, and the

positive results for children and families will be discussed. The presenter will also share continual and current challenges that arise in this integration. Attendees will gain ideas to implement at their location, understand the value of ensuring best practices for every preschool child, and have the opportunity to share/trouble shoot challenges they are experiencing in their integration efforts.

**Training Area(s):** Leadership, Prof. & Org. Dev.; Program Design & Mgmt.

**Audience:** Directors; Managers/Supervisors; Staff

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

## **Arm and Arm, Side-by-Side: Keys to collaboration**

**Sherry Kimball**, Early Childhood Senior Outreach Specialist, Waisman Center

**Lillian Mallinson**, Early Childhood Specialist, STG International, Inc.

This interactive session will highlight how Head Start Early Learning Outcomes Framework (The Framework) and the Wisconsin Model Early Learning Standards (WI Standards) jointly enhance positive outcomes for children, families and professionals. Participants will align developmental domains terminology, identify implementation strategies, and share successful collaboration approaches. Knowledge will be gained related to the application of the Framework and WI Standards within HS services.

**Training Area(s):** Community Partnerships; Early Childhood Ed. & Dev.

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Application/Skill-building  
**Length:** 1 ½ hours

**Art from the Heart: Fostering the creative process in children**

**Romilia Schlueter**, *Quality Improvement Specialist*, Supporting Families Together Association

This course will provide training to early care and education providers on how to incorporate art concepts into their programs. The course will walk providers through strategies on how adults can support children's experiences with art. Art will be explored through hands on activities. Additionally, you will learn how to incorporate art materials and concepts in their learning environment specific to the Environment Rating Scale. This training, focuses on best practices for engaging adults and children from a variety of diverse and cultural backgrounds with art concepts.

- Explore art concepts.
- Experience art in the learning environment and play.
- Discover how the adult can support children's explorations and experiences with art.

**Training Area(s):** Early Childhood Ed. & Dev.; Other

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Child Care

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 3 hours

**Baby Doll Circle Time, I Love You Rituals & Mindfulness Activities for Children & Their Caregivers**

**Amy Selenske**, *Early Head Start Home Based Manager*, Dane County Parent Council

**Barb Boyeson**, *Family Advocate*, Dane County Parent Council

We will explore ways to build attachment and increase attunement with children and their caregivers. Baby Doll Circle Time, I Love You Rituals and Mindfulness activities are all designed to enhance the quality of the relationship between caregivers and children. They reduce stress and increase joy in the classroom and in the home.

**Training Area(s):** Early Childhood Ed. & Dev.; EHS/Infants & Toddlers/Pregnant Women; Supporting Families

**Audience:** Parents; Staff; Teachers; Advocate; Child Care

**Content Level:** Application/Skill-building  
**Length:** 1 ½ hours

**Becoming Your Best Self**

**Dr. Adolph Brown**, *President & CEO*, The Leadership & Learning Institute

Use your passion and purpose to improve and develop yourself. Have fun with aha moments by developing your brain just as we do when guiding the learning experiences of the students and families we serve. Participants will:

- Gain self-knowledge, self-awareness and a great deal of reflection and introspection from involvement in this session.
- Be encouraged to face their fears, try new behaviors, and have experiences that positively change the neural connections in the brain.

**NOTE:** *This session will be filled in advanced; no walk-ins will be accepted. ONLY the first 3 registered, paid participants for ALL THREE DAYS of the conference from each Head Start/Early Head Start agency will be notified & admitted to this session.*

**Training Area(s):** Other

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness

**Length:** 1 ½ hours

**Building a Foundation of Literacy for All Children**  
**Mollie Henderson**, *Professional Learning & Literacy Specialist*, Scholastic Education

The first interaction with books can impact a young child's literacy success. When parents and caregivers read to children prior to school and work with teachers to support what is being learned in school, children are more likely to be successful readers and achievers. Participants will:

- Look at what research says about the importance of literacy for children of all ages.
- Review development guidelines for children at different ages.
- Discuss strategies to use at home to support reading.
- Learn about age appropriate texts for their children.
- Identify strategies for home-school collaboration.

**Training Area(s):** Early Childhood Ed. & Dev.; Supporting Families; Other

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

### **Character Education in Early Childhood**

**Kenya McGee**, *Head Start Site Director*, Next Door

**Kim Polki**, *Family Advocate Specialist*, Next Door

**Teresa Anderson**, *HS Lead Teacher*, Next Door

**Christine Moon**, *K4Lead Teacher*, Next Door

Head Start strives to lay a strong educational foundation for children who live in poverty. But what about children's moral character? How can we teach children to be "smart and good" to benefit all? In this workshop, learn ways to implement character education as a supplement to the Pyramid model by having a shared vision, using common language & explicit expectations.

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Directors; Managers/Supervisors; Staff; Teachers; Advocate

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

### **Child Care & Development Block Grant (CCDBG) Act of 2014: What it means for early care and education**

**David Sorenson**, *Section Chief, Division of Early Care and Education*, Dept. of Children and Families

In this presentation you will be provided with and overview of the CCDBG Act of 2014 and what it means for early care and education. The CCDBG is a federal grant and the primary source of funding for child care subsidies for low-income working families and funds to improve child care quality. The new law includes critical provisions to ensure the health and safety of children in child care settings, improve the quality of care, and make it easier for families to get and keep child care assistance.

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Directors; Parents; Staff; Teachers; Child Care; Community Partners

**Content Level:** Beginning/Awareness

**Length:** 1 ½ hours

### **Community Collaboration: Bringing services to families with young children**

**Carla Witkowski**, *School Administrator*, BIA Early Intervention, Oneida Tribe

**Rose Navarro-Red Hail**, *B-3 Coordinator*, BIA Early Intervention, Oneida Tribe

Key components of collaboration are sharing both information and resources as well as having a shared vision. In times of increasing demands and limited resources it is almost impossible to accomplish tasks or goals by only relying on one's own resources. The goal of collaboration is to bring individuals and members of communities, agencies, and organizations together in an atmosphere of support to systematically solve existing problems that could not easily be solved by one group alone. Collaboration provides shared decisions and opportunities to examine efficient ways to address common issues, and reduce duplication of cost and effort.

**Training Area(s):** Community Partnerships; Early Childhood Ed. & Dev.; EHS/Infants & Toddlers/Pregnant Women; Health, Wellness & Safety; Leadership, Prof. & Org. Dev.; Program Design & Mgmt.; Supporting Families; Tribal & Migrant Program Issues

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building; Advanced/Refinement

**Length:** 1 ½ hours

### **Compassionate Partnering**

**Timothy Nolan**, *Executive Director*, National Centers for Learning Excellence

**Yolanda Winfrey**, *Director of Organizational Development*, National Centers for Learning Excellence

Compassionate Partnering™ is the foundation of our work in engaging parents. Learn how to apply it to your work with parents and colleagues and learn what it takes to integrate it into your organizational culture. This session will benefit attendees as it will provide a unique tool and resource for engaging families and others. Come have FUN!!!! Participants will be able to:

- Describe and demonstrate the 8 dimensions of Compassionate Partnering™.
- Articulate and identify their capacity to create and nurture Compassionate Partnering™.



- Describe how to implement Compassionate Partnering™ in their program thus impacting their overall organizational culture.

**Training Area(s):** Leadership, Prof. & Org. Dev.; Supporting Families

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building; Advanced/Refinement

**Length:** 3 hours

### **Create a Formula: Reduce staff turnover and build staff development**

**Jon Walker, CEO, J. Walker Enterprises**

This training is designed to guide programs toward establishing a systemic design to ensure staff development is at the forefront of its goals and objectives. Participants will:

- appreciate the value of employing strong staff to instantly undergo program success.
- understand how to create an optimum work environment that produces efficient staff.

**Training Area(s):** Leadership, Prof. & Org. Dev.; Program Design & Mgmt.

**Audience:** Directors; Managers/Supervisors; Advocate

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

### **Current Drug Trends—It Affects All of Us**

**Bryan F. Kastelic, Special Agent—NADGI Task Force Commander, WI Dept. of Justice**

**Mary Jo Rozmenoski, Jackson County Justice Collaboration Coord., Jackson County Courthouse**

Addiction is at the forefront of unmet mental health concerns and is a growing concern in every part of our country, state, cities and rural communities served by Head Start. You will hear shocking statistics, real stories and facts and it is everyone's responsibility to respond. Audience members will be informed, engaged and involved in the process of change. "This presentation is life-changing and life-saving."

**Training Area(s):** Community Partnerships; Early Childhood Ed. & Dev.; EHS/Infants & Toddlers/Pregnant Women; Health, Wellness & Safety; Supporting Families; Tribal & Migrant Program Issues

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness

**Length:** 3 hours

### **Dad's Night Out**

**Amos Thies, Assistant Teacher/Fatherhood Program Facilitator**

**Derek Dube, Bus Driver/Fatherhood Program Facilitator**

**Michael Mootz, Bus Driver/Fatherhood Program Facilitator**

**Peggy Hibbard, Senior Family Services Specialist/Fatherhood Program Team**

National Centers for Learning Excellence

Please join our Dad's Night Out team for this fun and informative session where we will:

- Explore how to increase/improve father involvement in programs and lives of children.
- Explain tried and true fatherhood activities and look for ways to tailor them to your program.
- Share and discuss past success and struggles of our agency's program.
- Participate in fun activities and group involvement/discussion to boost and recharge your Father Involvement program.
- Explore the connection between the Fatherhood program and the PFCE Outcomes

You will leave with a resource to aid in boosting or starting a father involvement program in your agency.

**Training Area(s):** Community Partnerships; Supporting Families

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building; Advanced/Refinement

**Length:** 1 ½ hours

### **Data Management using ChildPlus**

**Gary Vernon, Account Executive, ChildPlus Software**

Learn how to collect data and use reports, design new data tracking modules, setup email notifications, improve data tracking for teacher-child interactions and family goal-oriented relationships, and improve your policies and procedures.

- Take a paper form and create a module based on it using the Module Designer

- Track online applications and traditional applications
- Setup Email notifications for staff so you will have important tasks automatically emailed to you
- Incorporate paperless data gathering techniques into the family assessment process

**Training Area(s):** Program Design & Mgmt.; Supporting Families

**Audience:** Directors; Managers/Supervisors; Staff

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

### **Do You See What I See? Early identification of children with Autism Spectrum Disorders**

**Dr. Glenis Benson, Private Practice**

With early identification comes early intervention. Insofar as Autism Spectrum Disorders are characterized by communication deficits, the earlier intervention can begin, to emphasize communication, the better off will be any child. This session will stress that indeed early indicators of ASD truly are the absence of behaviors as opposed to the presence of behaviors. You will learn what to look for, the myths surrounding a diagnosis of an ASD, as well becoming familiar with diagnostic checklists that are available to be used by parents, and educators alike.

**Training Area(s):** Early Childhood Ed. & Dev.; EHS/Infants & Toddlers/Pregnant Women; Supporting Families

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness

**Length:** 1 ½ hours

### **Does Data Tell Your Story**

**Jon Walker, CEO, J. Walker Enterprises**

This training will support programs in deciding how data impacts service delivery in organizations. Participants will learn how to orchestrate and describe their own story with data. Attendees will gain an understanding of how their story is being written annually. Participants will gain an appreciation for program data as the catalyst for identifying great staff.

**Training Area(s):** Leadership, Prof. & Org. Dev.; Program Design & Mgmt.

**Audience:** Directors; Managers/Supervisors

**Content Level:** Application/Skill-building

**Length:** 3 hours

### **Effective Outreach Strategies to Engage Fathers, "Reach One, Teach Many"**

**Alphonso Pettis, Fatherhood Specialist, Next Door**

**Kim Tolbert, Transition/ERSEA Specialist, Next Door**

This will be an interactive workshop on how Head Start agencies can utilize creative ways to make their agencies father friendly, and outreach techniques that will encourage father involvement. Attendees will learn about best practices when it comes to father engagement in school environments and how to collaborate with the community resources which services the family and how it benefits the children in Early Head Start and Head Start.

**Training Area(s):** Community Partnerships; Supporting Families

**Audience:** Directors; Managers/Supervisors; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

### **Empathy and Belonging: Key ingredients for success in school and life**

**Meg Thomas, AMAZE**

When children feel safe and valued, they are better able to learn, and when families feel connected and heard, they are better able to support that learning. Join us as we share research and best practices for building healthy identities, resilience against bias and stereotypes and respectful relationships and social emotional learning for children and adults. Outcomes are:

- Understand children's identity development and their developmental vulnerability to stereotypes
- Explore the ways that stereotype and bias impact the children in their own lives
- Create action plans for protecting children's inborn empathy & building resilience against bias

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Directors; Managers/Supervisors; Staff; Teachers; Child Care

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

**Empowering Head Start Families with Health Insurance Literacy**

**Stephanie Severs**, *Health Insurance Literacy Specialist*, Covering Kids and Families

Covering Kids and Families is engaged in a project to enhance financial and health insurance literacy among new health insurance consumers. A partner in the project are UW Extension Educators engaged in MoneySmart Head Start. The session highlights innovative, consumer-tested materials, and aims to familiarize attendees with the process of using the materials with Head Start Families.

**Training Area(s):** Community Partnerships; Health, Wellness & Safety; Supporting Families

**Audience:** Directors; Managers/Supervisors; Staff; Advocate; Community Partners

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

**Enriching Early Childhood: Collaborating with community partners**

**Steve Kretzmann**, *Family & Community Engagement Specialist*, WI Dept. of Public Instruction

Using the framework of Asset-Based Community Development (ABCD), this session will provide attendees with strategies for using ALL of the resources available within communities to support early childhood care and education, including often-overlooked "unusual suspects". Attendees will be able use the "lens" of ABCD to engage hidden assets within their own community in the crucial task of raising healthy children.

**Training Area(s):** Community Partnerships; Leadership, Prof. & Org. Dev.; Supporting Families

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

**ExPLODELS – Exploring Purposeful Learning Opportunities Develop Early Literacy Skills**

**Vanessa Vance**, *National Independent Trainer*, BLLiNG – Building Lifelong Learners involves Neat Gizmos

**Sandy Vance**, *Education Assistant*, BLLiNG – Building Lifelong Learners involves Neat Gizmos

Kids love to learn hands on! In this session you will be inspired with tons of examples of hands-on literacy learning activities! You will also have the chance to participate in activities and demonstrations! Handouts given and pictures are welcome!

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 3 hours

**Family Engagement in the Birth to 3 Program**

**Lori Wittemann**, *Birth to 3 Program State Lead*, Dept. of Health Services

This session will provide an overview of the approach to family engagement used by the Birth to 3 Program in Wisconsin, with a focus on coaching, teaming, and contextualized practice in the family's natural environment. Participants will:

- increase their knowledge of the purpose and scope of the Birth to 3 Program in Wisconsin.
- understand the approach used by the Birth to 3 Program with infants, toddlers, and their families and the impact of this approach.
- understand the importance of partnership with referrals sources in each county/community and how to contact their local or the state Birth to 3 Program for additional information.

**Training Area(s):** Community Partnerships; Early Childhood Ed. & Dev.; Program Design & Mgmt.; Supporting Families

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness

**Length:** 1 ½ hours

**Family Style Meals – Making it Work!**

**Lisa Jones**, *Early Childhood Trainer*, Community Coordinated Child Care

Providers are responsible for creating a pleasant mealtime environment for children. A pleasant mealtime environment should consist of a warm, welcoming atmosphere that caters to both eating and child and adult interaction. Making mealtime enjoyable is a great way to help children eat well and develop lifelong healthy habits. Outcomes are:

- What are the benefits and why is it important?
- What are the components of FS Meals?
- Making FS meals work - transitioning/  
maintaining

**Training Area(s):** Early Childhood Ed. & Dev.; Health, Wellness & Safety

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Child Care

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

**Filling the Void After Reducing Screen Time:  
Growing healthy children**

**Jeff Reiland, Child & Family Therapist, Gundersen Health System**

Are the children you know watching too much TV or playing too many video games? Why is excessive screen time harmful for young children? Are screens replacing human interaction in your environments? The REACH Model: Real Engaging Activities for Children at Home, will be presented. Participants will engage in creating templates for their own families, school or classroom environments that help to reduce excessive screen time and increase children's experience of social, emotional, leisure time skills, thinking and problem solving skill development.

**Training Area(s):** Community Partnerships; Early Childhood Ed. & Dev.; Health, Wellness & Safety; Supporting Families

**Audience:** Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

**Financial Fitness 101**

**Amy Vetrone, Financial Literacy Team Leader, 1<sup>st</sup> National Bank of Berlin**

Introduce basic principles of money management and how to avoid consumer debt. This would include some statistics on how the US is doing on saving and accumulating debt. Attendees will learn some simple steps to take to get onto a better financial path. Financial habits of parents are learned by their children over time. Starting to practice smart money habits today will have an impact on how children handle their finances in the future. Outcomes are:

- How to create a budget
- Implement a savings plan
- Define a clear goal

**Training Area(s):** Supporting Families; Other

**Target Audience:** Parents; Staff; Teachers

**Content Level:** Beginning/Awareness

**Length:** 1 ½ hours

**Get Ready, Get Set, It's Home Visit Time**

**Latrice Robinson, Center Director, Acelero Learning Wisconsin**

Home visits are a vital part of the relationship building with families. Families are not always quick to have them but in this session participants will discuss and learn how to plan purposeful home visits. Discuss the importance to families. Working together and brainstorming ideas and concepts around home visits.

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

**Getting There Together: Engaging families in the WI Model Early Learning Standards**

**Sherry Kimball, Early Childhood Senior Outreach Specialist, Waisman Center**

This session will present the WI Model Early Learning Standards Engaging Families materials. There will be interactive activities and time to discuss successful strategies for engaging families. The aim of this session is to help families know what children should be able to do and what they should know during early years.

**Training Area(s):** Early Childhood Ed. & Dev.; EHS/Infants & Toddlers/Pregnant Women; Supporting Families

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

**Handing Off the Torch: Generational differences and leadership transitions in ECE programs**

**Dr. Barb Tengedal, Executive Director, WHSA**

How can the field stay relevant into the future? Boomers, Gen Xers, and Millennials working together can make for sticky situations. Research shows that

generational differences influence the smooth transitions of leadership in the field. Participants will visualize a “bucket list” of ideas that support younger leaders in their roles as they navigate the complex future of early care and education. Outcomes are:

- Compare generational differences among Boomers, Gen Xer’s, and Millennials in early childhood workplaces.
- Explore the historical impact of generational peer personality on leadership transitions in the field of ECE.
- Reflect on the need for adaptive change necessary for the field of ECE to stay relevant and vital while supporting new professionals taking leadership roles.

**Training Area(s):** Leadership, Prof. & Org. Dev.

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

### **How to Prevent Problem Behaviors**

**Sarah Hardison, LPC, BCBA, ABA of Wisconsin**

This proactive training identifies strategies to prevent problem behaviors before they occur by making environmental modifications, schedule manipulations, using visual supports and teaching appropriate replacement behaviors.

**Training Area(s):** Program Design & Mgmt.; Supporting Families; Other

**Audience:** Managers/Supervisors; Parents; Staff; Teachers; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

### **How to Save a Dollar When You Don’t Have a Dime to Spare**

**Ruth Schriefer, Family Living Agent, UW-Extension**  
**Chelsea Wunnicke, Family Living Agent, UW-Extension**

Wondering where your money goes? Worried about putting gas in the car and groceries on the table? Then this workshop is for you! Participants in this workshop will gain information including:

- Ideas for cutting expenses and saving money
- Tips for paying down debt
- Helpful hints for setting up a budget
- And living to tell about it!

Participants will also have the opportunity to share ideas with each other related to savings strategies.

**Training Area(s):** Supporting Families

**Audience:** Parents; Staff; Teachers

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

### **Identifying Pediatric Mental Health Community Resources**

**Naomi Westerman, Outreach Coordinator, Children’s Health Alliance of Wisconsin**

This session will focus on pediatric mental health community resources, crisis and non-crisis. Families and professionals will learn strategies to identify resources to support children’s mental health. A brief introduction to pediatric mental health screening tools and recommendations from the American Academy of Pediatrics (AAP) will be provided.

**Training Area(s):** Community Partnerships; Early Childhood Ed. & Dev.; Health, Wellness & Safety

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness

**Length:** 1 ½ hours

### **Improving Communication: Addressing expressive & receptive communication to reduce frustration & behavioral challenges**

**Dr. Glenis Benson, Private Practice**  
**Anna Bina, M.S., CCC-SLP, Sauk Prairie School District**

The term 'terrible twos' basically captures the result of a two-year old's struggles with getting their needs met and understanding the needs of their care provider. These children, are by no means 'terrible,' but the caregiver typically finds no pleasure in dealing with these communication challenges. While the age of two is perhaps the pinnacle of communication struggles, many children would qualify for the 'terrible threes, fours or fives.' We will discuss expressive as well as receptive challenges in preschool children, and provide relevant, easy-to-implement strategies in an attempt to reduce or eliminate these struggles at school and at home.

**Training Area(s):** Early Childhood Ed. & Dev.; EHS/Infants & Toddlers/Pregnant Women; Health, Wellness & Safety; Program Design & Mgmt.; Supporting Families

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness

**Length:** 3 hours

### **Innovation at a Personal Level: Become an Innovator**

**Timothy Nolan**, Executive Director, National Centers for Learning Excellence

**Yolanda Winfrey**, Director of Organizational Development, National Centers for Learning Excellence

Innovation is the key to personal and professional success. Come and learn concepts to enable you to better understand innovation. Develop skills that will enable you to TRIPLE your personal and professional creativity. Then develop skills to enable you to move a great idea forward into an impactful innovation. Leave with an action plan to be a more effective innovator! Outcomes are:

- Understand the differences and connections between creativity and innovation
- Enable participants to dramatically increase their creativity
- Identify a process to move from a garret idea to an innovation

**Training Area(s):** Leadership, Prof. & Org. Dev.

**Audience:** Directors; Managers/Supervisors; Staff; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building; Advanced/Refinement

**Length:** 3 hours

### **Introduction to Applied Behavior Analysis**

**Sarah Hardison**, LPC, BCBA, ABA of Wisconsin

Applied Behavior Analysis is a process of studying and modifying behavior. It's so much more than table time drills for young children impacted by autism! This training covers the basics of ABA along with the ABC's (antecedents, behaviors, consequences) of Applied Behavior Analysis.

**Training Area(s):** Program Design & Mgmt.; Supporting Families; Other

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

### **Introduction to Motivational Interviewing**

**Mia Croyle**, SBIRT Training Program Manager, Dept. of Family Medicine & Community Health, UW School of Medicine & Public Health

Motivational Interviewing is an evidence-based approach for promoting positive behavior changes. Participants will be introduced to MI and will leave with a foundation that will support future learning and skill development. Outcomes are:

- Differentiate MI from other approaches
- Identify the spirit of MI
- Describe the MI worldview

**NOTE:** Attendance is required for those attending the Post-Conference MI workshop. Those not attending Post-Conference workshop are also welcome.

**Training Area(s):** Community Partnerships; Early Childhood Ed. & Dev.; EHS/Infants & Toddlers/Pregnant Women; Health, Wellness & Safety; Leadership, Prof. & Org. Dev.; Supporting Families

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness

**Length:** 1 ½ hours

### **Introduction to the Portage Guide 3: An early childhood assessment & curriculum planning tool**

**Michelle Davies**, Portage Guide 3 Trainer, CESA 5 Portage Project

**Karen Williams**, Portage Guide 3 Trainer, CESA 5 Portage Project

Participants will be introduced to the newly revised Portage Project assessment tool, The Portage Guide 3 (PG3) an observation, assessment, planning tool. They will learn how the tool can be used in all early childhood settings and have time to explore the tool and have questions answered. The PG3 supports the assessment and planning needs for early childhood programs such as Head Start and Early Head Start, family and group childcare, Pre-K and Kindergarten, Preschool, Early Childhood Special Education, Birth to 3 Programs and Home Visitation Programs. The PG3 will assist teachers, caregivers and home visitors in individualizing environments, interactions and routines for each participating child and family.

**Training Area(s):** Early Childhood Ed. & Dev.; EHS/Infants & Toddlers/Pregnant Women; Supporting Families

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 3 hours

**It's a Family Affair! ...Guiding families through transition**

**Kim Tolbert**, *Transition/ERSEA Specialist*, Next Door

This workshop will be interactive (role-playing and video) to support the concept that the whole family is affected when transitions occur. Provide ideas to assist staff in preparing parents to engage in the transition process of not only the child, but family too. Provide techniques of supportive help through preparation, collaborations and engagement within the community to achieve successful outcomes.

**Training Area(s):** Community Partnerships; Supporting Families

**Audience:** Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

**Making Sense of Number Sense: Developing numerical literacy in preschool & kindergarten**

**Jenna Heinen**, *School Readiness Coach*, Next Door

**Beth Flippin**, *Lead Teacher*, Next Door

Teachers will be introduced to key skills and understandings that contribute to strong number sense. Number sense enables children to be flexible, automatic and fluid with numbers so they can be efficient and strategic problem solvers. Through video and hands-on examples, participants will consider big ideas and strategies that young children need to explore on their journey of learning about numbers, subitizing, counting, and unitizing. Teachers will learn how to apply this knowledge in assessing what children know — and what they need to know next. Teachers will take home ideas for planning appropriate activities to support their students' numerical literacy.

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Managers/Supervisors; Parents; Teachers; Child Care

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

**Move It! Move It!**

**Vanessa Vance**, *National Independent Trainer*, BLLiNG – Building Lifelong Learners involves Neat Gizmos

**Sandy Vance**, *Education Assistant*, BLLiNG – Building Lifelong Learners involves Neat Gizmos

Making the most out of intentional movement in and out of the classroom! Be ready to be up and moving! Get involved and interact with activities you can go take back and do the next day!

**Training Area(s):** Early Childhood Ed. & Dev.; Health, Wellness & Safety

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Child Care

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

**Multiculturalism: A Crash Course on Cultural Proficiency**

**Melissa Nelson**, *Instructor*, Lakeland College

This presentation seeks to provide an introduction on multiculturalism and cross-cultural communication for those working with culturally diverse clients. Content will include general information about various cultures as well as implications for working with individuals and families in a means that is both effective and congruent with cultural values, beliefs, and norms.

**Training Area(s):** Leadership, Prof. & Org. Dev.; Supporting Families; Other

**Audience:** Directors, Managers/Supervisors; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

**Multi Sensory Tools for Learning**

**Nicki Taves**, *Head Start Teacher*, Pine River School for Young Learners/4K

**Laurie Jacoby**, *Head Start Teacher*, Pine River School for Young Learners/4K

Research shows that boys and girls learn in different ways. This training will give you ideas on how to teach children pre-academics in a hands-on multi-sensory approach. Our objective is to provide an alternative way to teach skills that do not use all paper and pencil tasks. We will discuss how boys and girls brains are different, and how brain based

activities affect their learning. This session will provide you with successful hands on activities that engages students learning. You will leave with activities and strategies to use in their classrooms.

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Parents; Staff; Teachers; Child Care

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

### **Music, Movement and Learning! Developing School Readiness Skills**

**Mike Longoria, Dr. Mike!**

Singing, chanting, clapping, moving, and marching to popular nursery rhymes can promote and develop critical school readiness skills and physical wellness. Furthermore, this multi-sensory experience is the preferred learning style for “fidgety”, “overactive”, “restless”, “troublesome” children. Finally, this approach builds strong connections in young children’s developing brains while making learning fun and exciting for all children! Teachers will know how to use songs and movement to:

- develop and expand children’s vocabulary
- develop hand/eye and physical coordination
- develop social interaction and self-confidence

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Child Care

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

### **My Mom and Dad Don’t Live Together Any More: Things for the child care professional to keep in mind when a child’s parents divorce**

**Patti Herman, Family Living Educator, UW-Extension Columbia County**

**Kathy Metzenbauer, Family Living Educator, UW-Extension Juneau County**

Children and families—and child care professionals—may encounter challenges when there is a divorce in the child’s family. We’ll talk about some of the possible challenges and ways for child care professionals to respond that are supportive of the child, family...and yourself. Attendees will be better equipped to support children and families who are experiencing divorce.

**Training Area(s):** Supporting Families

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

### **No Garden? No Problem!: Using garden-based activities to enhance student learning**

**Beth Hanna, Training and Outreach Specialist, Community GroundWorks**

Whether outside in a raised bed or in the classroom window sill, gardens help children develop life-long positive relationships with fruits and vegetables. Join us in discussing ways to bring gardening and garden-based activities into your program with or without a traditional garden. Dig into resources for hands-on lessons, tasty recipes, and engaging activities in this interactive session.

**Training Area(s):** Health, Wellness & Safety

**Audience:** Managers/Supervisors; Parents; Staff; Teachers; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

### **No Hit Zone: Building a culture that promotes safe, healthy and resilient kids**

**Lacie Ketelhut, Program Coordinator, Center for Effective Discipline, Gundersen National Child Protection Training Center**

**Becky Hughes, Supervisor, Gundersen Child Care Center**

Foster healthy youth development through a “No Hit Zone”, an environment in which no adult shall hit a child, no child shall hit an adult, and no child shall hit another child. Participants will learn strategies to increase positive discipline skills through parental and staff engagement. Cultivate a safe learning environment through No Hit Zone to promote healthy youth development.

**Training Area(s):** Community Partnerships; Early Childhood Ed. & Dev.; EHS/Infants & Toddlers/Pregnant Women; Leadership, Prof. & Org. Dev.; Program Design & Mgmt.; Supporting Families

**Audience:** Directors; Managers/Supervisors; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours



**OUTDOORS: The frequently missing ingredient for high quality early childhood learning**

**Gerry Slater**, Design4Kids & Wisconsin Nature Action Collaborative for Children

Participants will:

- Hear evidence of great potential value of outdoor play & learning through shared views of various authors, research evidence and experience.
- Explore both "what is", i.e. attitudes about outdoor play and typical settings, as well as "what can be".
- Explore how to get different results outdoors, relative to both children's activities (curriculum) and physical setting.
- Introduced to and have the opportunity to practice with a few valuable tools for 1) assessing the present outdoor activities and space and 2) planning outdoor activities and space that provide joyful experiences for both children & teachers, & satisfy early learning standards.

**Training Area(s):** Early Childhood Ed. & Dev.; EHS/Infants & Toddlers/Pregnant Women; Health, Wellness & Safety; Leadership, Prof. & Org. Dev.; Program Design & Mgmt.; Other

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Application/Skill-building; Advanced/Refinement

**Length:** 3 hours

**Parent Café**

**Peggy Hibbard**, Senior Family Service Specialist, National Centers for Learning Excellence

**Carol Rogers**, Chief Operations Officer, National Centers for Learning Excellence

Parent Café is a model that is designed to be a peer supported experience for families. The objective of this session is to provide participants with:

- The philosophy of Parent Café
- An understanding of the 6 protective factors
- Different parenting ideas
- Ideas to take care of yourself
- Knowledge of resources available
- Information regarding how to implement a Parent Café

**Training Area(s):** Community Partnerships; Supporting Families

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness

**Length:** 1 ½ hours

**Parent Orientation: Making the Most of Your WHSA Conference Experience**

**Past Parent Affiliate Officers, WHSA**

Come learn how you can make the most of your time at the Annual Conference. You will have a chance to meet other parents, navigate your way around the Kalahari, make heads or tails out of your conference book and have some fun! If you are a parent, this is the session for YOU!!!!

**Training Area(s):** Other

**Audience:** Parents

**Content Level:** Beginning/Awareness

**Length:** 1 ½ hours

**Parent Support: How to cope**

**Sarah Hardison**, LPC, BCBA, ABA of Wisconsin

An overview about the importance of developing healthy coping patterns for parents of children with special needs, barriers to these healthy behaviors as well as examples of and ways to increase healthy coping.

**Training Area(s):** Supporting Families

**Audience:** Parents

**Content Level:** Beginning/Awareness

**Length:** 1 ½ hours

**Partnering with Your Child's Doctor: Building medical home partnerships for children, a conversation with parents**

**Kara Van Vooren**, I&R Specialist, Northeast Regional Center CYSHCN

As a parent, have you ever wondered...

- What is a medical home?
- How might it benefit my child?
- What is my role as a parent within a medical home?

A medical home is not a place – it's a partnership you have with your child's doctor and care team. In a medical home, parents and doctors make decisions together about caring for your child. Interested in learning about strategies and tools for building a partnership with your child's doctor and care team?

Gain tips for parent-driven medical home improvements.

**Training Area(s):** Community Partnerships; Supporting Families

**Audience:** Parents; Advocate; Community Partners

**Content Level:** Beginning/Awareness

**Length:** 1 ½ hours

### **People Don't Leave Jobs—They Leave Bosses!**

**Kim Ratz, Speaker-Trainer-Troubadour, Self-Employed**

A great opportunity for leaders to review their leadership traits to ensure you're not the reason your best employees seek employment elsewhere! Retain your best and brightest employees. Attendees will be able to:

- Identify 3 supervisor traits that can prompt a valuable employee to seek employment elsewhere.
- Summarize 3 "best practices" that help bosses improve relationships with employees.
- Write a goal to improve your supervisory relationship skills.

**Training Area(s):** Leadership, Prof. & Org. Dev.

**Audience:** Directors; Managers/Supervisors

**Content Level:** Application/Skill-building; Advanced/Refinement

**Length:** 1 ½ hours

### **Permaculture and Poverty: A different more intentional way to live**

**Richard Thwaites, Retired Head Start Director**

Think of permaculture as helping people become more self-sufficient and having its roots in the way your great-grandparents lived. By combining the past with present day knowledge from around the world one can build food, shelter, energy, and health security. Anyone who comes to the session having already searched and learned something about the word "permaculture" will receive a door prize.

Outcomes are:

- To get a basic understanding of what permaculture is
- To become aware of alternative ways of providing for basic needs from around the world
- To see how others have incorporated these alternative ways into urban and rural areas
- To brainstorm how to support families who would like to make lifestyle changes

**Training Area(s):** Community Partnerships; Leadership, Prof. & Org. Dev.; Program Design & Mgmt.; Reg. Priorities & ACF Fed. Initiatives; Supporting Families; Tribal & Migrant Program Issues

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness;

Application/Skill-building; Advanced/Refinement

**Length:** 1 ½ hours

### **Persona dolls, a wonderful tool for developing social skills, valuing differences and building resilience against bias and stereotyping**

**Meg Thomas, AMAZE**

Children need to see themselves affirmed in the world around them, but reflections of their realities are often all too rare. Persona dolls are realistic dolls that can be used to start flexible and dynamic conversations that help children value their own culture and identity and those of other people, learn positive behavior and develop skills for standing up against teasing and bullying. They are engaging, fun, and give children a perfect chance to hone their skills by "teaching" the dolls. Come learn more about how you could use them in your program.

**Training Area(s):** Early Childhood Ed. & Dev.; Health, Wellness & Safety

**Audience:** Directors; Managers/Supervisors; Staff; Teachers; Child Care; Community Partners

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

### **Positive Guidance – Let's Get Real!**

**Joyce Monfort, State Program Coordinator-SOE-WI, Rasmussen College**

**Teresa Wells, Adjunct Professor-SOE, Rasmussen College**

- EC educators/parents will learn guidance strategies and techniques to positively guide children's behavior.
- Identify characteristics of positive relationships and supportive interactions.
- Describe importance of using appropriate guidance.
- Discuss teaching strategies that promote high self-esteem.
- Practice using developmentally appropriate guidance techniques in the EC environment

- Attendees can immediately implement this 3 step practical method of Positive Guidance.

**Training Area(s):** Early Childhood Ed. & Dev.; EHS/Infants & Toddlers/Pregnant Women; Supporting Families

**Audience:** Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

**Preventing Bullying Before It Begins: Proactive strategies for helping young children to learn compassion**

**Jeff Reiland, Child & Family Therapist, Gundersen Health System**

The media is full of stories about bullying. We focus on bullying as the problem & it seems to be getting worse. What is the solution? Starting young. Shifting our perspective. The antidote for bullying is compassion. This program will examine how to create compassionate home & school environments where children can learn friendship & emotional regulation skills.

**Training Area(s):** Early Childhood Ed. & Dev.; Health, Wellness & Safety; Supporting Families

**Audience:** Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

**Putting the BRAKES on Bad Behavior**

**Andrea Velasquez, Lead Teacher, Marathon County Child Development Agency**

**Sandy Stolze, Lead Teacher, Marathon County Child Development Agency**

Behavior Modifications techniques that are fun and easy to implement with kids. Three different "make and take" ideas that can be used in the classroom and in the home. All three ideas follow the concept of stopping red negative behaviors and teaching/reinforcing appropriate green behaviors. Presenters present the three different activities, discuss and brainstorm how they can be used in classrooms, on home visits, in therapy.

**Training Area(s):** Early Childhood Ed. & Dev.; Supporting Families

**Audience:** Parents; Staff; Teachers; Advocate; Child Care

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours



**Region V Head Start - Director Hot Topics**

**Heather Wanderski, Supervisory Program Specialist, Office of Head Start, Admin. for Children & Families**

**Karen McNamara, Supervisory Program Specialist, Office of Head Start, Admin. for Children & Families**

In this interactive session, Head Start and Early Head Start Directors will have the opportunity to speak with staff from the Office of Head Start. From questions and ideas about Head Start and Early Head Start quality to strengthening understanding of the regional and national impact of Wisconsin's work with your children, families, and communities, this is an opportunity to reflect & deepen your understanding.

Objectives:

- Learn more about cutting edge initiatives in Head Start and Early Head Start.
- Build a deeper understanding of Head Start and Early Head Start from the perspective of the Office of Head Start.
- Ask questions about strengthening your own program or Head Start as a whole.
- Strengthen your understanding of how Head Start and Early Head Start are working for children, families, and communities.

**Training Area(s):** Leadership, Prof. & Org. Dev.; Regional Priorities & ACF Federal Initiatives; Supporting Families

**Target Audience:** Directors

**Content Level:** Beginning/Awareness; Application/Skill-building; Advanced/Refinement

**Length:** 3 hours

**Rejuvenate You...and Your Class**

**Sarah Mumaw-Flury, Teacher, Onalaska School District**

**Janie Lundstrom, Teacher, Northern Hills**

During the "dog days of winter" we all need a little pick me up. Come get rejuvenated and excited about your job. Plan to laugh and move in this session. We'll share some of our favorite tips and tricks in our classroom and save time for you to share yours. Let's motivate each other.

**Training Area(s):** Early Childhood Ed. & Dev.; Health, Wellness & Safety

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

**Relationship-based Development Monitoring to Celebrate Milestones and Share Concerns**

**Gail Chodron, Ph.D.,** Waisman Center, UW-Madison  
**Kris Barnekow, Ph.D., OTR/L,** UW-Milwaukee

You will learn how to utilize national resources developed and promoted by the Centers for Disease Control and Prevention with national partners (including the Administration for Children and Families and the National Association for the Education of Young Children) to support developmental monitoring. These tools include free "Learn the Signs. Act Early." materials about developmental milestones for families and providers, and the "Watch Me!" online training modules for early care and education professionals. You will learn skills for monitoring development & communicating effectively with families from diverse backgrounds.

**Training Area(s):** Early Childhood Ed. & Dev.; Reg. Priorities & ACF Fed. Initiatives; Supporting Families

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

**Science is Child's Play: Playing with water in the classroom**

**Anne Moser, Senior Special Librarian,** UW-Madison, Water Library

Ms. Moser will bring recently developed water-themed Science, Technology, Engineering and Math (STEM) kits for demonstration. The kits contain award-winning literature and science-based activities to introduce aquatic science concepts to preschoolers. Outcomes include: a) introduction of the scientific method for preschoolers and b) introduction of curriculum kits that are available to Head Start teachers to check out and use in their classrooms.

The session will hopefully complement the skills and knowledge that you already have so that you will be able to seamlessly add science experiments to your existing curriculum. You will be able to play with the kits and practice the science during the session.

**Training Area(s):** Community Partnerships; Program Design & Mgmt.; Supporting Families

**Audience:** Parents; Staff; Teachers; Child Care

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

**Serving Homeless Families: Identification and outreach in rural communities**

**Corie Davis, Collaboration Coach,** WI Early Childhood Collaborating Partners

You will explore strategies for identifying homeless families in their rural service delivery areas by partnering and being engaged in the larger community, thus broadening the scope of opportunity for our most vulnerable families. You will gain knowledge around how to partner; share the definition of homelessness and promote the availability of prioritized services for homeless families. You will learn strategies for how increase your presence in the community; broaden the understanding of homelessness and its definition; debunk myths around homelessness and increase their recruitment efforts in the realm of serving displaced families.

**Training Area(s):** Community Partnerships; EHS/Infants & Toddlers/Pregnant Women; Leadership, Prof. & Org. Dev.; Program Design & Mgmt.; Supporting Families; Tribal & Migrant Program Issues

**Audience:** Directors; Managers/Supervisors; Staff; Advocate; Community Partners

**Content Level:** Advanced/Refinement

**Length:** 1 ½ hours

**Small Group Success without Worksheets**

**Andrea Velasquez, Lead Teacher,** Marathon County Child Development Agency

**Sandy Stolze, Lead Teacher,** Marathon County Child Development Agency

Hands-on, fun learning experiences for students in all areas of curriculum. Small group/ individualizing ideas for 3-5 year old children without using worksheets as the base of instruction. Participants will:

- learn the benefits and importance of using small group instruction.
- learn about activities for small group time from all areas of the curriculum (math, literacy, science, social studies, large motor/small motor, and language development.
- have an opportunity to rotate through some sample small group activities

- leave with hands-on learning activities that can be easily and immediately be tried out in their classrooms upon returning to school.

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Teachers

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

### **SPiFFY! Science Play is Fantastic For Youngsters!**

**Vanessa Vance**, *National Independent Trainer*, BLLiNG – Building Lifelong Learners involves Neat Gizmos

**Sandy Vance**, *Education Assistant*, BLLiNG – Building Lifelong Learners involves Neat Gizmos

Join us for a hands-on exploration of Science and Sensory activities! Your sensory tables will never be the same! You will participate in activities you can share in your preschool classroom! Kids will love being Scientists! Handouts given and examples shown, so be ready to take pictures!

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Directors; Parents; Staff; Teachers; Child Care

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

### **Staying Balanced: Work, family and school**

**Nar Doumbya**, *Professional Developmental Counselor*, Wisconsin Early Childhood Association

**Gina Hobbs**, *Professional Developmental Counselor*, Wisconsin Early Childhood Association

How do we balance the demands of going to school, giving our best to an increasingly complex job, and still have room for our personal lives? We don't have all the answers, but we have some tips to share. Together we can generate more! Topics to be covered include: time management, organizational strategies, study skills, stress management and resources for success. Participants of this session will be able to:

- Identify some strategies for managing the difficult balance of work, school and family to succeed as a student
- Seek out resources and support for balancing multi-faceted demands.
- Network with other professionals who are striving to meet similar challenges.

**Training Area(s):** Leadership, Prof. & Org. Dev.

**Audience:** Staff; Teachers

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

### **Staying Calm in the Chaos of Teaching Head Start: Practical calming strategies for staff, children and classroom management**

**Heather Trachte**, *Teacher*, Marathon County Child Development Agency

**Bobbie Jo Mork**, *Teacher*, Marathon County Child Development Agency

Are you, your staff, and/or your children feeling stressed in the classroom? We want to share some of the tools we have gathered to help keep our classrooms calm. There will be ideas for teachers, assistants, and of course, the children! Make-and-take activities are available so that you can start calming your classroom as soon as you get back to your school. We are not experts, so if you have ideas to share, we'd love to hear your ideas!

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Staff; Teachers

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

### **Supporting a Child-Centered Learning Environment**

**Terryl Wheelock**, *Project Coordinator*, 4C for Children

**Karen Narlow**, *Master Trainer & Consultant*, 4C for Children

The first lens of the Wisconsin Early Learning Standards is to; “keep the child at the center”. Is that possible with the care needs and ‘must haves’ in our schedules? Yes! Join us as we look at various approaches to child-centered care that are appropriate for all age groups. Outcomes are:

- Review the “Keep the child at the center” lens from the Wisconsin Early Learning Standards.
- Explore strategies for child-centered practices that are appropriate for infants, toddlers, and preschool children.
- Identify strategies for implementation of child-centered practices.

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Directors; Staff; Teachers; Child Care

**Content Level:** Application/Skill-building

**Length:** 3 hours

### **Supporting Early Relationships...even in the hard moments**

**Kathie Snitker-Magin**, *Community Outreach Coordinator*, WI Alliance for Infant Mental Health

After an overview of early relationship development, participants will walk through scenarios which reflect difficult situations that early educators and home visitors may face in the course of their jobs. You will have opportunities to share reactions and strategies in order to find solutions for working through “hard moments” with families in a more trauma informed, compassionate, and relationship-focused way. Participants will:

- understand the components of early social emotional development
- understand the importance of a young child's earliest relationships
- understand the relevance and necessity of early relationships in both child development and family engagement
- learn new strategies for working with young children and their families in difficult situations

**Training Area(s):** Early Childhood Ed. & Dev.; Supporting Families

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

### **Supports for Young Science. Technology. Engineering and Math Learners**

**Angela Lawson**, *Center Director*, Acelero Learning  
**Monica Latham**, *Center Director*, Acelero Learning

Building knowledge of ECE concepts and practices in math and science using hands on experiences. Taking a look at our fears of math and science and where they come from. Training outcomes are:

- to increase teachers’ comfort with and knowledge of math and science concepts and development
- to improve teaching practices in math & science
- to produce decision-makers capable of implementing effective instruction after the training is over, leading to enduring change

After this session, attendees will take a look at their math and science teaching practices within their

center to improve and change the way children and staff view math and science in early childhood.

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Teachers

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

### **Teachers Learning and Collaborating (TLC)**

**Lisa Garlie**, *Lead Teacher/Admin. Support*, Next Door  
**Marshall Collins**, *Site Director*, Next Door

We will provide a general overview of the TLC program and implementation. Attendees will be able to recognize the foundational elements of a TLC, how to implement in an agency, how to collect data and provide ongoing professional development. As well as have the ability to share the experience of Next Door's pilot program and its successes and weaknesses. The attendees will begin to brainstorm how this program could be implemented in their agency.

**Training Area(s):** Early Childhood Ed. & Dev.; Other

**Audience:** Directors; Managers/Supervisors; Teachers

**Content Level:** Beginning/Awareness

**Length:** 1 ½ hours

### **Teaching Parents to Build Resilience in Children: Implementing the ACT Raising Safe Kids Program in your community!**

**Lacie Ketelhut**, *Program Coordinator*, Center for Effective Discipline, Gundersen National Child Protection Training Center

Parents, the most influential adults in children’s early lives often lack skills to help their children thrive. ACT Raising Safe Kids is the American Psychological Association’s evidence-based parent training program. Barriers to parenting programs are addressed. The curriculum covers child development, violence prevention, parental and child anger management, media awareness, parental discipline styles, discipline strategies and making change last.

**Training Area(s):** Community Partnerships; Early Childhood Ed. & Dev.; Program Design & Mgmt.; Supporting Families

**Audience:** Directors; Managers/Supervisors; Staff; Teachers; Child Care; Community Partners

**Content Level:** Beginning/Awareness; Application/Skill-building

**Length:** 1 ½ hours

## **Temperaments, Continuity of Care and Culture**

**Rachael Loucks**, *Child & Family Development Specialist*, Indianhead Community Action Agency  
**Tammy Holman**, *Child & Family Development Specialist*, Indianhead Community Action Agency

This interactive session will provide information that presenters learned through the Program Infant & Toddler Care (PITC) training. The focus will be on continuity of care, family cultural importance, and understanding temperaments of the youngest children. Participants will gain an understanding on temperaments, family cultures, and continuity of care. Participants will develop an understanding on how their personal beliefs affect caring for children and understanding family values.

**Training Area(s):** Early Childhood Ed. & Dev.; EHS/Infants & Toddlers/Pregnant Women; Supporting Families

**Audience:** Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Application/Skill-building

**Length:** 3 hours

## **The Doctor Said My Child Would Never Walk**

**Erin Jurkovich**, *Director of Referral Development*, Shriners Hospitals for Children – Twin Cities  
**Jeffrey Bruce**, *Director*, Pediatric Orthotic and Prosthetic Services – Midwest

Today, Shriners Hospitals for Children O&P specialists are able to treat many pediatric orthopedic conditions without the need for invasive surgeries. This workshop will demonstrate the successes in new O&P practices and share the advanced systems being used by our team to perfect and accelerate the fabrication of devices for our patients, all regardless of ability to pay.

**Training Area(s):** Community Partnerships; Early Childhood Ed. & Dev.; EHS/Infants & Toddlers/Pregnant Women; Health, Wellness & Safety; Supporting Families; Tribal & Migrant Program Issues

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness

**Length:** 1 ½ hours

## **The Social-Emotional Benefits of Using Signing with Infants and Toddlers**

**Polly Kaat**, Certified Baby Signs Instructor, PK Seminars

**Deb Boutelle**, *Early Childhood Specialist*, PK Seminars

Learn about how using BabySigns will reduce Tears, Tantrums, and Frustration! By the time babies are 9 to 10 months old, they are quite capable of knowing what it is they need or want. What they don't know is how to tell us with words - which leads directly to frustration for baby and parent/caregiver alike. All this changes when a baby is able to use signs. It allows Babies to Share their Worlds. It boosts Self-Esteem and Self-Confidence. Participants will learn:

- The appropriate signs to use with infants and toddlers
- How to incorporate signing into everyday caregiving
- The developmental ability of infants and toddlers fine motor skills and how it affects signing
- How signing with children can increase vocabulary

**Training Area(s):** Community Partnerships; EHS/Infants & Toddlers/Pregnant Women; Supporting Families

**Audience:** Parents; Teachers; Child Care

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

## **Toys from Trash**

**Heather McGee**, *Home Visitor/Family Engagement Specialist*, BHK Child Development Center

For the third year in a row, Heather is going to show you how to make unique toys from trash. Sensory bins and bottles, trash toy conveyor belts, a four-in-one kitchen set all made from cardboard; we promise you won't be disappointed. All the trash toys have a developmental benefit for children and are designed in such a way to capture their attention. Join her for more interesting ideas that will get you motivated to create yet again!

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness;

Application/Skill-building; Advanced/Refinement

**Length:** 1 ½ hours

## **Understanding the Child with a Cortical Visual Impairment**

**Tricia Weis**, *Statewide-Outreach, Preschool Vision Consultant B-6*, Dept. of Public Instruction, WCBVI-Outreach

Outcomes:

- Understand the visual development in a child with a cortical impairment (CVI). Increase understanding of how the optic nerve pathway is structured in our brain and the effects of how we see when the nerve is disrupted by a lesion, blocked by a tumor or removed.
- Arousal level; increase understanding of how the brain works with its emotional components that causes positive and negative responses.
- Understand how to create an environment for a child with a cortical visual impairment to learn within.
- Receiving tips, tools and resources to refer to a child with a cortical visual impairment.

**Training Area(s):** Early Childhood Ed. & Dev.; Other

**Audience:** Directors; Managers/Supervisors; Parents; Staff; Teachers; Advocate; Child Care; Community Partners

**Content Level:** Beginning/Awareness

**Length:** 3 hours

## **Using Parent Committees as an Opportunity for Experiential Learning to Improve Parent-Child Interactions**

**Julie Driscoll**, *Director Family Services, Health & Nutrition*, Acelero Learning

**Andrew Davis**, *Chief Partnership Officer*, Shine Early Learning

Turn your monthly Parent Committee meetings into Family Engagement Networks where parents have the opportunity to build bonds with one another, share what they are doing at home to support their child's education, and share what they are learning about their child's development. Create fun, hands on opportunities for parents to practice and model important activities that support parent/child interactions that are linked to school readiness.

Outcomes are:

- Improve family participation during monthly Parent Committees and provide hands on experiential activities
- Provide parents with types of parent/child interactive activities that link to school readiness

- Provide opportunities for parents to practice and model parent/child interactive activities

**Training Area(s):** Supporting Families

**Audience:** Directors; Managers/Supervisors; Advocate

**Content Level:** Advanced/Refinement

**Length:** 1 ½ hours

## **Using the Pyramid Model – Foundations for Managers/Directors**

**Angel Stoddard**, *Using the Pyramid Model – Foundations for Managers/Directors*, UW-Milwaukee

As a manager/director, what do you need to know and be able to do so your staff feel supported and are able to work children with challenging behaviors? What does your staff need from you? Attend this engaging session to gain insight into leadership and strategies you can provide and learn about materials available to you in supporting teachers as they learn to support children's social/emotional development. Participants will:

- explore templates for teacher observations
- discuss guiding questions to support teachers
- review mentoring materials
- evaluate their leadership skills

**Training Area(s):** Leadership, Prof. & Org. Dev.

**Audience:** Directors; Managers/Supervisors

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

## **Working with Children and Families in Poverty**

**Sara Schumacher**, *Family Advocate*, Rock/Walworth Head Start/Early Head Start

**Dawn Gross**, *Family Advocate & Respite Coordinator*, Rock/Walworth Head Start/Early Head Start

Participants will gain a deeper understanding of poverty, how poverty impacts learning, and what teaching and learning strategies are effective. You will be provided with empowerment to break poverty barriers. Gaining knowledge and skills to better understand people living in poverty and to help them become better educated or reach full potential and the importance of learning styles of oral and print culture. Hands on activities for participants.

**Training Area(s):** Community Partnerships; EHS/Infants & Toddlers/Pregnant Women; Supporting Families

**Audience:** Staff; Teachers; Advocate; Child Care; Community Partners



**Content Level:** Beginning/Awareness;  
Application/Skill-building  
**Length:** 3 hours

**Wow This is Fun! Making Science Fun & Exciting**  
**Mike Longoria, Dr. Mike!**

Science should be and can be exciting and meaningful during the early childhood years. Science and young children make perfect companions based on the child's natural curiosity and their love for music and expressive movement. Songs and movement can be used as a basis for developing the interest and knowledge in science.

Teachers will know how to:

- use songs and expressive movement to develop understanding of science concepts (water cycle)
- use songs and movement to develop science vocabulary (roots, stem...)
- use role-play to develop science knowledge (steps for growing fruits and vegetables)

**Training Area(s):** Early Childhood Ed. & Dev.

**Audience:** Directors; Managers/Supervisors;  
Parents; Staff; Teachers

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

**Yoga Methods for the Well Being of Children and Adults**

**Marquita Edwards, Turtle Heart Yoga for Healthier Outcomes**

This class involves learning and experiencing various concepts of yoga for relaxation and well-being. You will use a chair and/or yoga mat for strengthening the spine, and stretching the whole body. We will focus on teaching you techniques on how to use yoga to improve concentration, mental focus, posture, and breath awareness with themselves and children.

Various concepts will be explored and experienced on ways of increasing self-awareness, and even how helpful it can be for children in their formative years. Yoga has the ability to improve, release tension and stress, and create more flexibility in the entire body.

**Training Area(s):** Health, Wellness & Safety

**Audience:** Directors; Managers/Supervisors;  
Parents; Staff; Teachers; Advocate; Child Care;  
Community Partners

**Content Level:** Beginning/Awareness

**Length:** 1 ½ hours

**YOU CAN DO THIS Exercise, Nutrition and the Right Mind Set: Keeping Families Healthy & Fit!**  
**Leonard Wilson, Di Fitness**

This workshop will be an interactive approach to keeping families healthy and fit. The importance of exercise, nutrition and having the right mind set for a healthy lifestyle will be discussed. Forming partnerships with parents and staff in working with their children to help fight obesity will be addressed. This workshop is designed to teach at home and in the classroom techniques that would improve and help control weight, help kids handle stress, and overall increase self-esteem and capacity for learning. This workshop will not only serve to teach and demonstrate how to help children, but to help parents and staff to integrate exercise, nutrition, and the right mind set into their life. A variety of apparatus will be introduced such as Resist-a-Bands, and more! Outcomes are:

- Provide Parents and Staff with tools they will need to know about weaving physical and nutritional activities into the life lessons that can be taught each day.
- To understand the importance of physical activity, functional strength & overall cardiovascular health
- Teach & demonstrate nutrition and how important it is to make healthy eating choices for you and your family
- To develop a format for starting a healthier lifestyle

**Training Area(s):** Health, Wellness & Safety

**Audience:** Parents; Staff

**Content Level:** Application/Skill-building

**Length:** 1 ½ hours

## Registration Cost:

	Member or Member Partner		Non-Member		Student		Presenter	
	Full Conference	One Day	Full Conference	One Day	Full Conference	One Day	Full Conference	One Day
<b>Early Bird by 12/31/15</b>	\$315	\$245	\$340	\$265	\$150	\$50	\$100	\$0
<b>Regular after 12/31/15 before 2/10/16</b>	\$335	\$255	\$365	\$275	\$150	\$50	\$100	\$0
<b>On-site after 2/10/16</b>	\$365	\$265	\$380	\$285	\$150	\$50	\$100	\$0

## Hotel Information:

A block of room has been reserved at the Kalahari under the group name of "WHSA Meeting 2016." Reservations must be made by January 22, 2016 in order to get the block rate. Make your reservation at the Kalahari today by calling 877-253-5466.

For more information, please contact the WHSA office at (608) 442-6879 or [WHSAAssist@whsaonline.org](mailto:WHSAAssist@whsaonline.org)

**Register today at**  
[www.whsaonline.org](http://www.whsaonline.org)

## Index – Training Sessions by Primary Content Area(s)

(All training sessions are listed in alphabetic order below.)

A shaded training session title denotes a 3-hour training session.)

### Community Partnerships:

- **Arm and Arm, Side-by-Side: Keys to collaboration**, Sherry Kimball, *Waisman Center* and Lillian Mallinson, *STG International, Inc.*
- **Community Collaboration: Bringing services to families with young children**, Carla Witkowski and Rose Navarro-Red Hail, *Oneida Tribe*
- **Current Drug Trends—It Affects All of Us**, Bryan F. Kastelic, *WI Dept. of Justice* and Mary Jo Rozmenoski, *Jackson County Courthouse*
- **Dad’s Night Out**, Amos Thies, Derek Dube, Michael Mootz, and Peggy Hibbard, *National Centers for Learning Excellence*
- **Effective Outreach Strategies to Engage Fathers, “Reach One, Teach Many”**, Alphonso Pettis and Kim Tolbert, *Next Door*
- **Empowering Head Start Families with Health Insurance Literacy**, Stephanie Severs, *Covering Kids and Families*
- **Enriching Early Childhood: Collaborating with community partners**, Steve Kretzmann, *WI Dept. of Public Instruction*
- **Family Engagement in the Birth to 3 Program**, Lori Wittemann, *Dept. of Health Services*
- **Filling the Void After Reducing Screen Time: Growing healthy children**, Jeff Reiland, *Gundersen Health System*
- **Identifying Pediatric Mental Health Community Resources**, Naomi Westerman, *Children’s Health Alliance of WI*
- **Introduction to Motivational Interviewing**, Mia Croyle, *UW School of Medicine & Public Health*
- **It’s a Family Affair! ...Guiding families through transition**, Kim Tolbert, *Next Door*
- **No Hit Zone: Building a culture that promotes safe, healthy and resilient kids**, Lacie Ketelhut, *Gundersen National Child Protection Training Center* and Becky Hughes, *Gundersen Child Care Center*
- **Parent Café**, Peggy Hibbard and Carol Rogers, *National Centers for Learning Excellence*
- **Partnering with Your Child’s Doctor: Building medical home partnerships for children, a conversation with parents**, Kara Van Vooren, *Northeast Regional Center CYSHCN*
- **Permaculture and Poverty: A different more intentional way to live**, Richard Thwaites, *Retired Head Start Director*
- **Science is Child’s Play: Playing with water in the classroom**, Anne Moser, *UW-Madison, Water Library*
- **Serving Homeless Families: Identification and outreach in rural communities**, Corie Davis, *WI Early Childhood Collaborating Partners*
- **Teaching Parents to Build Resilience in Children: Implementing the ACT Raising Safe Kids Program in your community!**, Lacie Ketelhut, *Gundersen National Child Protection Training Center*
- **The Doctor Said My Child Would Never Walk**, Erin Jurkovich, *Shriners Hospitals for Children – Twin Cities* and Jeffrey Bruce, *Pediatric Orthotic and Prosthetic Services – Midwest*
- **The Social-Emotional Benefits of Using Signing with Infants and Toddlers**, Polly Kaat, *PK Seminars* and Deb Boutelle, *Volunteer*
- **Working with Children and Families in Poverty**, Sara Schumacher and Dawn Gross, *Rock/Walworth Head Start/Early Head Start*

## **Early Childhood Education & Development:**

- **2016 YoungStar Updates: How Head Starts can participate**, Bridget Cullen, *Dept. of Children & Families*
- **Arm and Arm, Side-by-Side: Keys to collaboration**, Sherry Kimball, *Waisman Center* and Lillian Mallinson, *STG International, Inc.*
- **Art from the Heart: Fostering the creative process in children**, Romilia Schlueter, *Supporting Families Together Association*
- **Baby Doll Circle Time, I Love You Rituals & Mindfulness Activities for Children & Their Caregivers**, Amy Selenske and Barb Boyeson, *Dane County Parent Council*
- **Building a Foundation of Literacy for All Children**, Mollie Henderson, *Scholastic Education*
- **Character Education in Early Childhood**, Kenya McGee, Kim Polki, Teresa Anderson and Christine Moon, *Next Door*
- **Child Care & Development Block Grant (CCDBG) Act of 2014: What it means for early care and education**, David Sorenson, *Dept. of Children and Families*
- **Community Collaboration: Bringing services to families with young children**, Carla Witkowski and Rose Navarro-Red Hail, *Oneida Tribe*
- **Current Drug Trends—It Affects All of Us**, Bryan F. Kastelic, *WI Dept. of Justice* and Mary Jo Rozmenoski, *Jackson County Courthouse*
- **Do You See What I See? Early identification of children with Autism Spectrum Disorders**, Dr. Glenis Benson, *Private Practice*
- **Empathy and Belonging: Key ingredients for success in school and life**, Meg Thomas, *AMAZE*
- **ExPLODELS – Exploring Purposeful Learning Opportunities Develop Early Literacy Skills**, Vanessa Vance and Sandy Vance, *BLLiNG – Building Lifelong Learners involves Neat Gizmos*
- **Family Engagement in the Birth to 3 Program**, Lori Wittemann, *Dept. of Health Services*
- **Family Style Meals – Making it Work!**, Lisa Jones, *Community Coordinated Child Care*
- **Filling the Void After Reducing Screen Time: Growing healthy children**, Jeff Reiland, *Gundersen Health System*
- **Get Ready, Get Set, It's Home Visit Time**, Latrice Robinson, *Acelero Learning Wisconsin*
- **Getting There Together: Engaging families in the WI Model Early Learning Standards**, Sherry Kimball, *Waisman Center*
- **Identifying Pediatric Mental Health Community Resources**, Naomi Westerman, *Children's Health Alliance of WI*
- **Improving Communication: Addressing expressive & receptive communication to reduce frustration & behavioral challenges**, Dr. Glenis Benson, *Private Practice* and Anna Bina, *Sauk Prairie School District*
- **Introduction to Motivational Interviewing**, Mia Croyle, *UW School of Medicine & Public Health*
- **Introduction to the Portage Guide 3: An early childhood assessment & curriculum planning tool**, Michelle Davies and Karen Williams, *CESA 5 Portage Project*
- **Making Sense of Number Sense: Developing numerical literacy in preschool and kindergarten**, Jenna Heinen and Beth Flippin, *Next Door*
- **Move It! Move It!**, Vanessa Vance and Sandy Vance, *BLLiNG – Building Lifelong Learners involves Neat Gizmos*
- **Multi Sensory Tools for Learning**, Nicki Taves and Laurie Jacoby, *Pine River School for Young Learners/4K*
- **Music, Movement and Learning! Developing School Readiness Skills**, Mike Longoria, *Dr. Mike!*
- **No Hit Zone: Building a culture that promotes safe, healthy and resilient kids**, Lacie Ketelhut, *Gundersen National Child Protection Training Center* and Becky Hughes, *Gundersen Child Care Center*
- **OUTDOORS: The frequently missing ingredient for high quality early childhood learning**, Gerry Slater, *Design4Kids & Wisconsin Nature Action Collaborative for Children*

- **Persona dolls, a wonderful tool for developing social skills, valuing differences and building resilience against bias and stereotyping**, Meg Thomas, *AMAZE*
- **Positive Guidance – Let’s Get Real!**, Joyce Monfort and Teresa Wells, *Rasmussen College*
- **Preventing Bullying Before It Begins: Proactive strategies for helping young children to learn compassion**, Jeff Reiland, *Gundersen Health System*
- **Putting the BRAKES on Bad Behavior**, Aimee Budleski and Andrea Velasquez, *Marathon County Child Development Agency*
- **Rejuvenate You...and Your Class**, Sarah Mumaw-Flury, *Onalaska School District* and Janie Lundstrom, *Northern Hills*
- **Relationship-based Development Monitoring to Celebrate Milestones and Share Concerns**, Gail Chodron, *Waisman Center, UW-Madison* and Kris Barnekow, *UW-Milwaukee*
- **Small Group Success without Worksheets**, Andrea Velasquez and Sandy Stolze, *Marathon County Child Development Agency*
- **SPIFFY! Science Play is Fantastic For Youngsters!**, Vanessa Vance and Sandy Vance, *BLLiNG – Building Lifelong Learners involves Neat Gizmos*
- **Staying Calm in the Chaos of Teaching Head Start: Practical calming strategies for staff, children and classroom management**, Heather Trachte and Bobbie Jo Mork, *Marathon County Child Development Agency*
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- **Wow This is Fun! Making Science Fun & Exciting**, Mike Longoria, *Dr. Mike!*

### **Early Head Start/Infants & Toddlers/Pregnant Women:**

- **Baby Doll Circle Time, I Love You Rituals & Mindfulness Activities for Children & Their Caregivers**, Amy Selenske and Barb Boyeson, *Dane County Parent Council*
- **Community Collaboration: Bringing services to families with young children**, Carla Witkowski and Rose Navarro-Red Hail, *Oneida Tribe*
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### Health, Wellness & Safety:

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- **Persona dolls, a wonderful tool for developing social skills, valuing differences and building resilience against bias and stereotyping**, Meg Thomas, *AMAZE*
- **Preventing Bullying Before It Begins: Proactive strategies for helping young children to learn compassion**, Jeff Reiland, *Gundersen Health System*

- **Rejuvenate You...and Your Class**, Sarah Mumaw-Flury, *Onalaska School District* and Janie Lundstrom, *Northern Hills*
- **The Doctor Said My Child Would Never Walk**, Erin Jurkovich, *Shriners Hospitals for Children – Twin Cities* and Jeffrey Bruce, *Pediatric Orthotic and Prosthetic Services – Midwest*
- **Yoga Methods for the Well Being of Children and Adults**, Marquita Edwards, *Turtle Heart Yoga for Healthier Outcomes*
- **YOU CAN DO THIS Exercise, Nutrition and the Right Mind Set: Keeping Families Healthy & Fit!**, Leonard Wilson, *Di Fitness*

### **Leadership, Professional & Organizational Development:**

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- **Compassionate Partnering**, Timothy Nolan and Yolanda Winfrey, *National Centers for Learning Excellence*
- **Create a Formula: Reduce staff turnover and build staff development**, Jon Walker, *J. Walker Enterprises*
- **Does Data Tell Your Story**, Jon Walker, *J. Walker Enterprises*
- **Enriching Early Childhood: Collaborating with community partners**, Steve Kretzmann, *WI Dept. of Public Instruction*
- **Handing Off the Torch: Generational differences and leadership transitions in ECE programs**, Dr. Barb Tengesdal, *WHSA*
- **Innovation at a Personal Level: Become an Innovator**, Timothy Nolan and Yolanda Winfrey, *National Centers for Learning Excellence*
- **Introduction to Motivational Interviewing**, Mia Croyle, *UW School of Medicine & Public Health*
- **Multiculturalism: A Crash Course on Cultural Proficiency**, Melissa Nelson, *Lakeland College*
- **No Hit Zone: Building a culture that promotes safe, healthy and resilient kids**, Lacie Ketelhut, *Gundersen National Child Protection Training Center* and Becky Hughes, *Gundersen Child Care Center*
- **OUTDOORS: The frequently missing ingredient for high quality early childhood learning**, Gerry Slater, *Design4Kids & Wisconsin Nature Action Collaborative for Children*
- **People Don't Leave Jobs—They Leave Bosses!**, Kim Ratz, *Self-Employed*
- **Permaculture and Poverty: A different more intentional way to live**, Richard Thwaites, *Retired Head Start Director*
- **Region V Head Start – Director Hot Topics**, Heather Wanderski & Karen McNamara, *Office of Head Start*
- **Serving Homeless Families: Identification and outreach in rural communities**, Corie Davis, *WI Early Childhood Collaborating Partners*
- **Staying Balanced: Work, family and school**, Nar Doumbya and Gina Hobbs, *WI Early Childhood Association*
- **Using the Pyramid Model – Foundations for Managers/Directors**, Angel Stoddard, *UW-Milwaukee*

### **Program Design & Management:**

- **2016 YoungStar Updates: How Head Starts can participate**, Bridget Cullen, *Dept. of Children & Families*

- **All Children Deserve Best Practices: How one school district integrated Head Start, 4K and Special Education**, Belinda Grantham, *Kenosha Unified School District*
- **Community Collaboration: Bringing services to families with young children**, Carla Witkowski and Rose Navarro-Red Hail, *Oneida Tribe*
- **Create a Formula: Reduce staff turnover and build staff development**, Jon Walker, *J. Walker Enterprises*
- **Does Data Tell Your Story**, Jon Walker, *J. Walker Enterprises*
- **Family Engagement in the Birth to 3 Program**, Lori Wittemann, *Dept. of Health Services*
- **How to Prevent Problem Behaviors**, Sarah Hardison, *ABA of Wisconsin*
- **Improving Communication: Addressing expressive & receptive communication to reduce frustration & behavioral challenges**, Dr. Glenis Benson, *Private Practice* and Anna Bina, *Sauk Prairie School District*
- **Introduction to Applied Behavior Analysis**, Sarah Hardison, *ABA of Wisconsin*
- **No Hit Zone: Building a culture that promotes safe, healthy and resilient kids**, Lacie Ketelhut, *Gundersen National Child Protection Training Center* and Becky Hughes, *Gundersen Child Care Center*
- **Data Management using ChildPlus**, Gary Vernon, *ChildPlus*
- **OUTDOORS: The frequently missing ingredient for high quality early childhood learning**, Gerry Slater, *Design4Kids & Wisconsin Nature Action Collaborative for Children*
- **Permaculture and Poverty: A different more intentional way to live**, Richard Thwaites, *Retired Head Start Director*
- **Science is Child's Play: Playing with water in the classroom**, Anne Moser, *UW-Madison, Water Library*
- **Serving Homeless Families: Identification and outreach in rural communities**, Corie Davis, *WI Early Childhood Collaborating Partners*
- **Teaching Parents to Build Resilience in Children: Implementing the ACT Raising Safe Kids Program in your community!**, Lacie Ketelhut, *Gundersen National Child Protection Training Center*

### **Regional Priorities & ACF Federal Initiatives:**

- **Permaculture and Poverty: A different more intentional way to live**, Richard Thwaites, *Retired Head Start Director*
- **Region V Head Start – Director Hot Topics**, Heather Wanderski & Karen McNamara, *Office of Head Start*
- **Relationship-based Development Monitoring to Celebrate Milestones and Share Concerns**, Gail Chodron, *Waisman Center, UW-Madison* and Kris Barnekow, *UW-Milwaukee*

### **Supporting Families:**

- **Baby Doll Circle Time, I Love You Rituals & Mindfulness Activities for Children & Their Caregivers**, Amy Selenske and Barb Boyeson, *Dane County Parent Council*
- **Building a Foundation of Literacy for All Children**, Mollie Henderson, *Scholastic Education*
- **Community Collaboration: Bringing services to families with young children**, Carla Witkowski and Rose Navarro-Red Hail, *Oneida Tribe*
- **Compassionate Partnering**, Timothy Nolan and Yolanda Winfrey, *National Centers for Learning Excellence*
- **Current Drug Trends—It Affects All of Us**, Bryan F. Kastelic, *WI Dept. of Justice* and Mary Jo Rozmenoski, *Jackson County Courthouse*
- **Dad's Night Out**, Amos Thies, Derek Dube, Michael Mootz, and Peggy Hibbard, *National Centers for Learning Excellence*



- **Do You See What I See? Early identification of children with Autism Spectrum Disorders**, Dr. Glenis Benson, *Private Practice*
- **Effective Outreach Strategies to Engage Fathers, “Reach One, Teach Many”**, Alphonso Pettis and Kim Tolbert, *Next Door*
- **Empowering Head Start Families with Health Insurance Literacy**, Stephanie Severs, *Covering Kids and Families*
- **Enriching Early Childhood: Collaborating with community partners**, Steve Kretzmann, *WI Dept. of Public Instruction*
- **Family Engagement in the Birth to 3 Program**, Lori Wittemann, *Dept. of Health Services*
- **Filling the Void After Reducing Screen Time: Growing healthy children**, Jeff Reiland, *Gundersen Health System*
- **Financial Fitness 101**, Amy Vetrone, *1<sup>st</sup> National Bank of Berlin*
- **Getting There Together: Engaging families in the WI Model Early Learning Standards**, Sherry Kimball, *Waisman Center*
- **How to Prevent Problem Behaviors**, Sarah Hardison, *ABA of Wisconsin*
- **How to Save a Dollar When You Don’t Have a Dime to Spare**, Ruth Schriefer, *UW-Extension*
- **Improving Communication: Addressing expressive & receptive communication to reduce frustration & behavioral challenges**, Dr. Glenis Benson, *Private Practice* and Anna Bina, *Sauk Prairie School District*
- **Introduction to Applied Behavior Analysis**, Sarah Hardison, *ABA of Wisconsin*
- **Introduction to Motivational Interviewing**, Mia Croyle, *UW School of Medicine & Public Health*
- **Introduction to the Portage Guide 3: An early childhood assessment & curriculum planning tool**, Michelle Davies and Karen Williams, *CESA 5 Portage Project*
- **It’s a Family Affair! ...Guiding families through transition**, Kim Tolbert, *Next Door*
- **Multiculturalism: A Crash Course on Cultural Proficiency**, Melissa Nelson, *Lakeland College*
- **My Mom and Dad Don’t Live Together Any More: Things for the child care professional to keep in mind when a child’s parents divorce**, Patti Herman and Kathy Metzenbauer, *UW-Extension Juneau County*
- **No Hit Zone: Building a culture that promotes safe, healthy and resilient kids**, Lacie Ketelhut, *Gundersen National Child Protection Training Center* and Becky Hughes, *Gundersen Child Care Center*
- **Data Management using ChildPlus**, Gary Vernon, *ChildPlus*
- **Parent Café**, Peggy Hibbard and Carol Rogers, *National Centers for Learning Excellence*
- **Parent Support: How to cope**, Sarah Hardison, *ABA of Wisconsin*
- **Partnering with Your Child’s Doctor: Building medical home partnerships for children, a conversation with parents**, Kara Van Vooren, *Northeast Regional Center CYSHCN*
- **Permaculture and Poverty: A different more intentional way to live**, Richard Thwaites, *Retired Head Start Director*
- **Positive Guidance – Let’s Get Real!**, Joyce Monfort and Teresa Wells, *Rasmussen College*
- **Preventing Bullying Before It Begins: Proactive strategies for helping young children to learn compassion**, Jeff Reiland, *Gundersen Health System*
- **Putting the BRAKES on Bad Behavior**, Andrea Velasquez and Sandy Stolze, *Marathon County Child Development Agency*
- **Region V Head Start – Director Hot Topics**, Heather Wanderski & Karen McNamara, *Office of Head Start*
- **Relationship-based Development Monitoring to Celebrate Milestones and Share Concerns**, Gail Chodron, *Waisman Center, UW-Madison* and Kris Barnekow, *UW-Milwaukee*
- **Science is Child’s Play: Playing with water in the classroom**, Anne Moser, *UW-Madison, Water Library*

- **Serving Homeless Families: Identification and outreach in rural communities**, Corie Davis, *WI Early Childhood Collaborating Partners*
- **Supporting Early Relationships...even in the hard moments**, Kathie Snitker-Magin, *WI Alliance for Infant Mental Health*
- **Teaching Parents to Build Resilience in Children: Implementing the ACT Raising Safe Kids Program in your community!**, Lacie Ketelhut, *Gundersen National Child Protection Training Center*
- **Temperaments, Continuity of Care and Culture**, Rachael Loucks and Tammy Holman, *Indianhead Community Action Agency*
- **The Doctor Said My Child Would Never Walk**, Erin Jurkovich, *Shriners Hospitals for Children – Twin Cities* and Jeffrey Bruce, *Pediatric Orthotic and Prosthetic Services – Midwest*
- **The Social-Emotional Benefits of Using Signing with Infants and Toddlers**, Polly Kaat, *PK Seminars* and Deb Boutelle, *Volunteer*
- **Using Parent Committees as an Opportunity for Experiential Learning to Improve Parent-Child Interactions**, Julie Driscoll, *Acelero Learning* and Andrew Davis, *Shine Early Learning*
- **Working with Children and Families in Poverty**, Sara Schumacher and Dawn Gross, *Rock/Walworth Head Start/Early Head Start*

### Tribal & Migrant Program Development:

- **Community Collaboration: Bringing services to families with young children**, Carla Witkowski and Rose Navarro-Red Hail, *Oneida Tribe*
- **Current Drug Trends—It Affects All of Us**, Bryan F. Kastelic, *WI Dept. of Justice* and Mary Jo Rozmenoski, *Jackson County Courthouse*
- **Permaculture and Poverty: A different more intentional way to live**, Richard Thwaites, *Retired Head Start Director*
- **Serving Homeless Families: Identification and outreach in rural communities**, Corie Davis, *WI Early Childhood Collaborating Partners*
- **The Doctor Said My Child Would Never Walk**, Erin Jurkovich, *Shriners Hospitals for Children – Twin Cities* and Jeffrey Bruce, *Pediatric Orthotic and Prosthetic Services – Midwest*

### Other:

- **Art from the Heart: Fostering the creative process in children**, Romilia Schlueter, *Supporting Families Together Association*
- **Becoming Your Best Self**, Dr. Adolph Brown, *The Leadership & Learning Institute*
- **Building a Foundation of Literacy for All Children**, Mollie Henderson, *Scholastic Education*
- **Financial Fitness 101**, Amy Vetrone, *1<sup>st</sup> National Bank of Berlin*
- **How to Prevent Problem Behaviors**, Sarah Hardison, *ABA of Wisconsin*
- **Introduction to Applied Behavior Analysis**, Sarah Hardison, *ABA of Wisconsin*
- **Multiculturalism: A Crash Course on Cultural Proficiency**, Melissa Nelson, *Lakeland College*
- **OUTDOORS: The frequently missing ingredient for high quality early childhood learning**, Gerry Slater, *Design4Kids & Wisconsin Nature Action Collaborative for Children*
- **Parent Orientation: Making the Most of Your WHSA Conference Experience, Past Parent Affiliate Officers**, *WHSA*
- **Teachers Learning and Collaborating (TLC)**, Lisa Garlie and Marshell Collins, *Next Door*
- **Understanding the Child with a Cortical Visual Impairment**, Tricia Weis, *Dept. of Public Instruction, WCBVI-Outreach*