

2019 ECDA

Spring CONFERENCE

Summerside | May 3rd



Welcome!

The ECDA Board and Staff of the Early Childhood Development Association of PEI are pleased to present the 2019 ECDA Spring Conference! The provincial annual PD day will take place Friday, May 3rd between the College of Piping, Quality Inn, Credit Union Place and the Atlantic Superstore.

The workshops presented at the conference cover a range of topics, including:

- Defining and managing anxiety in children
- Designing environments and experiences for children
- Inspiring educators to grow as leaders
- Taking a creative approach to learning
- Integrating the power of music to your work
- Identifying and supporting common physical literacy difficulties in children
- Putting educator self-care into practice

Centre cooks will have the opportunity to take an interactive grocery store tour and spend time with a chef and dietitian, discussing the new Canada's Food Guide to help with weekly meal planning.

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 2019 ECDA Spring Conference—the knowledge you gain enriches the futures of the children in your care!

Sincerely,

The ECDA Board and Staff

Conference at a Glance

Date

Friday, May 3rd, 2019

Locations

College of Piping

619 Water Street East, Summerside

Quality Inn

618 Water Street East, Summerside

Credit Union Place

511 Notre Dame Street, Summerside

Atlantic Superstore

535 Granville Street, Summerside

Contact

(902) 368-1866

info@ecdaofpei.ca

www.ecdaofpei.ca



@ECDAofPEI



@ECDAofPEI

Conference Schedule

May 2nd, 2019: Pre-Conference Day for Directors/Supervisors (5.5 PD hours) - Quality Inn

9:00 am - 10:30 am	Growing a Culture of Pedagogical Leadership with Lorrie Baird
10:30 am - 11:00 am	Nutrition Break provided at the Quality Inn
11:00 am - 12:00 pm	Workshop continues
12:00 pm - 1:00 pm	Lunch provided at the Quality Inn
1:00 pm - 3:30 pm	Workshop continues

May 3rd, 2019: Spring Conference (5.5 PD hours) - Various Locations

9:00 am - 10:30 am	Sessions A, B, C, D & E
10:30 am - 11:00 am	Nutrition Break - Quality Inn & Credit Union Place
11:00 am - 12:00 pm	Sessions A, B, C, D & E
12:00 pm – 1:00 pm	Lunch - Dine on your own*
1:00 pm - 3:30 pm	Sessions A, B, C, D & E

*Reservations or packed lunch are recommended

Pre-conference Day for Directors

May 2nd 9 AM – 3:30 PM | Quality Inn - Dunning/Rankin Room

Growing a Culture of Pedagogical Leadership

The early learning field continues to evolve as we deepen our understanding of the importance of the first years of life. As we grow our practice, we must also embrace a pedagogical approach to leadership. As leaders, we need to reconcile the responsibility between ever ending administrative duties, ensuring program quality, and supporting the growth of others. When we parallel our practice and focus on principles that move us, we can create a community of learners and build a culture of reflective practice.

Topics: Working from A Place of Vision and Values, Developing Meaningful Relationships, Considering the Role of Learning in our Everyday Practice, Nurturing Dispositions for Learning



Facilitator

Lorrie Baird has been actively working in the early learning field for 30 years. Her experience ranges from Classroom Educator, Director, College Faculty, Curriculum Consultant and now as a Pedagogical Leader and Associate Executive Director with Compass Early Learning and Care (formerly Kawartha Child Care Services) in Peterborough, Ontario.

Lorrie has immersed herself in the early learning field strengthening her understanding of the teaching and learning process. As a pedagogical leader and professional learning facilitator, she believes in engaging educators in reflective practice and ensuring that our work in adult learning parallels that which we want to foster with children. Deeply rooted in a social constructivist approach, her practice is to engage early learning professionals in opportunities to reflect and think together about their work.

Inspired by the educators of Reggio Emilia, Lorrie has been an acting member of the ORA board since its inception and is committed to helping bring others together across our Province that share this same passion for learning.

Session A



May 3rd
9 AM – 3:30 PM



College of Piping
Theatre

Early Childhood Anxiety

This full-day workshop occurs in two parts, with the morning session focusing on defining anxiety clearly to better understand what it is made of (e.g., the thoughts, physical symptoms, and behaviours that commonly define anxiety in children). Time will be spent examining observational ways to assess anxiety along with more formal assessment methods. The morning will end with an extended discussion on how educators and parents can help children with anxiety both at home and at school focusing on helping children “fight their fear by facing their fear.”

The afternoon session focuses on applying skills learned in the morning, along with a more in-depth examination of exposure-based treatments of anxiety. We will examine the importance, both philosophically and practically, of not allowing fear-avoidance cycles to persist and the difficulties inherent with long-term accommodation of anxiety within educational systems.



Facilitator

Dr. Daniel Chorney works with children, adolescents, and adults with a variety of mental health concerns but focusing on anxiety, depression, and insomnia. His training included extensive work in helping young children (e.g. preschool-aged) overcome their fears of social situations and other specific situations (e.g., fear of sleeping alone, separation anxiety, facing new situations, public speaking, needles/injections, etc). Dr. Chorney also has a particular interest in treating pediatric obsessive-compulsive disorder (OCD) and habit disorders.

He has specific training in helping individuals of all ages with sleep concerns ranging from insomnia (difficulty falling asleep or staying asleep) to behavioral difficulties getting children to go to sleep at night. His training focused heavily on both the assessment and treatment of anxiety and mood disorders across the lifespan, and he has extensive experience working in both individual and group settings. He uses both cognitive-behavioral therapy and acceptance and commitment therapy in his practice.

Dr. Chorney completed his undergraduate studies at the University of British Columbia, and received his Ph.D. from West Virginia University under the supervision of Dr. Tracy Morris. He completed his clinical internship at the Alpert Medical School of Brown University in Providence, RI. Prior to starting a private practice Dr. Chorney worked at the IWK as a staff Psychologist within the Community Mental Health program. During his time at the IWK, Dr. Chorney served as the Team Leader for the Anxiety Program (Treatment of Anxiety Group).

Session B



May 3rd
9 AM – 3:30 PM



The Oval - Credit Union Place

Deepening our Role as Leaders in the Classroom - Growing a Culture of Reflective Practice

This session will take participants on a journey to deepen their understanding of our roles in supporting the children's play and complex learning. Educators will engage in dialogue around our image of children, the powerful role we play in building relationships, designing environments and experiences for children, and considering classroom research as a place to grow documentation and forward our work. This exciting session will inspire each of us to grow ourselves as leaders and to build the kind of community that we desire for our children, our families and ourselves.



Facilitator

Lorrie Baird has been actively working in the early learning field for 30 years. Her experience ranges from Classroom Educator, Director, College Faculty, Curriculum Consultant and now as a Pedagogical Leader and Associate Executive Director with Compass Early Learning and Care (formerly Kawartha Child Care Services) in Peterborough, Ontario.

Lorrie has immersed herself in the early learning field strengthening her understanding of the teaching and learning process. As a pedagogical leader and professional learning facilitator, she believes in engaging educators in reflective practice and ensuring that our work in adult learning parallels that which we want to foster with children. Deeply rooted in a social constructivist approach, her practice is to engage early learning professionals in opportunities to reflect and think together about their work.

Inspired by the educators of Reggio Emilia, Lorrie has been an acting member of the ORA board since its inception and is committed to helping bring others together across our Province that share this same passion for learning.

Session C - 1



May 3rd
9 AM – 12 PM



College of Piping
Main Hall

Beyond Basic Play:

How Observation of Early Movement Skills Can Help Us Understand Brain Development and Provide Nurturing Environments in Young Children

In our society, we put much emphasis on the early acquisition of movement skills and helping children learn independence from a very early age. Research has shown us that allowing our children to freely move and respecting their innate potential for development provides innumerable benefits to growing brains and bodies. In this workshop, educators will have the opportunity to learn about the natural course of motor development which goes hand in hand with sensory and cognitive development. There will be an opportunity to get down on the floor and explore this during a series of hands-on demonstrations.

Some of the topics we will discuss include:

- The consequences of interfering with natural development
- The importance of sensory experiences
- The trouble with static positioning in young children and the use of play equipment
- The wonderful possibilities that arise when we understand how children learn and develop best
- How to identify and deal with common difficulties in children (upper body weakness, core stability issues, tactile sensitivity, gravitational insecurity, w-sitting, gross and fine motor delays and more)
- The importance of teaching children the power of relaxation, breathing and meditation



Facilitator

Lori Robbins is a mom, physiotherapist and certified infant massage instructor trainer (CIIT®). She has an extensive background in child development including sensory motor development, neurological development, and attunement and attachment. She is passionate about educating families on the importance of early interactions and attachment experiences on early brain development. She now focuses her training and teachings on a holistic approach to parent and child health and development. She is the only certified infant massage instructor trainer on the East Coast of Canada and she lives in Halifax with her husband and two small children.

Session C - 2



May 3rd
1 PM – 3:30 PM



College of Piping
Main Hall

The Power of Music: *Learning How to Integrate Music in Effective Ways*

This presentation will focus on effective and supportive ways to integrate music into everyday life. You will learn more about the benefits of music and music therapy, how to access music therapy services, creative ways to use music with children, and how to use music for self-care. This will be an interactive presentation where you will explore and experience music listening, singing, instrument playing, creative music activities and games, and learn about the importance of collaboration. This presentation will take a creative approach to learning and will encourage participants to use their own skills and experiences to unlock the power of music.



Facilitator

Katherine Lowings, BMT MTA, holds a Bachelor of Music Therapy from Acadia University. She is a Certified Music Therapist through the Canadian Association for Music Therapy works as a Music Therapist, Music Therapy Internship Supervisor, and Triple P Practitioner at Catholic Family Services Bureau (CFSB) in Charlottetown PE. CFSB is a non-profit non-denominational counselling agency that works to provide all Islanders with the help they need. She is also the President of the Atlantic Association for Music Therapy and is currently completing her Masters in Counselling from the University of Lethbridge.

Katherine works within the community to provide services on an individual and group basis with a wide variety of clients. Some populations include adults and children with developmental disabilities, youth at risk, mental health, neurological disorders, and palliative care. Katherine believes in continuing education, and attends many conferences throughout the year to learn and continually develop in her practice. Through Music Therapy, Katherine uses the power of music to connect and communicate with the client's she works with. She seeks to provide a positive environment where clients can use their strengths to overcome their challenges.

Session D



May 3rd
9 AM – 3:30 PM



Quality Inn - Dunning/
Rankin Room

Bien se connaître et s'occuper de soi pour profiter au maximum de ce que la vie nous offre au quotidien!

Expériences d'activités du mieux-être, des échanges et discussions entre les participants, des suggestions pour bénéficier au maximum de ce que la vie vous offre. Une conscientisation de l'importance de s'occuper de sa santé mentale et physique. Apprécier l'importance du travail quotidien en Petite enfance et l'importance d'être bien avec soi pour profiter d'une vie bien remplie.



Darlene Arsenault

Je suis diplômée de l'école Évangéline en 1976 et j'ai obtenu mon diplôme d'enseignante de l'Université de Moncton en 1980. Depuis ce temps j'ai aussi obtenu mon certificat V et ma maîtrise en Éducation. Je suis très impliquée dans ma communauté acadienne et francophone depuis les 20 dernières années dans le mouvement francophone et depuis les 10 dernières années au niveau de la santé mentale de la jeunesse et des adultes. Nous pouvons devenir de meilleures personnes en participant pleinement au monde qui nous entoure et en contribuant notre temps et énergie à nous-mêmes, à nos enfants et à notre communauté.

Depuis les 32 années de ma carrière en enseignement, j'ai été enseignante au niveau primaire, intermédiaire et au secondaire, j'ai également travaillé au niveau de la direction scolaire dans 4 des 6 écoles de la Commission scolaire de langue française, dans le dossier de la pédagogie culturelle, comme conseillère au ministère de l'éducation et bibliothécaire. Je suis cofondatrice des camps de développement personnel et social pour les jeunes de la maternelle à la 12e année avec le Village des Sources l'Étoile Filante et formatrice certifiée pour offrir le cours de 14 heures de Premier soin en santé mentale pour adultes interagissant auprès des jeunes.

Session E



May 3rd
9 AM – 3:30 PM



Atlantic
Superstore

Healthier Meal Planning with your in-store Dietitian and PC Cooking School

Join your in-store dietitian and PC Cooking School to learn about nutrition and healthier cooking. Your Dietitian will discuss the new Canada's Food Guide as well as take you through an interactive grocery store tour. This tour will discuss healthier options and where to find them to help with your weekly meal planning. Your PC Cooking School Chef will serve you a healthy balanced lunch. Your Chef will offer an array of healthy cooking tips and your in-store dietitian will highlight the nutrition component of the products used. Your Chef will also offer you an insightful and interactive session to discuss healthier substitutions to use for baking or cooking such as adding more fibre and reducing sugar. Your dietitian will discuss the benefits of these substitutions as it relates to children. There will be lots of time to ask your Chef and Dietitian about healthy eating and cooking throughout the day and will leave with resources to take home with you.



Facilitator

Angela Dawson is your In-store Dietitian at Atlantic Superstore in Summerside, PEI and at the West Royalty location in Charlottetown, PEI. Angela has a Bachelor of Science, Honors in Human Kinetics from the University of Ottawa. She later went on to complete her Bachelor of Science in Foods and Nutrition and an Integrated Dietetic Internship from the University of Prince Edward Island. She has been a Registered Dietitian for 4 ½ years in the community setting.

Angela uses her knowledge from both degrees to educate customers on making healthier, balanced lifestyle choices that meet their nutrition goals. Angela has experience working with the menu's of daycare centers on PEI working with the former PEI Healthy Eating Alliance. In her current position, Angela offers a variety of services such as interactive grocery store tours to show customers healthier food choices, food demonstrations, group nutrition programs, in-store and out-of-store presentation and one-on-one personalized nutrition services. Fun fact: Angela started dance at age 3 and started competing at age 5. Her love of dance and competition spiked her interest in nutrition, seeing the impact that a healthy diet can have on performance and energy levels, is why she decided to go into dietetics and share this passion for nutrition with everyone!

Registration Fees

Spring Conference - May 3, 2019

Regular Rate Member	\$78.00+tax
Regular Rate Non-Member	\$150.00+tax
May 2 & 3 Combo Package	\$0.00+tax*

Pre-conference Day for Directors/Supervisors - May 2, 2019

Regular Rate Member	\$90.00+tax
Regular Rate Non-Member	\$150.00+tax
May 2 & 3 Combo Package	\$150.00+tax*

*Please note that the May 2 & 3 Combo Package is \$150+tax. You must register to both conference days to receive this pricing.

The registration deadline is April 26, 2019.

Registration Submission

Register online at www.ecdaofpei.ca. Members, please log in to the Member Area to receive member rates. Please note you must register separately for the Pre-conference Day event.

Submitting your Payment

Cash	Please hand deliver any payments made in cash to the ECDA office
Cheque	Please make payable to the ECDA of PEI
PayPal	Please use Visa or MasterCard via online registration form
Email transfer	Please make payment to payments@ecdaofpei.ca

Accommodations

Reduced rates are available at the Quality Inn, 618 Water St E, Summerside. Phone: 902-436-2295 , Toll Free: 800-265-5551, Email: info@qualityinnpei.com

Thank you for attending the 2019 ECDA Fall Conference!