



Stepping into Spring

Dakota County Family Child Care Association's 24th Annual Child Care Conference Saturday, March 7, 2020



Our Keynote Speaker, **Ellen Drolette**, will be presenting **"Overcoming Burnout, Strategies for Change"**

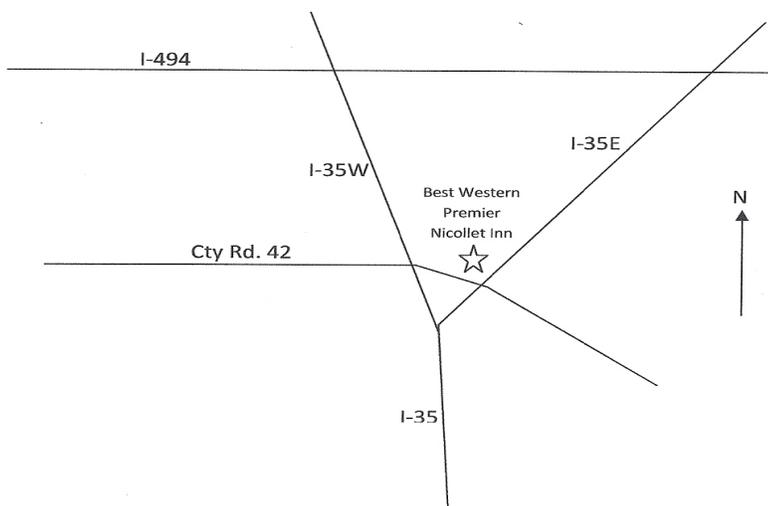
Ellen Drolette's keynote speech will share her personal journey along with other inspirational stories from the field that will not only fuel you with positivity and optimism but leave you wanting to know more. Ellen uses her sense of humor along with sprinklings of serious talk about mental health to talk about everything from teaching your own children to be the world's best people pleasers, all which have their down sides and biggest rewards. She walks the same walk and Monday morning will return to work with young children just like you. This training is not approved through Develop, but is Dakota County Licensing approved.

Conference Agenda

7:00 am - 7:45 am	Registration/Continental Breakfast/Vendor Shopping
7:45 am - 8:00 am	Opening/Announcements
8:00 am - 10:00 am	Ellen Drolette , Keynote Speaker
10:00 am - 10:30 am	Vendor Shopping/Break
10:30 am - 12:30 pm	Training Session I
12:30 pm - 1:45 pm	Lunch/Vendor Shopping
1:45 pm - 3:45 pm	Training Session II

Conference Tidbits

- * Register early. Attendance is limited. Trainings may fill.
- * Six training hours available.
- * Trainings will be filled in the order that registrations are received.
- * Registration deadline is February 24, 2020.
- * All payments are non-refundable. Make check or money order payable to DCFCCA.
- * Pre-registration is recommended. Register online at www.dcfcca.org.
For confirmation, email conference@dcfcca.org.
- * Fire extinguisher servicing will be available for a reasonable fee.
Label your extinguisher with your name and telephone number.
- * Scholarships are available! Call 612-636-3562 or visit www.dcfcca.org for more information.
- * DCFCCA cannot issue credit for a training if participant arrives more than 15 minutes late.
- * If there is no KCF number listed following the training description, you will need to send a copy of your training certificate to Develop to ensure it is added to your Develop record.



***** Location *****
Best Western Premier Nicollet Inn
 14201 Nicollet Ave S.
 Burnsville, MN 55337
 952-435-2100

Training I (10:30 am - 12:30 pm)

A. Creating a Peaceful Space; More Strategies for Change *Ellen Drolette - Keynote Presenter*: Participants engage in a series of small and large group conversations, self-reflection, and opportunities that will not only fuel them but help them learn. Areas of exploration include: compassion fatigue, mental health, optimism, attitude, and being present. Join Ellen for an uplifting, inspirational, deep dive into morale and build strategies as a team for combatting burnout. This training is not approved through Develop, but is Dakota County Licensing approved.

B. Sweet Dreams-Examining the Need for our Children to Sleep: *Kristen Wheeler Highland*. - Examine the critical nature of sleep to children's growth, all areas of development, behavior, health, and brain development. An astounding 7 out of 10 children aren't getting enough zzz's! Explore the following topics: what sleep does, what healthy sleep is, and what happens when children (and adults) do not get the right amount of sleep, the best quality of sleep or both. Identify how to support sleep and napping in child care settings and how to support parents. Tips and strategies shared. Sleeping is more important that you may think!
KCF VII.A

C. What Do You Do When Your Kids Leave You Speechless? *Deb Colling* - Explore techniques that inspire children to learn and grow through their mistakes and consequences. Learn how to set limits with children through loving relationships that encourage their cooperation. Examine a practical and powerful approach to handle problems that leave you wondering what to do. Discover ways to remain calm and create effective consequences when none seem to exist. Based on the Love and Logic Early Childhood Parenting Made Fun! ® curriculum. KCF II.C

D. Pinterest: Creating Curriculum and Expanding Themes: *Wendy Prokosch* - Explore Pinterest and discover how to use it for expanding lesson plans and promoting a positive learning environment. Learn the fundamentals of setting up a Pinterest account. Identify tips to quickly find and use your saved information. Review lesson plans and prepare developmentally appropriate learning experiences that build upon children's interests. KCF II.A

E. Sharks and Minnows - Exploring Family Relationship Building: *Kim Woehl*- Learn how to create open, cooperative and reciprocal relationship building while we discover why the team approach is important to our relationships. This class will support unconventional thinking, collaboration and leadership building so children and families can be supported. KCF III

Training II (1:45 pm - 3:45 pm)

F. Inspiring Play and Creativity with Loose Parts Inside & Outside: *Ellen Drolette - Keynote Presenter* - Participants will explore loose parts, where to find them, how they can be incorporated into the different areas of learning in the classroom; Science, Technology, Engineering, Art, Math, and literacy as well as using loose parts outside. Participants will learn the theory of loose parts and the low cost, open-ended benefits of these learning materials. This training is not approved through Develop but is Dakota County Licensing approved.

G. "Sniff, Sniff: Exploring Aromas and Aromatherapy": *Kristen Wheeler Highland* - Researchers have found that our sense of smell affects our brain chemistry and changes our moods in powerful ways. Essential oils have been around forever, but are they safe and how do I use them? Examine the role of essential oils in supporting and maintaining overall wellness. Explore ways to integrate oils into daily life. KCF VII.A

H. Setting the Stage - What Part Do You Play?: *Deb Colling*.- Caregivers strive to provide a safe, welcoming environment for all children so they may fully and actively participate. Each person caring for the child brings his/her own history, ideas, attitudes, and questions to the table. We will explore the critical importance of maintaining confidentiality, building trust, facilitating communication, handling concerns, acknowledging emotions, accessing information, as well as careful observation of the child within the cultural boundaries of the family and program and your role in achieving a sensitive balance. An overview of IDEA is included. KCF III

I. Routines as Opportunities: *Kylie Cooper* - This course focuses on the importance of routines in caring for and teaching infants and toddlers. The role routines play in fostering relationships and creating learning opportunities, as well as how to support routines at home and in child care, are covered. KCF II.C

J. Active Supervision: Preventing Child Injuries in FCC Settings: *Vicki Filteau* - We will identify the leading causes of early childhood injuries in general, and specific to child care settings; discuss strategies to prevent child injuries in family child care settings via risk assessment and hazard mapping tools; and identify procedures to follow if an injury occurs during care to be in compliance with licensing regulations. This training meets the family child care provider annual supervision training requirement.
KCF VII.B

DCFCCA Conference Registration Form

Name: _____ Telephone (____) _____

Address: _____ City: _____ State: _____ Zip: _____

E-Mail Address: _____ Develop ID # _____

(If you would like the approved trainings registered with Develop, you must provide your number.)

Choose from the trainings available for each time slot:

10:30 am - 12:30 pm 1st choice _____ 2nd choice _____ 3rd choice _____

1:45 pm - 3:45 pm 1st choice _____ 2nd choice _____ 3rd choice _____

Conference Fee: DCFCCA Member\$65.00 **(non-refundable)** \$ _____

Non-Member \$80.00 **(non-refundable)** \$ _____

DCFCCA Membership fees. Please check one:

_____ \$40 - 1 year _____ \$75 - 2 years _____ \$100 - 3 years \$ _____

Circle One: New or Renewal

Total enclosed: \$ _____

Registration fee includes conference training, continental breakfast and soup, salad and sandwich lunch buffet.

Please make non-refundable check or money order payable to DCFCCA and mail with completed form to:

Hannah Huberty
891 Nina Court
Mendota Heights, MN 55118

Registration deadline is February 24, 2020. Online registration is available at www.dcfcca.org. Walk-in registration is limited.

(Detach and mail the above registration form)

The Dakota County Family Child Care Association is a non-profit organization of licensed family child care providers in and around Dakota County, solely made up of volunteers.

Mission Statement:

The DCFCCA is committed to promoting quality licensed family child care within the community by offering providers affordable education and professional support.

Goals of the Association are:

- 1) to promote quality family child care through education and support groups for providers,
- 2) to promote the image of quality family child care in the community,
- 3) to aid in communication between providers, Human Services, parents and the community.

Dakota County Family
Child Care Association
PO Box 22065
Eagan, MN 55122

Stepping into Spring
Dakota County Family Child Care Association's
24th Annual Spring Conference

Date: March 7, 2020

Time: 7:00 am – 3:45 pm

Location:

Best Western Premier Nicollet Inn
14201 Nicollet Avenue South
Burnsville, MN 55337

Hannah Huberty, Conference Coordinator
Phone: 612-636-3562