

Welcome to the 2018 ECDA Fall Conference!

The Board and Staff of the Early Childhood Development Association of PEI are pleased to present the 2018 ECDA Fall Conference! The theme of this year's fall conference is "Working with Exceptional Children, Families, and Educators; Co-creating High Quality Early Learning Environments." Our programming is reflective of the concept of universal inclusivity, and includes engaging speakers from various backgrounds and specialties. Our aim with the conference is to broaden your thinking in terms of what it means to practice through an inclusive lens, so that everyone is given equal opportunity to thrive!

From the opening keynote, to the breakout sessions (covering topics ranging from trauma, cultural inclusion, gender diversity and more!) to discussions over lunch with your colleagues, this conference will build on your specialized bank of knowledge and enhance the future of your practice!

Regardless of which sessions you attend, the expertise of the facilitators will revitalize your passion for your work in the field of early childhood care and education. Thank you for attending the 2018 ECDA Fall Conference—the knowledge you gain enriches the futures of the children in your care!

Sincerely,

The ECDA Board and Staff



Conference Schedule at a Glance

November 7th: Pre-conference Day for Directors (4 PD hours)

| | | |
|---------------------|------------------|---------------|
| 8:30 am – 9:00 am | Registration | CCOA Studio 1 |
| 9:00 am - 10:30 am | Veronica Smith | CCOA Studio 1 |
| 10:30 am - 10:45 am | Nutrition Break | CCOA Studio 1 |
| 10:45 am - 11:45 pm | Sonya Hooper | CCOA Studio 1 |
| 12:00 pm - 12:30 pm | Lunch (Provided) | CCOA Studio 1 |
| 12:30 pm - 2:30 pm | Detry Carragher | CCOA Studio 1 |

November 8th: Conference Day 1 (6 PD hours)

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|---------------------|------------------------------------|---------------------|
| 8:00 am - 8:45 am | Registration | CCOA Main Concourse |
| 8:45 am - 9:00 am | Opening Remarks | MCC Gym |
| 9:00 am - 10:30 am | Opening Keynote, Marc Battle | MCC Gym |
| 10:30 am – 11:00 am | Nutrition Break | MCC Gym |
| 11:00 am - 12:15 pm | Plenary Session, Rebecca Parlakian | MCC Gym |
| 12:15 pm – 1:15 pm | Lunch | On your own |
| 1:15 pm - 4:15 pm | Sessions 1A-H | Various Locations |
| 4:15 pm – 6:30 pm | Afternoon Social & Awards Banquet | CCOA Memorial Hall |

November 9th: Conference Day 2 (6 PD hours)

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|---------------------|---------------------------------|---------------------|
| 7:45 am - 8:30 am | Registration | CCOA Main Concourse |
| 8:30 am - 10:00 am | Sessions 2A-G Part 1 | Various Locations |
| 10:00 am - 10:45 am | Nutrition Break | CCOA Studio 2 |
| 10:45 am - 12:15 pm | Sessions 2A-G Part 2 | Various Locations |
| 12:15 pm - 1:00 pm | Lunch (Provided) | CCOA Studio 2 |
| 1:00 pm – 1:30 pm | Minister Brown | MCC Gym |
| 1:30 pm - 2:15 pm | Comedic Relief, Patrick Ledwell | MCC Gym |
| 2:15 pm - 3:30 pm | Closing Keynote, March Battle | MCC Gym |
| 3:30 pm – 4:00 pm | Closing Remarks, Sonya Hooper | MCC Gym |

CCOA – Confederation Centre of the Arts
MCC – Murphy's Community Centre

November 7th: Pre-conference Day for Directors

With facilitators Veronica Smith, Sonya Hooper and Detry Carragher

9:00 AM – 2:30 PM | CCOA Studio 1

Begin the day with Veronica Smith, Ph.D, an Associate Professor in the Department of Education Psychology at the University of Alberta. Smith reviews the small base of research literature that explores Early Childhood Educator well-being (e.g., Hall-Kenyon, Bullough, MacKay, & Marshall, 2014) and how it is linked to a sense of 'doing a good job' otherwise referred to as teacher efficacy, on the one hand, and workplace 'burnout,' on the other hand. Smith describes a research project conducted in Alberta where they examined whether Early Childhood Educator beliefs and endorsement of teaching children about emotions was associated with the Educator's own well-being. They hypothesized and found that if Educators felt that teaching children about emotions was important, their own well-being would be positively impacted. That is, they would have greater understanding of how emotion regulation contributes to well-being, healthy development, and supports optimal development for children who have challenging behaviours.

In addition, Smith will discuss other links that they found with teaching efficacy, or confidence in the Educator's ability to support children's development was related to their own well-being.

Sonya Hooper will then speak to the findings of a recent HR Survey ECDA performed across the PEI ELCC field. Discussing some of the knowns and unknowns that the results alert us to. Participants will discuss the impacts on the field and begin to consider solutions for identifies HR gaps and share best practice ideas!

Spend the afternoon with Detry Carragher as she delves into subtle and overt factors that influence employee recruitment, retention, and engagement. In this session, she will also highlight how to spot signs which may be indicative of occupational burnout and suggest strategies for supporting an employees' well-being. Participants will be actively engaged to identify creative workplace initiatives that can spark and rejuvenate teams and centres.

November 8th: Conference Day 1

A lot of Different Flowers Make a Bouquet

Opening Keynote 9:00 AM – 10:30 PM | MCC Gym

With Facilitator Marc Battle, Early Childhood Education Instructor, Red River College

This old proverb was one my Grandmother used quite often when she wanted to convince me that being different was okay. As I have gotten older those words ring true for me, especially when I think about programs for all children. That old saying is a relevant metaphor for describing the philosophy and value of inclusion in child care today.

This keynote, through the use of songs, stories and the wisdom of Jean Vanier will explore two fundamental questions. Is the system set up for children requiring extra supports an inclusive model or an integrated one and does it matter? What are we working towards; what are our hopes and dreams for inclusion?

Marc is an ECE instructor at Red River College in Winnipeg, who also works with Aboriginal Head Start programs. Marc first worked at Toronto's Children Services, then at the child care centre at Durham College. For six years, he taught ECE at Northwest Community College in BC. Inspired by fellow ECE instructor Joan Turecki, he became interested in emergent curriculum, which builds on the children's interests, and in incorporating a more artistic approach to child care programs.



He has been at Red River College since 2002. Marc is a passionate speaker on a variety of topics including risky play, rich learning environments, quality interactions, inclusion, and guiding children toward discovery of their full potential.

Millennial Parents Survey

Plenary Session 11:00 am - 12:15 pm | MCC Gym

With Facilitator Rebecca Parlakian, ZERO TO THREE

Dr. Berry Brazelton has often said that parents have two questions: Is my child doing well? Am I doing well? All parents want to see their child succeed and grow up healthy, and want to do all they can to support this development. In this session, participants will explore and apply the results of two recent U.S. parent surveys (2016 and 2018) that asked Millennial parents of children aged birth to five about their beliefs and practices regarding child-rearing and parenting; the child-rearing topics they struggle with most; and the sources of information they seek out most frequently. Results from these surveys (one with a sample of 2000 parents and one with a sample of 1000 parents) will provide insight into parents' concerns about child development and parenting, and offer a deeper understanding of how parents use the expert guidance they receive.

This session will begin by providing context on Millennial parents based on Canadian population data and Canadian parent surveys; these data offer insight into age of first-time parenthood, labour force participation trends, use of social media, social values, etc. Participants will then learn more about the surveys conducted by ZERO TO THREE on Millennial parents in the United States. These survey data provide a comprehensive picture of parents' questions about child development, beliefs about parenting, and preferred parenting practices. Examples of messaging and resources designed to engage Millennial parents and address their specific needs/questions will be provided as well. Participants in this session will understand important trends and differences in how Millennials approach parenting; what Millennial parents have identified as their greatest challenges in parenting; and what types of information vehicles seem to work best for Millennials and what tone these materials should take.

Rebecca Parlakian serves as Senior Director of Programs at ZERO TO THREE, a national non-profit focused on promoting the healthy development of children from birth to three, where she directs a portfolio of federally- and privately-funded projects related to healthy child development and high quality teaching and care giving for children from birth to age five. Rebecca has co-authored three parenting education curricula and developed parenting resources on various topics and in various formats (including an app, podcasts, and videos).



Rebecca's written work has appeared in a variety of publications including the ZERO TO THREE Journal and the peer-reviewed Young Children, journal of the National Association for the Education of Young Children. She has also spoken widely, both within the U.S. and internationally, on topics including brain development, early literacy and language development, parent coaching, children and media, and more. Rebecca holds a Master's degree in Education and Human Development, with a concentration in infant-toddler special education, from the George Washington University, where she is currently serving as adjunct faculty.

Finally, Rebecca is the mother of two children, Ella, aged 16 and Ben, aged 13, who provide her with many opportunities to practice, and revise, her guidance on parenting.

Sessions 1A-H (1:15 pm - 4:15 pm)

1A Designing a Cultural Inclusion Framework | Ocean Room Holman Grand

The purpose of this workshop will be to highlight key considerations in developing a plan for cultural inclusion. ECEs will discuss cross-cultural challenges and share successes one another can build upon. This workshop will seek to harvest the participants' collective intelligence to identify core elements of an inclusion plan that takes into account each child's identity.

Facilitator: Lisa Dollar, Cultural Inclusion Trainer at PEIANC

Recommended for: Directors, Early Childhood Educators

1B What's a Sundial in the Shade? | MCC Gym

"Hide not your talents. They for use were made. What's a sundial in the shade?" - Benjamin Franklin

For almost 50 years, our profession has embraced the belief of full inclusion for people with disabilities in our classrooms and communities. We have accepted the fact that this is a human rights phenomenon and we were there at the beginning opening our programs to children who were often put into medical programs instead of child care programs. We provided a model for the world to see that people with and without disabilities can work and live together. So 50 years in, how are we doing? Sure we use all the right words with regards to disabilities but do we have the right actions?

This workshop will look at Inclusion through the lens of Jean Vanier and his work with L'Arche and see if there are some lessons for us to revise our own philosophy of inclusion for the children that we care for. We will also look at how we could provide employment opportunities for people with disabilities within child care; thus providing role models for everyone in the centre.

Facilitator: Marc Battle, Early Childhood Education Instructor, Red River College

Recommended for: Directors, Early Childhood Educators

1C Trauma in the Early Years | Memorial Hall CCOA

It was once thought that children were not affected by trauma. They were seen as uncomprehending and naturally resilient. While children can display much resilience, there are many ways that they are impacted by trauma. Some of them are similar to adults and some are unique to their developmental stage. It is important for anyone working with children to understand how children experience and cope with trauma, how trauma can impact child development and behaviour, and what steps can be taken to minimize the negative consequences of trauma. Concepts like trust, attachment and positive relationships are important protective factors when predicting the long term outcome for children who have experienced trauma or adverse childhood experiences (ACE). Danya will present an overview of this information and talk about the opportunities that exist when working with children.

Facilitator: Danya O'Malley, Family Violence Prevention Services of PEI
Recommended for: Directors, Early Childhood Educators

1D Children's Gender Diversity: Beyond the myths | Dunes/Beach Holman Grand

In this workshop, we blend research evidence and lived experience to outline and dispel the dominant myths about trans and gender diverse children. We discuss gender and sexual diversity in the human species, the history of medical research on gender, gender identity development in childhood, the importance of parental support for trans children and youth, and social and medical transition. Finally, we identify local and national supports and resources for gender diverse children and their families. We end our session with a discussion of policy and strategies for inclusion in early childhood education settings and a question and answer period.

Facilitator: Dr. Julie Temple Newhook, & TJ Jones, Trans Network Newfoundland
Recommended for: School Age Educators, Early Childhood Educators

1E Physical Literacy in the Early Years | Mackenzie Theatre (The Mack)

The early years are a crucial time for brain development, which also means a crucial time to develop motor patterns to successfully be able to move properly. Imagine a world where children didn't learn their ABC's before learning to read and write, would they successfully become literate? Learning the ABC's is the foundation to becoming literate. Physical literacy is exactly the same, but instead of ABC's, children are exposed to opportunities where they learn basic fundamental movements and patterns, which is the foundation to being physically active for life and therefore physically literate.

In this session participants will learn and PLAY. Participants will learn what physical literacy is, the need for physical literacy and its connection to early childhood, and what a quality physical literacy experience entails in the early years. In this interactive and practical workshop, participants will PLAY to learn how to implement a quality inclusive physical literacy experience for children in the early years utilizing the universal accessibility approach. And finally, participants will leave with a variety of tips/tricks, resources, and tools on how to effectively communicate the physical literacy language amongst their peers, coworkers, and with parents.

Facilitator: Cindy Levesque, MSc, BScKin, CSEP-CPT
Recommended for: Early Childhood Educators

1F Le parent a choisi un Centre de la petite enfance francophone pour son enfant Anglophone, Now what? | Boardroom CCOA

Cette présentation permettra aux participants/participantes de développer des trucs, stratégies pour mieux travailler en collaboration avec les enfants, leurs familles et leur

environnement de travail. Ainsi que de repartir avec des outils concrets qu'ils auront préparés eux-mêmes.

Discussion : quels sont mes plus grands défis avec cette situation.

Des solutions en trois étapes : D'abord, impliquer et responsabiliser le parent dans son choix, présentation d'outil simple et adaptable à tous les centres pour être remis aux parents—quels outils je pourrai utiliser à mon centre et quels autres outils pourraient être utilisés. Ensuite, raviver le sentiment de fierté et d'appartenance à la communauté acadienne et francophone—est-ce qu'on est fier de parler français ? Est-ce que c'est visible pour l'enfant et son parent ? Finalement, création sur place d'un outil tout simple à utiliser avec les nouveaux enfants et leur famille ! Il y aura des plastifieuses sur place.

Facilitatrice: Elaine Vachon, N.N.E.B, Francophone Board Member of the ECDA of PEI

Recommandé pour: Les éducatrices francophones

1G Supporting Children's Resilience through Play | Studio 1 CCOA

As the Adult we can support our children to redirect their play with changing the role or simply allowing the play so the child can make sense of their surrounding and feel empowered. This is the tool to teaching resiliency to our children. In this workshop we will have a sharing circle of introduction and welcoming not only each other but honour each others gifts, as we role model our own self-regulation techniques that focus on resiliency. We will end the session with a hands-on activity that promotes positive play experiences with all children.

Facilitator: Jessica Chisholm, Metis Early Childhood Educator, Manitoba First Nations Education Resource Centre, Winnipeg, MB

Recommended for: Early Childhood Educators, Directors

1H The Art of Cooking with Kids | Room 207 MCC

The Team of Registered Dietitians at Dairy Farmers of Canada, in partnership with the Early Childhood Development Association of PEI is pleased to invite you to attend a half day nutrition workshop.

Designed specifically for early childhood educators and cooks working in childcare centers attended by three to five year olds, this interactive workshop is all about encouraging children to eat healthy. Learn about best feeding practices, how to use cooking to promote childhood development, how to deal with food allergies & intolerances, and best of all get to cook and sample yummy recipes from The Little Chef's Big Book of Recipes!

Facilitator: Renée Leblanc, RD/Dt.P., Provincial Project Manager, Nutrition & Health Education, Dairy Farmers of Canada

Recommended for: Centre Cooks, Directors, Support Staff

Each center that attends will receive a copy of The Little Chef's Big Book of Recipes as well as nutrition education resources.

November 9th, 2018: Conference Day 2

Sessions 2A-2G (8:30 AM – 12:15 PM)

2A Designing a Cultural Inclusion Framework | Ocean Room Holman Grand

The purpose of this workshop will be to highlight key considerations in developing a plan for cultural inclusion. ECEs will discuss cross-cultural challenges and share successes one another can build upon. This workshop will seek to harvest the participants' collective intelligence to identify core elements of an inclusion plan that takes into account each child's identity.

Facilitator: Lisa Dollar

Recommended for: Directors, Early Childhood Educators

2B Bridging the Gap: Capacity Building for Social & Emotional Learning | Memorial Hall CCOA

The evidence based Pyramid Model, developed by the Centre for Social and Emotional Foundations for Early Learning (CSEFEL), provides a universal design for learning framework to enhance the skills and confidence of early childhood educators use of social and emotional supports in every day routines.

Drawing on Alberta research in implementing the ASaP project (Access, Support and Participation), this practical session will use video examples and interactive discussions to introduce essential universal and targeted strategies of the Pyramid Model that educators can take away and use in the work.

Facilitator: Gina Blank, GRIT Program, Edmonton, AB

Recommended for: Directors, Early Childhood Educators

2C I'm Sick & Tired of Seeing My Physio - Simple Steps in Understanding Your Work Environment and How to Move Properly | Mackenzie Theatre (The Mack)

As employers have directed more resources towards workplace safety, the rates of reported injuries have steadily declined over the past 20 years. But the responsibility of a healthy & safe workplace also falls on each and everyone one of us. Regardless of your role in a childcare centre there are numerous skills you can learn and apply to your job to further reduce your risk of injury.

In this interactive session we will discuss the common causes of injuries while working with young children, the short and long term health implications of these injuries and how being aware of your work environment and body mechanics can drastically reduce your risk of injury. We will also discuss the importance of maintaining a healthy lifestyle; examine some general mobility exercises and how these can also help reduce your risk of injury both in and out of the workplace.

We will also discuss some of the new challenges all early childhood educators are facing in their day to day duties. This will include strategies for dealing with children with physical disabilities as well as children with unique intellectual & emotional needs.

Facilitator: Steve Lawlor, Balance Health Physio

Recommended for: Early Childhood Educators, Directors

2D Children's Gender Diversity: Beyond the Myths | Dunes/Beach Holman Grand

In this workshop, we blend research evidence and lived experience to outline and dispel the dominant myths about trans and gender diverse children. We discuss gender and sexual diversity in the human species, the history of medical research on gender, gender identity development in childhood, the importance of parental support for trans children and youth, and social and medical transition. Finally, we identify local and national supports and resources for gender diverse children and their families. We end our session with a discussion of policy and strategies for inclusion in early childhood education settings and a question and answer period.

Facilitator: Dr. Julie Temple Newhook, & TJ Jones, Trans Network Newfoundland

Recommended for: School Age Educators, Early Childhood Educators, Directors

2E The Power of a Parent Vision | Studio 1 CCOA

While research shows the majority of educators believe in the inclusion of children with disabilities, inclusion in early learning programs continues to create stories of success and challenge.

Grounded on a foundation of human rights, this workshop will engage participants to reflect on their values and beliefs of inclusion and family centred practices. Drawing on the power of hopes and fears, we have an opportunity to engage families and create a shared understanding of what Inclusion is and how educators can use everyday routines to support parent's vision for inclusion through meaningful participation.

Facilitator: Twyla Bruce, GRIT Program, Edmonton, AB

Recommended for: Early Childhood Educators, Directors

2F Jouer pour apprendre: la littératie physique dans la petite enfance |

Boardroom CCOA

Les premières années sont une période cruciale pour le développement du cerveau, ce qui signifie également un moment crucial pour développer des habiletés motrices pour réussir à se déplacer correctement. Imaginez un monde où les enfants n'appendraient pas leur alphabet avant d'apprendre à lire et à écrire, réussiraient-ils à lire et à écrire? Apprendre l'« ABC » est la base pour devenir alphabétisé. La littératie physique est exactement la même, mais au lieu de l'alphabet, les enfants sont exposés à des occasions où ils apprennent les mouvements et les habiletés de fondement du mouvement, ce qui est la base pour être physiquement actif pour la vie et donc avoir acquis une littératie physique.

Dans cette session, les participants apprendront et JOUERont. Les participants apprendront ce qu'est la littératie physique, le besoin pour littératie physique et son lien avec la petite enfance, et ce qu'une expérience de qualité en littératie physique implique au cours des premières années. Dans cet atelier interactif et pratique, les participants JOUERont pour apprendre comment mettre en œuvre une expérience de qualité en littératie physique inclusive pour les enfants dans les premières années en utilisant l'approche d'accessibilité universelle. Enfin, les participants repartiront avec une panoplie de conseils, de ressources et d'outils sur la façon de communiquer efficacement le langage de littératie physique entre leurs pairs, leurs collègues et avec les parents.

Facilitatrice: Cindy Levesque, MSc, BScKin, CSEP-CPT

Recommandé pour: Les éducatrices francophones

2G Supporting Children's Resilience through Play | MCC Gym

As the Adult we can support our children to redirect their play with changing the role or simply allowing the play so the child can make sense of their surrounding and feel empowered. This is the tool to teaching resiliency to our children. In this workshop we will have a sharing circle of introduction and welcoming not only each other but honour each others gifts, as we role model our own self-regulation techniques that focus on resiliency. We will end the session with a hands-on activity that promotes positive play experiences with all children.

Facilitator: Jessica Chisholm, Metis Early Childhood Educator, Manitoba First Nations Education Resource Centre, Winnipeg, MB

Recommended for: Early childhood educators, directors

Remarks by Minister Brown (1:00 – 1:30 pm) | MCC Gym

Comedic Intermission (1:30 – 2:15 pm) | MCC Gym

With Patrick Ledwell

Patrick's quick-witted comedy has brought him national recognition with multiple appearances on CBC Radio's "The Debaters." He's a popular host and comedian at events across Canada, from the Royal Visit to Charlottetown to a recent performance in Inuvik, above the Arctic Circle. His first book "I Am an Islander" is a Canadian bestseller, and his new book An Islander Strikes Back just was released in May. During the summer season, he performs with Mark Haines in the hit PEI show "The Island Summer Review." Patrick lives on a hobby farm outside Charlottetown PEI, with his wife Tara and his 4-year-old son Nate.

Closing Keynote and Interactive Discussion (2:15 – 3:30 PM) | MCC Gym

With Marc Battle

Closing Remarks (3:30 – 4:00 PM) | MCC Gym

With Sonya Hooper

Thursday Afternoon Social

November 8th 4:15 pm - 6:30 pm

Memorial Hall, Confederation Centre of the Arts

Conference participants are invited to a reception following the last breakout session of the day on Thursday at Memorial Hall. This event will combine our Meet & Greet and Ultimate Night Out from previous years. There will be appetizers, Photo Booth, Casino, awards and years of service pin ceremony, and our conference facilitators will be there to answer any questions about their workshops, or just to get to know them a bit better! This is a great opportunity to unwind and chat about the events of the day with your colleagues. We hope to see you there!

Thank you to our major sponsorship partner, Dairy Farmers of Canada!

