

Conference Session Details



Key to Sessions

IT= Infant/Toddler topics, PS= Preschool topics, SA= School Age Topics, LD= Leadership Topics, ALL= All Participants, CCQS= Session will help with the Quality System

Friday, May 9th 6:00-8:00pm			Sock Hop, Socialize, & Sodas!		
The 50's were a rockin' time... a juke box tune was just a dime! Come on down to the swell sock hop, and get yourself a grape soda pop! Join us for a night of dancing, 50's games, and socializing with your fellow early childhood educators.					
Saturday, May 10th			7-8 am Registration 8-4pm Presentations		
Keynote:					
BIG HEART EDUCATORS: Helping Kids (and yourself) Understand and Talk About Feelings		<u>Taes Leavitt</u> <u>The Big Heart Journey</u>		Taes Leavitt's program, THE BIG HEART JOURNEY, helps kids understand and talk about their big feelings. She will share research-backed, mental wellness, and resilience practices translated and specifically designed for kids, educators, and parents.	
Session 1: 10-11am					
Session 2: 11:15-12:15pm					
Session information coming soon *ALL		<u>Taes Leavitt</u> <u>The Big Heart Journey</u> Session 1 only		Details coming soon	
CCQS Panel Discussion and Q & A *ALL, LD, CCQS		<u>Carlene Hanson</u> <u>Care About Childcare</u> <u>Five County</u> Session 2 only		Join us for a panel discussion with REAL providers participating in the Child Care Quality System! Our CCQS Specialist will facilitate a Q & A session where you can ask questions and clarify any apprehension you may have about participating in this program! Our panel will consist of active FAMILY and CENTER CCQS participants and Early Childhood Specialists.	
Coping with Stress While Working in Childcare *ALL		<u>Anna Gilliam</u> <u>USU Extension- Sevier County</u>		Being a childcare provider is hard work! You are responsible for their noses, their tears, their bums, their tummies, their tantrums, their messes, their screams, their laughs, and their hugs. But what about your tears, and your tummy, and your tantrums, and your screams? In this class we will talk about the reality of burnout, learn about emotional competence, and try out ways to cope with the stress of it all.	
Maximizing Young Children's Potential Through Understanding Personality *ALL		<u>Christina Pay</u> <u>USU Extension</u>		Learn how to identify and embrace the unique strengths of introverted, ambiverted, and extroverted children, creating an environment where each can thrive.	
		<u>Heidi Petersen</u>		Register for this session if you want to learn more ways to make your environment more positive and nurturing for the children you care for.	



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<p>Building a Positive & Nurturing Nest for Children to Grow *ALL</p>	<p><u>The Children’s Center</u> <u>Utah</u></p>	<p>Build relationships instead of focusing on academics, behavior instead of misbehavior, connection-seeking instead of attention-seeking, and finding alternatives instead of reprimanding.</p>
<p>EMPECEMOS JUNTOS: Uniéndonos con las familias para honrar la cultura, fortalecer las relaciones y crear oportunidades para que los niños prosperen *ALL</p>	<p><u>Karla Palmer</u> <u>The Children’s Center</u> <u>Utah</u> Presented in Spanish</p>	<p>Los lazos familiares y de un cuidador infantil es una relación de respeto mutuo entre personas que acuerdan compartir la responsabilidad de lograr un objetivo común. Durante esta sesión, nos tomaremos un tiempo para reflexionar y discutir estrategias como:</p> <ul style="list-style-type: none"> • Crear unión con las familias • Crear una cultura acogedora • Conectar con cada familia • Promover oportunidades de participación y compromiso • Proporcionar apoyo y recursos dentro de nuestros entornos de la primera infancia. <p>A lo largo de nuestra conversación, tendremos en cuenta que nuestras relaciones con las familias son esenciales y que cada familia es única, ya que nosotros somos únicos. Exploraremos la práctica de honrar la cultura, las percepciones y los valores de cada familia, al tiempo que reconocemos cómo se alinean o difieren de los nuestros. Nos tomaremos tiempo para reconocer nuestros pensamientos y sentimientos en torno de cómo podemos fomentar relaciones con las familias para que podamos estar mejor preparados, encontrarnos con ellos donde están, y comenzar juntos.</p>
<p>I’m Bored! *IT, PS</p>	<p><u>Megan Jolley</u> <u>The Children’s Center</u> <u>Utah</u></p>	<p>This presentation will explore practical strategies for enhancing children's engagement in the early childhood classroom by optimizing materials, designing meaningful activities, and fostering dynamic teacher-child interactions. It will focus on how thoughtfully selected materials, from open-ended play objects to sensory-rich resources, can spark curiosity and support hands-on exploration. Additionally, the session will highlight the importance of providing a variety of developmentally appropriate activities that cater to diverse learning styles and encourage active participation.</p> <p>The role of teacher interactions will be examined, with a focus on how intentional and responsive engagement can deepen children's involvement in their learning experiences. Techniques such as asking open-ended questions, offering praise, and scaffolding learning will be discussed to demonstrate how educators can guide children's thinking, promote social-emotional development, and create an environment where children feel empowered to take risks and make discoveries. Participants will leave the session with a toolkit of ideas for selecting materials, designing interactive activities, and cultivating a classroom atmosphere that fosters sustained engagement and promotes joyful learning.</p>
<p>The Magic of Interactions *IT, PS</p>	<p><u>Megan Sheldon</u> <u>Care About Childcare</u> <u>UVU</u></p>	<p>In these breakout sessions, participants will learn about developmentally appropriate needs and expectations of young children to build their emotional, relational, and life skills up in the first five years. We will discuss common misconceptions among parents and early childhood teachers/ caregivers about when and how to introduce academics to young children and the role those topics can play in a child's development in the first five years. Participants can expect an uplifting and interactive session where they will come away with answers to their questions and practical strategies to use with young children in home and child care settings.</p>
<p>Brain-Building 101: The Science of Early Learning *ALL</p>	<p><u>Travis Allred & Laurel Miller-Jones</u> <u>Envision Utah</u></p>	<p>Take the stress and mystery out of brain-building! Learn to empower colleagues, staff, parents, and families to make brain development engaging and impactful with FREE resources and materials from Vroom®!</p>
<p>Nurturing Connections: Effective Communication</p>	<p><u>Madeline Lee & Melissa Bagely</u></p>	<p>In this engaging session, early childhood professionals will explore the vital role that communication and relationship building play in fostering a positive preschool environment. Participants will learn practical</p>

& Relationship Building in Preschool *PS	<u>Sevier County School District Preschools</u>	strategies to enhance interactions with children, parents, and colleagues, creating a foundation for trust and collaboration.
Play for School-Age? The Why & How! *SA	<u>Verlina Adame</u> <u>Utah Afterschool Network</u>	Play is vital for the cognitive, social, emotional, and physical development of children, and childcare programs are uniquely positioned to foster this critical activity. Let's explore the benefits, possible barriers you are experiencing in your programs, and walk away hands-on activities and suggestions that you can begin using today!
Motivation & Why We Do What We Do *ALL	<u>Lindsey Jones</u> <u>ABA Possibilities</u>	In this workshop, participants will review the four functions of behavior—the fundamental reasons behind why we do what we do (yes, there are only four!). Participants will explore how to apply this knowledge to enhance learner motivation effectively. Through evidence-based strategies rooted in the principles of Applied Behavior Analysis (ABA), participants will learn to utilize positive and negative reinforcement and punishment, to support effective behavior management. This workshop is designed to be accessible and beneficial for those working with learners of all ages.
Playful Pathways: Teaching Science of Reading Concepts Using Developmentally Appropriate Interactions *PS, ALL	<u>Katrina Herd, Jared Lisonbee, Cristina Barrera</u> <u>Utah Board of Education</u>	During this session, we will focus our energy on beginning to address the challenges of teaching science of reading skills in a developmentally appropriate manner. Discover how these skills connect across different age groups and engage in meaningful conversations about their development. We will define these skills in the context of early childhood development and collaborate on strategies to seamlessly integrate Science of Reading instruction into play-based learning experiences for children aged 3 to 6 years old.
Lunch: 12:15-1:45 pm		
Session 3: 1:45-2:45 pm Session 4: 3-4 pm		
How Meaningful Community Partnerships can prepare every child for school *IT, PS	<u>Bailey Peters, Tomas Caceres, Calandra Lark, Kimberly Guillen</u> <u>Waterford Upstart</u>	In this workshop, we will explore the power of community partnerships in preparing children for success. We will support the crucial importance of kindergarten readiness with compelling data, and we will highlight existing community partnerships that co-engage families in the vital work of early education. Grounding our audience in the context of the current state of early education, we will outline necessary improvements, and propose strategies to achieve these goals. Our ultimate shared aim is to ensure positive outcomes for all children, and highlighting the united effort this work will take.
Retaining Employees Through Improved Interpersonal Communication *LD	<u>Reed Coombs</u> <u>Salt Lake Community College</u>	Come learn how to increase employee retention and strengthen relationships by communicating with your staff using THEIR communication style.
Nurturing Resilience: Strategies for Sustaining Passion & Purpose in Early Education *ALL	<u>Troy Allen</u> <u>USU Extension</u>	In my experience early education is a demanding field. Teachers are called upon to provide constant care, guidance, and support for young learners. However, without prioritizing their own well-being, even the most dedicated educators risk burnout and fatigue. This course, "Nurturing Resilience," equips early education teachers with practical, sustainable self-care techniques to help them stay energized, engaged, and resilient. Participants will explore the value of micro-breaks, learn simple mindfulness practices, and develop strategies for setting healthy boundaries with students and parents. Additionally, this course emphasizes the importance of building supportive networks within the school community and practicing self-compassion. Through these tools,

		teachers can not only sustain their passion for education but also bring their best selves to the classroom every day, fostering a nurturing environment for both students and themselves.
Reflection in Action: The Why, When, and What *SA	<u>Verlina Adame</u> <u>Utah Afterschool Network</u>	Join Utah Afterschool for an interactive session to understand why reflection is so important, when we should provide reflection opportunities, and what reflection looks like in practice.
Afterschool Lesson Planning in 3 Easy Steps *SA	<u>Colin Crebs</u> <u>Utah Afterschool Network</u>	Utilizing a 3 step approach to lesson planning (sometimes called the Logic Model), participants can learn a simple and evidence-based approach to lesson planning for afterschool classrooms to engage students in skill-building, planning, leadership, and critical thinking.
Building Relationships with Families from Elizabeth "Darling" Brown to Julieta Madrigal How Can We Relate? *PS, SA	<u>Paula Kerchenski</u> <u>Utah Tech Family Studies & Human Development</u>	We will whimsically explore how relationships with families have changed over the years. The session will discuss ways to work with diverse families and situations by building relationships through partnership and understanding.
Building Rising Stars with TOPStar *ALL	<u>Kristy Sharp</u> <u>Southwest Public Health Department</u>	You've heard of the TOP Star program, but how do you take advantage of it? In this session we will learn where to request information and support, steps involved in being endorsed and requirements. Come learn how to make a lifelong impact on the children you care for every day.
Car Seat Safety 101: Essential Tips for Daycare Centers *PS, SA, IT	<u>Lindsay Chandler</u> <u>Southwest Public Health Department</u>	Keeping young passengers safe on the road is a responsibility that starts with understanding car seat safety. This presentation gives daycare providers the essential knowledge on the proper selection, installation, and use of car seats to protect the children in their care. We will cover key topics such as car seat types, fit, installation techniques, misuse, and law vs best practices for different age groups and sizes. By the end of this session, attendees will feel confident in their ability to promote child passenger safety and understand their role in ensuring children travel securely.
Improving Parent-Child Interactions with Young Children, Even When Parenting is Hard *PS, SA (ages 2-7)	<u>Brett Shumway</u> <u>ABA Possibilities</u>	How do we build positive parent-child interactions when the child's behavior presents extra challenges? How do we rebuild burnt out parent-child relationships and make parenting fun again? This presentation will take lessons learned from Parent-Child Interaction Therapy (PCIT) and Applied Behavioral Analysis (ABA) to provide parents with steps they can take every day to build a safe and validating environment for young children, about ages 2 to 7. In turn, these steps are likely to improve parent-child interactions, reduce problem behavior, and make parenting fun again.
Music & Movement: A Powerful Tool for Challenging Behaviors *ALL	<u>Janet Wahlquist-Johnston</u> <u>Care About Childcare-Weber State</u>	Music and movement can be a powerful tool to help children manage their feelings and behaviors. Music can help install calm and promote self-regulation, and bring joy. In this workshop we will look at specific music and movement activities you can start using right away in your classroom or program that can have a positive impact on challenging behaviors, and have a positive impact for all children.
Using the Ages & Stages Questionnaire: Engage Families with Early Childhood Screening *IT, PS	<u>Sarah Armknecht</u> <u>Help Me Grow Utah</u> <u>Kathleen Brown</u> <u>Office of Child Care</u>	Join us to learn about how your program can use the Ages and Stages Questionnaires (ASQ) - a trusted, research-backed tool for monitoring and supporting children's developmental milestones. We will discuss what the ASQ is and how it helps screen children for developmental milestones in key areas like communication, motor skills, social-emotional development, and problem-solving. Discover how using the ASQ can benefit your childcare program by improving outcomes for children and fostering relationships with parents and how participants can receive the ASQ screening tools for their program at no cost through the "Celebrate the Stages" program.
From Crawling to Climbing: Gross Motor Skills Indoors and Outdoors	<u>Emily Todd, Tiffany Raban, Pam Reclosado, Megan Westenskow</u>	In this session we aim to explore the importance and the need of gross motor play in early childhood development, emphasizing on both indoor and outdoor activities. Dive in with us as we look at engaging strategies and practical examples to support you and your children in Gross Motor

*ALL, CCQS		activities. This presentation will highlight creative and simple ways to incorporate gross motor activities into your classroom environment; whether that is outside enjoying the fresh air, or indoors on a rainy day.
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*These codes are suggestions. Please register for any session you are interested in!