

YWCA Metropolitan Chicago's

Empowering Educators Conference

Workshop descriptions

Breakout Session #1 (9:45 – 10:45)

M&P Networking: Power and Passion:

What type of workplace leader are we? What do we contribute to our teams on a daily basis? Matt and Phil bring a fun approach to looking into teamwork and how the power of networking can energize us as leaders. While discussing a light-hearted approach to "workplace etiquette", the audience will reflect and discuss ways that we can thrive in the workplace; especially after networking with other professionals in and out of our field. It's time to collaborate, network, and energize our "best professional self!"

Prevention & Intervention in Communities

Prevention and intervention in communities is a comprehensive training that identifies the different types of sexual violence. Participants will learn about sexual harassment, sexual assault, intimate partner violence, child sexual abuse, and sexting from the perspective of Illinois Law.

Ritmo y Movimiento: Usando Actividad física para ayudar a los niños a aprender

(Rhythm & Movement: Using Physical Activity to Help Children Learn)

El ritmo y el movimiento son poderosos para crear un ambiente de aprendizaje temprano positivo. Las experiencias de aprendizaje temprano que son ricas en música y movimiento apoyan el desarrollo del cerebro y ayudan al cuerpo y al cerebro a trabajar juntos.

New Expulsion Bill: Implementing policies & practices to support children

This session will provide an overview of P.A. 100-105 which addresses removal and expulsion of children ages birth to five from childcare and educational programs. With the latest information available, you will walk away with a guide to develop and ensure appropriate policies and procedures are in place. Myths and Facts will be revealed, leaving you feeling empowered to follow the law and help children and families with the resources they need.

Guiding Children and Youth Behavior in our After School Program

This workshop session focuses on developing positive and preventive strategies to effectively guide and facilitate children and youth's behavior. The workshop encompasses an activity on self-inventory, the six elements of operating a high-quality after school program along with developing a "PEACE-PLACE" in our programs to help children and youth solve their own problems through effective conflict resolution management. We will also discuss "Bullying Prevention" and share tips/resources you can use to benefit your After School program. Come prepared to share your successes and concerns while having fun during this interactive session.

Every Meal Counts!

This training will focus on how to facilitate the Child and Adult Care Food Program (CACFP) while continuing to use best practices within the program. Emphasis will be on accurately recording meals, family style meal service, experiences that encourage and model healthy eating habits while incorporating developmental (social emotional, cognitive, language, and physical) and learning objectives. Participants will engage in an interactive workshop where they will gain understanding and knowledge on how to assess and evaluate CACFP in their work environment. As well, organize and conduct family style meals and record keeping simultaneously during the daily tasks that caregivers provide during daily routines.

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Breakout Session #2 (11:00 – 12:00)

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Crisis Intervention & Self Care

A crisis can happen at any time, having tools to be a source of assistance can help make a difficult experience more manageable. This workshop will discuss crisis intervention theory, clarifying tools utilized to re-connect and re-empower survivors. The workshop will also look at what is helpful and hurtful in communication during times of crisis, identifying roadblocks to communication, while enhancing preexisting communication and listening skills. We will also explore self-care, developing strategies to support you after dealing with individuals in crisis.

Nuevo Proyecto de Ley de Expulsión: Implementando políticas y prácticas para apoyar a los niños **(New Expulsion Bill: Implementing policies and procedures that support children)**

Esta sesión proporcionará una visión general de P.A. 100-105 que aborda la remoción y expulsión de niños, desde el nacimiento hasta los cinco años, de los programas de guardería y educación. Con la información más reciente disponible, saldrá con una guía para desarrollar y garantizar que se implementen las políticas y los procedimientos adecuados. Se revelarán mitos y hechos, lo que hará que se sienta capacitado para seguir la ley y ayudar a los niños y las familias con los recursos que necesitan.

From Notice to Novice: How to avoid Warm-Body Syndrome

How many administrators/center directors hire an individual to fill an opening but within days realize the teacher is not a good fit for the position? High-turnover rates plague the early childhood field and it is crucial directors learn how hiring for a position must become a continual process to get the right fit. Our training will go over the high cost of turnover, both direct and indirect. We will give tips and strategies to use from the moment a teacher gives notice all throughout the hiring process until orientation. Information pulled from research and scholarly articles to validate key topics.

Praise and Positive Guidance: Much More Than Always Saying "Good Job!"

Place yourself in a playground, a child's birthday party, a school; possibly even your own child care learning environment, and there is one phrase that you can guarantee is being repeatedly said... "Good Job!". Many of us blurt these two words out often enough that it has almost lost intentionality. During this session, participants will discuss strategies to offer positive feedback and encouragement while discovering new ways of giving children praise.

Put Your Stress to the Test

Are you stressed out? If you answered yes, then this workshop is for you. Come learn about how your body responds to stress and the impact it can have on your personal & professional life. Several stress management strategies will be discussed that can be immediately incorporated in the classroom.. Participants will leave with an increased ability to use a more trauma informed lens when addressing situations and responding to children's behavior.

Developing and Implementing Best Business Practices in Your Family Child Care Program

*This session is designed for the **family childcare business owner** who is looking to strengthen and/or grow their program. It will focus on GrowthWheel's first module - the Business Concept Module. The business idea, licensing and regulatory requirements and businesses revenue streams will be highlighted. We will discuss how a family childcare home can grow and still meet licensing regulations. We will also review the various funding streams from parent fees to grants to government subsidies. The session will end with a brainstorming session on marketing and reputation building to increase and maintain enrollment.*

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Breakout Session #3 (1:15 – 2:15)

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Cultural Humility

This workshop will define what cultural humility entails and how this idea differs from cultural competence. It will also examine the myriad of ways in which people may benefit from a deeper understanding of the various differences in ideals, morals, values and norms that exist between diverse cultural groups

¡Cada Comida Cuenta!

(Every Meal Counts!)

Este entrenamiento se enfocará en cómo facilitar el Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP) mientras se siguen usando las mejores prácticas dentro del programa. Se hará hincapié en el registro preciso de las comidas, el servicio de comidas de estilo familiar, experiencias que fomenten y modelen hábitos alimenticios saludables al tiempo que incorporan objetivos de desarrollo (socioemocional, cognitivo, de lenguaje y físico) y de aprendizaje. Los participantes participarán en un taller interactivo donde obtendrán comprensión y conocimiento sobre cómo evaluar CACFP en su ambiente de trabajo. Además, organizar y llevar a cabo comidas de estilo familiar y mantenimiento de registros simultáneamente durante las tareas diarias que los proveedores proporcionan las rutinas diarias.

Directors' Corner: Developing Yourself as an ECE Leader

As the leader of your organization, you set the tone. Discover the leader you are now, and the leader you want to be. Use leadership skills to manage your time more effectively and create a staff and school culture that markets itself.

Reaching 120 minutes of Physical Activity Each Day

Best practices suggest that children need 120 minutes of physical activity each day: a mix of unstructured play, adult led activities and time spent on specific-skill building efforts. In this workshop we'll develop a plan to get to 120 minutes, explore the LOOP model (locomotor, object control, orientation and play), share our favorite activities with others and walk away with more than thirty activities to add to this year's lesson plans. Come prepared to move as we demonstrate and experience first-hand a variety of activities.

Engaging Families

How are you engaging with families beyond drop off and pick up? What does meaningful family engagement look like in a high-quality early childhood setting? As early childhood educators, we provide children their first experience on their educational journey. Children's school readiness and later academic success is further supported by parental engagement in early education. During this session, participants will discuss the benefits of engaging families, reflect on current program practices and share various techniques for increasing family involvement. A variety of activities, events and ideas will be shared to provide practical resources to support early childhood educators' effort to successfully engage families.

Developing and Implementing Best Business Practices in Your **Child Care Center**

*This session is **designed for licensed childcare centers** that are eager to grow and bring their business practices to the next level. It will focus on GrowthWheel's second module - the Business Organization Model. This focuses on best business practices such as hiring, training and retaining employees. This module also explores growing your business through partnerships with employers in your area and other organizations who might refer clients. We will have an in-depth discussion about leveraging and integrating programs and shared services into your center to increase profitability.*