

**Early Childhood Wellness Summit
October 27, 2012
Ball State University Student Center**

Conference Program

8:30-9:45 Keynote Presentation
Janice Fialka
Dance of Partnership: Why Do My Feet Hurt?

Janice Fialka, LMSW, ACSW is a nationally-recognized lecturer, author, and advocate on issues related to disability, parent-professional partnerships, inclusion, raising a child with disabilities, sibling issues, and post-secondary education. She is also a parent, poet, a compelling storyteller, and an award-winning advocate for families and persons with disabilities.

10:00-11:15 Session #1 Selections:

Teaching the "Language of Wellness"
Dr. Susan Fisher

Oral language development is vital to healthy cognitive growth. This interactive presentation will explore strategies that build the "Oral Language of Wellness" into the existing curriculum.

Exploring Music/Movement as a Release for Creativity and Emotions
Donna Carloss Williams

Through exploring varied cultures of music, music appreciation and movement will be used to "tap into" the cultures, experiences, imaginations, and emotions of young children. Be prepared to move!

Helping Challenging Children Succeed in Your Classroom!
Kresha Warnock

Incorporate positive strategies into classrooms in ways that will help challenging children learn age-appropriate behaviors, providing them and their teachers with emotionally safe experiences at school!

Baby Let's Play
Debbie Collins

Infants and toddlers need several hours of unstructured physical activity and movement every day! Participants will learn how unstructured physical activity improves brain development. Come and play!

The Dance of Self-Care
Janice Fialka

Too many days, I feel as if I have no energy for this work. It's as if I am running on empty. Troubling words, but not uncommon for early childhood professionals. This interactive workshop will explore the signs of compassion fatigue and identify effective, nurturing, and fun ways to care for ourselves so we can support others."

A Walk Through Waldorf
Meg Alexander

A Walk Through Waldorf will give conference attendees a tangible and interactive understanding of Waldorf Education and its impact on our youngest children. This session will give attendees nature-based ideas and inspiration to take back and use in the classrooms and outdoors.

11:30-12:15 Lunch

12:30-1:45 Session #2 Selections:

The Basics in Autism: What it Means, How We Go Forward
Deceil Moore

Tuning into the needs really being expressed by a behavior and then responding in ways that encourage better coping and communication is the path to more positive behavior.

Offer Healthier Meals: Join CACFP (Child and Adult Care Food Program)
Heather Stinson

This session will help you understand what the Child and Adult Care Food Program is all about, and how it can help pay for healthier meals for the children in your care.

Laughter Yoga: Self-Preservation While Caring for Others
Sarah Lyttle

Laughter Yoga employs creative pantomime to shift physiology and reduce stress, inhibition, and negativity. Laughter increases endorphins, energy levels, and mind/body wellbeing. Self-nurture is self-preservation. Laugh for your health!

Overcoming the Odds: Encouraging Resiliency in Young Children
Eva Zygmunt

Research on resiliency suggests that children who overcome obstacles and achieve a positive life trajectory share certain protective factors. Learn how to help children succeed despite risk.

I am Moving I am Learning - Body Language
Dana Sinclair

Come and be introduced to the "I am Moving, I am Learning" training series. We will talk about the importance of moving in early care and education, as well as talk about strategies to help plan and facilitate movement that supports children in achieving movement milestones

2:00-3:15 Session #3 Selections:

The 40 Developmental Assets: The Power to Pour
Wilisha Scaife

Developmental assets are positive skills, relationships, and values that all young people need as they are growing up. Having more is connected with having successful lives and avoiding high-risk behaviors.

Behaviors Indicate Needs: Understanding and Responding Positively
Deceil Moore

A basic look at the impact of sensory integration difficulties to increase our ability to understand and help discover ways to cope and thrive.

Get Recognized! The CACFP Award Program
Heather Stinson

Learn about the CACFP Award Program and how you can be recognized for serving healthier meals and implementing healthy practices.

I Like to Move It Move It!
Sue Paul

A 30+ year veteran will share information in regards to a variety of ways to include 'movement' into each day of a preschool child. Physical activity is essential to growing up healthy. Research shows that active, creative play benefits about every aspect of child development.

Start Safe Travel
Connie Brown

Start Safe is a train the trainer program. It focuses on child pedestrian, school bus and passenger safety. There are pre- and post-surveys to evaluate the change in the caregivers understanding of child pedestrian, school bus and passenger safety issues.

Health and Safety Policies: Preparation Prevents Panic
Pat Cole

Development and use of policies and procedures for your program can make the difference between panic and successful de-escalation of a situation. Discussion of the types, critical components of policy and procedure development, resources development, and a plan to update policies will be included in this workshop.