

Fall Conference

November 9th, 10th, 12th & 13th, 2020

Online and in-person sessions
across PEI!

Rising to the Top!

Early
Childhood
Development
ASSOCIATION of PEI



**DAIRY
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LES PRODUCTEURS
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DU CANADA

ECDA Fall Conference Schedule

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

Welcome!



The Board and Staff of the Early Childhood Development Association of PEI are pleased to present the 2020 ECDA Fall Conference! The conference will take place from November 9th to 13th and includes online sessions as well as small group sessions across the Island!

This year we are like a phoenix rising from the ashes, having taken on a global pandemic with professionalism and passion for the work we do and the children and families we care for. With this in mind, the title for this year's conference is "Rising to the Top". Our programming is reflective of this and will focus on well-being, communication, self-care, mindfulness, environments and so much more!

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 registering for the 2020 ECDA Fall Conference—the knowledge you gain enriches the future of the children and families in your care!

Sincerely,

The ECDA Board and Staff

ECDA Fall Conference 2020

Dates:

Monday, November 9th to
Friday, November 13th, 2020

Various Locations:

Some sessions will be delivered on-line via Zoom webinar while some will be in-person in various venues across the Island.

Contact:

ECDA

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Fall Conference 2020 Schedule



This year the conference is going to look a bit different due to Covid-19. We ask that you demonstrate patience as we work through this unique opportunity together. We were able to pull this conference off by creating a variety of small sessions spread out in various venues and following some pretty stringent rules and guidelines. Each session has a MAXIMUM of 45 participants. With the exception of the Francophone sessions and the sessions being held at North Rustico Lions Club, each session is being repeated on both days of the conference so you have a second chance to tap into one of your favorite selections.

We have booked venues big enough to accommodate social distancing inside, but we do ask that you bring a mask just in case. Additionally, due to the added restrictions of Covid-19 we are unable to provide nutrition breaks and ask that you please bring snacks for the day, as well as a bagged lunch, or make reservations somewhere close to your venue.

With all of this in mind, we ask that you please carefully read through and be aware of what you are choosing to attend. It will be near impossible to adjust your choices once they are made. We ask that whatever you choose when registering, that is the session you attend. There will be someone assigned to registration at each of the locations and if your name is not on the list, you simply will not be allowed into the venue.

An evaluation of the sessions will be sent out after the conference, as always your evaluations are very important. If you've really enjoyed a speaker and feel your colleagues would benefit from having the session, or speaker again, please do let us know.

Schedule for November 12th & 13th

8:30 - 9:00 am	Registration
9:00 - 10:30 am	Sessions 1-10
10:30 - 10:45 am	Nutrition Break
10:45 - 11:45 pm	Sessions 1-10
11:45 - 12:45 pm	Lunch - Dine on your own*
12:45 - 2:15 pm	Sessions 1-10
2:15-2:30 pm	Nutrition Break
2:30--3:30 pm	Sessions 1-10



Bring About What You Think About: How to change your future today!

In this powerful keynote presentation, Eddie LeMoine shares insights gained from his experience as a senior sales leader and explores the principles from his bestselling book, *Bring About What You Think About*. Surprisingly, top performers do not necessarily work more hours or have more product knowledge or ability. Eddie reveals their secrets of success and shows you how to use these life skills to change your life.



This presentation is filled with valuable ideas interwoven with inspiring anecdotes and accented with humour and emotion. Eddie's practical

approach provides you with techniques you can use immediately in your work and personal life.

As you focus on building and creating the people, jobs, suppliers, situations and relationships you want in your future, you realize that some goals that may seem unattainable. By using the techniques Eddie describes, you will discover the three key elements to help you change your future outcomes; in essence, to bring about what you think about.

Key topics

- Become happier at work and home.
- Improve business and personal relationships.
- Create more of what you would like to have and less of what you would not
- Remove the disempowering beliefs that hinder success.
- Employ the power of emotions on relationships, success, health and happiness.
- Break through fears to achieve higher levels of success.
- Foresee pitfalls along the way and avoid them.
- Enjoy living life in the moment.
- Attract abundance in all areas of life.
- Achieve the outcome you desire

Facilitator Biography:

Eddie LeMoine is a Canadian-born best-selling author, award-winning speaker, seminar leader and corporate trainer. He is a sought-after resource for both government and corporate clients. Eddie's unprecedented success is based on his powerful ability to close the gap between business results and personal development. He inspires greatness by awakening the talent in each individual.

Not only a successful professional speaker, his career experience as a seasoned business executive quickly builds credibility for his topics as he can personally relate business success stories and lessons learned throughout his 35 plus years of experience.

Virtual Keynote



November 10th
6:30 7:15 PM



Online



We Are All Heroes

This interactive keynote looks at early years practitioners as the single biggest positive influence on children's lives. We look at the inestimable damage negative adults can have on the emotional well-being of children and what we can do as early years professionals to mitigate and overcome that damage and help our children thrive. Sometimes all it takes is one positive adult to overcome a lifetime of negativity – this endnote shows how we can be that hero.

Facilitator: Ben Kingston Hughes

Ben Kingston-Hughes is a national award-winning trainer and Managing Director of Inspired Children. He has worked with children for over 30 years and has twice appeared on television working with vulnerable children. His transformative training has been mentioned by Ofsted as an example of outstanding staff development and his distinctive blend of humour, neuroscience and real-life practical experiences make his training invaluable for anyone working with children. His finest moment last year was when a group of reception children named their class frog after him.



inspired
Children
Play, Nurturing & Curiosity



Session 1A & 1B

Recommended for: Directors, ECE, ISA, SA, Support Staff, Cooks



Nov 12 & 13
9 AM – 3:30 PM



Rodd Royalty
Charlottetown



Compassion Fatigue and the Helping Professional

Are you a helping professional? If so, you may know that people in the caring professions often experience compassion fatigue. Compassion fatigue is described as a profound emotional and physical exhaustion that helping professionals and caregivers can develop over the course of their career.

During this interactive workshop, you will learn about the signs and symptoms of compassion fatigue and identify personal self-care strategies to deal with compassion fatigue and increase stress resiliency.

Learning outcomes:

1. Reflect on the work you do as a helping professional.
2. Identify the symptoms/signs of compassion fatigue.
3. Assess for personal compassion fatigue.
4. Identify personal self care strategies to address/overcome compassion fatigue.
5. Commit to a personal action plan to increase stress resiliency.

Facilitator: Gerard Murphy

Gerard is the owner and president of Barefoot Facilitation Inc. He has a 25 year track record of excellence as a facilitator, educator, and speaker. His passion is helping people to engage in conversations that are impactful and influence individual, team and organizational performance.

Gerard has worked nationally, provincially and regionally to provide facilitation, training and consulting services to clients within the voluntary, public and private sectors. He has extensive experience working with organizations to design and deliver learning opportunities and processes. And he has in-depth content knowledge in health promotion and community development, with expertise in supportive care program planning for people living with heart disease, stroke, cancer and dementia.

Gerard is a graduate of the School of Health and Human Performance at Dalhousie University. With a commitment to lifelong learning he has certifications in public participation, community-based development, leadership development and primary health care collaboration. Gerard is a certified Personality Dimensions® Qualified Facilitator and has successfully completed the training requirements for Master Trainer in the Stanford Chronic-Disease Self-Management Program.



Session 2A & 2B

Recommended for: Directors, ECE, ISA, SA



Nov 12 & 13
9 AM – 3:30 PM



Credit Union
Place, Summerside



Learning Environments: Embracing Today, Excited for Tomorrow

This interactive workshop will focus on the effects our environments have on children and adults. We will explore how our learning environments can support (or sometimes hinder) our sense of well-being. We will discuss creating a classroom culture through predictable routines and expectations, with the focus on trust and respect. We will analyze how we can predict and manage behaviours and children's energy levels throughout the day using a flexible schedule. In addition, we will consider the impact of the overall classroom layout and how it helps maximize opportunities for group and individual play with the focus on creating new learning centres that promote the skill set for the future.

Facilitator: Olha Khaperska

Olha Khaperska is an Early Childhood Educator and hands-on consultant, with a solid background in early learning, a knack for design and aesthetics, and a positive attitude. Her passion is creating beautiful, functional, and inclusive classrooms, which she documents on her blog, Beautiful Classrooms.

Olha has a degree in Management, an ECE diploma, and an Early Childhood Administrator Certificate. She is excited to start her graduate Studies in Lifelong Learning at Mount St. Vincent University. Olha has been working with children since 2012. Currently, she is as a Lead ECE in the Pre-Primary program at Halifax Regional Centre for Education (HRCE). Outside of her classroom, Olha delivers workshops

and facilitates training for the new Nova Scotia Early Years Learning Curriculum Framework.



Session 3A & 3B

Recommended for: Directors, ECE, ISA, SA



Nov 12 & 13
9 AM – 3:30 PM



Angèle Arsenault
Hall, Evangeline



The Early Childhood Educator's Role in Identifying and Reporting Child Sexual Abuse *

In your role as an ECE, you work with many children and families and encounter many unique situations. In this session participants will have the opportunity to become refreshed, or introduced to an overview of proposed updates as recommended in the Child Protection Act Review report, as well as a review of situations covered by the Act and those not covered including 3rd party assaults. There will be a brief Child Protection Presentation outlining ECE responsibilities, and provincial resources. The focus of discussion will then be narrowed to child sexual abuse prevention with a review of natural and healthy behaviors and behaviors of concern. Participants will gain tips on ways to respond to children's sexual behaviors and communicate with parents regarding observed behaviors. A number of resources will also be shared, including a closer look at Tea Tree Tells resource.

Facilitators:

Dr. Wendy Verhoek-Oftedahl, Ph.D. is the Family Violence Prevention and Community Development Coordinator in the Department of Social Development and Housing. She is an injury epidemiologist with over 20 years of experience in family violence prevention. Since 2009 she has served as resource for the PEI Premier's Action Committee on Family Violence Prevention and chair of the provincial Child Sexual Abuse Advisory Committee. She serves as provincial representative on the Public Health Agency of Canada Family Violence

Prevention Initiative. She held a research faculty appointment at Brown University from 1992 to 2010 and an adjunct faculty appointment from 2010 to 2018.

Terri MacEwen, RSW, BSW is a Child Protection Social Worker with the Department of Social Development and Housing. She is currently working on her Master of Social Work from Waterloo University in Waterloo, Ontario which she will complete by September 2020. Within Child Protection she has served on an Investigation/Focused Intervention team. She then worked in Montague on Investigations and now holds a senior permanent position on an Investigation team in Charlottetown. In 2015 she completed specialized child sexual abuse joint interview training and has completed several joint interviews for child sexual abuse with police. She recently held a temporary senior position with the Provincial Intake/Assessment Unit, and is now in the temporary position as Supervisor for that Unit, which receives all Child Protection reports for the province.

Kim Bailey, BA, B.Ed, M.Ed, RSW has 14 years experience as a Registered Social Worker. She has worked in the areas of Child Protection, Mental Health, Adult Protection and Adoption/Foster Care. Her areas of focus were adoption and children. For the past 15 years, Kim has worked in the school system. Six of these years were spent as a school counselor and teacher. For the last 11 years, she has been in the role of Counselling Consultant and is involved with children from K to grade 12.

Krista MacEachern and Claire Doucette

Session 4A & 4B

Recommended for: Directors, ECE, ISA, SA, Support Staff, Cooks



Nov 12 & 13
9 AM – 3:30 PM



Cavendish Farms
Wellness Centre,
Montague



We are all storytellers - and it can play havoc in communicating!

Clear, honest, open and direct communication may be the ultimate goal with children, their parents, your colleagues or family but it can be a challenge despite your strong desire to succeed. This day long workshop explores first what underlies the challenges – why you have difficulty communicating with some individuals or groups while other times you feel heard and understood. This increased awareness is step one to improved communication. You'll always struggle with what is out of your awareness. For example our brains are wired to “tell stories”, to make sense of things. You'll learn how this impacts our effectiveness in written and spoken communication plus how to work with our stories to be better at communicating. Effective communication is a skill and therefore can be learned. In the second part of this day you will learn to use a variety of powerful tools to be a more effective communicator.

Facilitator: Leona McIsaac Moran

Rich in lived experience, Leona has had a fulfilling career in the public service (her last 6 years as PD Coordinator with the Department of Education and Early Childhood Development) and chooses now to work through her own business where she engages with individuals in one on one coaching and facilitates group learning experiences.

Always a passionate learner, Leona integrates a wide body of knowledge into the many roles in her daily life, and will not

bring to the conversation and classroom what she has not experienced as truthful and practical in her own experience. She invites individuals to be curious, to learn and have fun in the process. She has an undergrad degree in Child Studies, a Masters in Adult Education, is a Certified WEL Systems Coach and is a sessional in the Faculty of Education at UPEI where she teaches Communication Practices.

“The choices you make determine the life you live.”



Session 5A & 5B

Recommended for: Directors, ECE, ISA, SA



Nov 12 & 13
9 AM – 3:30 PM



Jack
Blanchard Hall,
Charlottetown



Fostering Children's Relationships with Nature

In this workshop we will explore the importance of fostering children's relationships with nature by looking at how this relates to the development of the whole child and how it can better be incorporated into our daily practices. Participants will reflect on what they are currently doing in their classrooms to support this relationship as well as the contradictions and limitations. Together, we will look at how to better incorporate ideas/practices that support these relationships into a specific area of our classrooms and discuss how the ideas guiding the creation of this space might impact other parts of the environment and our pedagogical approach more broadly. Educators will expand their understanding of what it means to foster children's relationship with nature and feel more confident supporting this relationship regardless of their physical setting. As part of this workshop we will make time to go out and explore the outside environment ourselves, collecting materials, creating, and reflecting on how our own relationships to nature impact our practices.

The Scream! Digging Deeper into How We Respond to Children's Screams

Description: "Use your words"
Young children's screams are often misunderstood, dismissed, quited, or even disciplined. In this workshop we will explore our own feelings about children's screams and how these feelings impact how we respond to screams in the early

learning setting. We will discuss the different ways screams are used by children, why they are important for educators to listen closely too, and how we can better respond to children's screams. Educators will learn to see screams as overflowing with meaning and requiring of more thoughtful engagement.

Facilitator: Taylor Hansen

Taylor has worked with young people in a variety of capacities and contexts for over 17 years, from being an Early Childhood Educator in Halifax to co-creating pedagogy with public school educators in the Republic of Georgia. She has always prioritized being open to new experiences in the service of young people in order to broaden her perspective and improve her practice. She currently is the NS Research Coordinator for the BRIGHT Coaching program study at the IWK, runs an early learning program focused on child-directed creative projects inspired by the natural world, and teaches in the Department of Child and Youth Study at MSVU. At its core her personal practice is about building relationships and she believes that it is in the context of relationships that we are able to understand one another and better meet the needs of young people.



** Please note! A portion of this session will occur outside. Please come prepared!*

Session 6A & 6B

Recommended for: Directors, ECE, ISA, SA



Nov 12 & 13
9 AM – 3:30 PM



Tracadie
Community
Centre



ACEs, Trauma and Resiliency in Young Children

Building on prior presentations on childhood trauma, Danya O'Malley will present in depth on the 10 main ACEs (Adverse Childhood Experiences). She will cover the specific ways these impact child development and factors that foster resiliency. The training will move into working with children who have experienced these ACEs and cover strategies like de-escalation, which can benefit all children.

Facilitator: Danya O'Malley, MSW, RSW

Danya is a registered social worker from Prince Edward Island. She completed her Masters in Social Work through Dalhousie University. She has specialized in mental health, trauma, and gender based violence. With over 12 years of experience in the social work field, she is an active participant in social justice work in the province. She lives with her wife, three kids, two dogs, one cat, and the most recent addition of a gerbil.



Session 7A

Recommended for: Directors, ECE, ISA, SA, Support Staff, Cooks



Nov 12
9 AM – 3:30 PM



North Rustico
Lion's Club



Thursday, November 12th Only

Get Grounded! Cultivating Resilience Through Challenging Times

Being “grounded” means being in control of your mental and emotional self, being less influenced and affected by negative events around you. To be grounded we need to be flexible, adaptable and resilient. 2020 has been a tough year, but it's not too late to develop coping skills that can help you adapt, manage, and accept change - skills that can help you for the rest of your life. Being grounded also means being fully present with ourselves, our relationships, and the world around us, including fostering healthy boundaries and self-care. Resilience is a natural outcome of being grounded and adaptable. This interactive session also includes a Yoga for Stress mindful movement class. Yoga is a great way to embody self-care, create present-moment awareness, and feel grounded.

Please bring a yoga mat, and wear comfortable clothing



Facilitator: Dianne Birt, MEd., CCC, RYT-200, TIYT™

Dianne is a Counselling Therapist with a private practice in Charlottetown since 2008. She has a passion for holistic health and wellness, particularly as it relates to mental health. In addition to offering counselling services, she also facilitates various wellness workshops and webinars for local businesses and organizations. Dianne has a Master's Degree in Counselling Psychology from the University of New Brunswick, a BSc. in Health Education from Dalhousie University, and a Diploma in Public Administration from the University of Prince Edward Island. She has over 100 hours of professional development in the area of trauma, a 30-hour course in MindfulnessBased Stress Reduction (MBSR), and is a Registered Yoga Teacher. Recently Dianne has become certified in Trauma Informed Yoga Therapy™ (TIYT™) and is a Clinical Facilitator of the evidenced-based anxiety management program “Overcome!™”. Former positions she has held include managing a school-age child care centre in Vancouver, Education Coordinator at AIDS PEI, and Career Counsellor at Career Development Services. Dianne's approach to her work emphasizes self-care through the mind-body connection, promoting healthier ways of being.



Session 7B

Recommended for: Directors, ECE, ISA, SA, Support Staff, Cooks



Nov 13th
9 AM – 3:30 PM



North Rustico
Lion's Club



Friday, November 13th Only

Pain: The Misunderstood Sensation

During this interactive session Darren will look at a variety of facets of pain, beginning with the question-- What is pain? From there participants will learn about three causes of pain--traumatic events, positional events and emotional events. He will explain the types of pain such as nerve pain and muscle pain and pinpoint the predictable pain patterns of the body. Participants will learn about the fascial lines of the body, myofascial release techniques for the predictable pain pattern and self-care methods for muscle release. There will also be time for questions and discussion.

Facilitator: Darren Weatherbie DO, MP

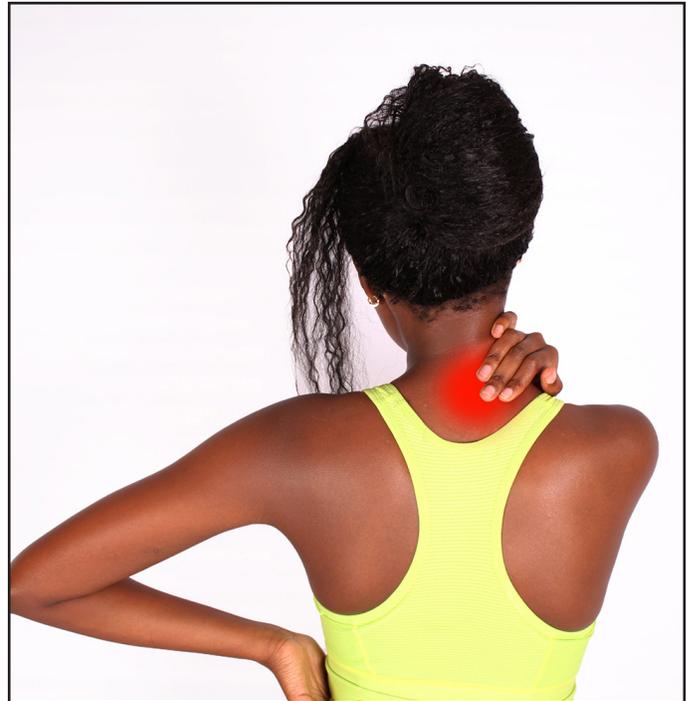
Graduate of National Academy of Osteopathic Science (Toronto)

Thesis in Spinal Biomechanical Dysfunction and Physical Medicine (NAO Toronto)

Certified Neurofascial Specialist

Master Therapist in trigger point release

Darren is a manual Osteopath who practices in Charlottetown. Darren has 20 years of experience in the medical field. He practices a very unique style of pain treatment called neuro fascial reset. Darren sees a wide variety of patients from the professional athlete to elderly who are suffering from chronic or acute pain.



Session 8A & 8B

Recommended for: Directors and ECEs



Nov 12 & 13
9 AM – 3:30 PM



First Baptist Church,
Charlottetown



Promoting Literacy Education Through Play

In this workshop we will explore the many ways that children's literacy education can be promoted through play. So often, educators are asked when they are going to start 'teaching' the children about their ABCs in preparation for school, but literacy is so much more than isolated pre-academic skills. It is during play that children learn the purpose of reading and writing which is the motivation for becoming literate.

As children play, they discuss, debate, hypothesize, predict, engage, create, talk, and listen, all of which are literacy behaviours.

During our time together we will take a further look at how literacy behaviours such as these can be facilitated within an early learning environment.



Facilitator: Dr. Christine McLean

Christine is a full-time faculty member of the Department of Child and Youth Study at Mount Saint Vincent University in Halifax, Nova Scotia. Prior to this position, Christine lived and worked in St. John's, NL, for almost three decades where she was involved in the ECE community in a variety of capacities. Her research interests include pedagogical documentation, implementation of early learning frameworks, reflective practice and, of course, play.



Session 9A & 9B

Recommended for: Directors, ECE, ISA, SA



Nov 12 & 13
9 AM – 3:30 PM



Saint Joachim's
Church, Vernon
Bridge



Designing and Facilitating Natural Outdoor and Loose Parts for Early Childhood

This workshop is a full day made up of two sessions. In the morning session we will discuss natural outdoor play space design and development. Looking at case studies from participants, we will talk about the design process applying a natural and loose parts lens to a play space example. Participants will then go outside to explore the surroundings for play opportunities for a future play space based on criteria that was reviewed earlier in the session. In the afternoon participants will immerse themselves in Loose Parts play. Following a brief introduction on the background of the principles and movement, participants will be able to let their hair down and have some outdoor fun and creating a loose parts play zone.

- * Loose Parts are re-purposed and recycled everyday objects gathered for kids so they can create their own temporary play spaces and adventures
- * Cardboard boxes, car and bike tires, ropes and nets, milk crates, cable spools, lumber, buckets, tarps and tree cookies are common examples of loose parts
- * Loose parts encourage wonder and discovery, creativity and cooperative play, physical activity, problem solving and of course barrels of fun with liberal dashes of joy.

** Please note! A portion of this session will occur outside. Please come prepared!*

Garnet McLaughlin

Garnet has been working in the field of recreation planning and development since 1999. Over the years Cobequid Consulting has evolved to meet the needs of communities and ECE Centres who require quality outdoor recreation spaces and experiences. Starting with a solid background in trails and expanding into play spaces both natural and traditional has been a natural progression for the company. Over the years, Garnet's approach has been refined to include the principles of sustainability, quality workmanship, and engaging the community. After nearly two decades, it is truly the community growth, the social impacts of these recreational spaces that keep Garnet showing up with enthusiasm for every project he is involved in.



Alex Smith

Alex is an independent writer/researcher and founder/editor of the award-winning blog, PlayGroundology. Over the past 10 years, Alex has become an ardent play advocate producing original content and curating material for international audiences in over 150 countries on a variety of social media platforms. Alex programs public play events, presents at conferences and participates in panel discussions. The family backyard, aka the PlayLAB, in Eastern Passage, Nova Scotia is a magnet for neighbourhood kids looking for some loose parts adventure. Alex is a father of five and a grandfather of two. Alex is Vice President of the Canadian branch of the International Play Association (IPA)

Session 10A

Recommended for: Les éducatrices francophones



Nov 13
9 AM – 3:30 PM



Cymbria Lion's
Club, South
Rustico



Thursday, November 12th Only

La francisation et l'identité culturelle en petite enfance

Cet atelier portera sur ces 3 questions : C'est quoi la francisation ? Pourquoi la francisation ? Comment intégrer la francisation dans un centre de petite enfance ? Dans cet atelier, nous allons explorer ensemble comment introduire la francisation et l'identité culturelle en petite enfance de façon simple, répétitive, intentionnelle et éparpillée à travers une journée. Vous verrez qu'apprendre le français n'a jamais été aussi amusant et important ! Votre rôle comme éducatrice/éducateur est vital pour l'identité francophone et culturelle de « nos » enfants.



Geneviève Ouellette:

Native de la région de Summerside, et finissante de l'école Évangéline, Geneviève Ouellette comprend très bien les défis de grandir, d'apprendre et de vivre en situation linguistique minoritaire à l'Île-du-Prince-Édouard. La cause de la transmission de la langue française et la sauvegarde/le processus de création de son identité culturelle lui tient à cœur depuis toujours. Ayant un diplôme en éducation spécialisé de l'Université Sainte-Anne et un B.Ed (spécialisation M-2) de l'Université de l'IPÉ, Geneviève travaille depuis 10 ans dans le domaine de la francisation et la littératie dans le système scolaire francophone de l'IPÉ. Elle croit fortement en les interventions en francisation de façon musicale, amusante et authentique pour tous. Les résultats avec ses élèves impliqués en démontrent son importance et son succès.



Session 10B

Recommended for: Les éducatrices francophones



Nov 13 Morning
9 AM – 11:45 PM



Cymbria Lion's
Club, South
Rustico



Trousses Petite enfance en santé Î.-P.-É. (séance du matin)

Dans le cadre du projet national « Petite enfance en santé », visant la promotion de la santé et l'amélioration de l'accès aux services de santé en français pour les enfants de 0 à 6 ans et leurs familles, Cap enfants a produit 6 séries de 12 trousse thématiques en français afin d'outiller les parents, grands-parents et éducateurs insulaires.

Ces trousse, basées sur une série développée au Yukon, ont été produites en réponse à la demande de parents insulaires d'avoir davantage d'outils en français pour l'accompagnement des jeunes enfants. Elles sont disponibles à l'Î.-P.-É. depuis l'automne 2020 et comprennent des jeux, des livres et des outils d'accompagnement selon le thème des trousse.

L'atelier-synthèse a pour but de faire connaître cette nouvelle ressource aux éducateurs et d'encourager l'utilisation des trousse sur le terrain. La présentation fera le tour de leur contenu, de leur méthode d'utilisation et du processus d'emprunt des trousse. Quelques exemples des thèmes sont : Hygiène, bactéries et microbes / Apprivoiser la mort et le deuil / Art et santé / Bobos et maladies / Sécurité / Activités physiques / Accueillir bébé / Santé de la planète, etc.

Les trousse font partie d'une programmation de nouvelles initiatives en petite enfance francophone à l'Î.-P.-É.

grâce au projet Petite enfance en santé, financé par l'Agence de la santé publique du Canada

Biographie:

Rachelle Smith - Je suis une maman de 2 filles âgé de 18 mois et 6 ans. Je suis originaire de la région Évangéline et je suis la directrice pour Cap enfants depuis novembre 2019.

Julie Thiffeault est originaire du Québec mais demeure à ÎPÉ depuis plus de trente ans. Enseignante d'art plastiques de formation Julie a toujours travaillé auprès des enfants en milieu scolaire francophone. Depuis plusieurs années Julie occupe le poste de bibliothécaicienne à la bibliothèque J. Henri Blanchard de Summerside. L'apprentissage des petits lui tiens à cœur



**PETITE ENFANCE
EN SANTÉ Î.-P.-É.**

**HEALTHY EARLY
YEARS PEI**



Session 10B

Recommended for: Les éducatrices francophones



Nov 13 Afternoon
12:45 PM – 3:30 PM



Cymbria Lion's
Club, South
Rustico



Autorégulation (séance de l'après-midi)

Tout le monde est en train de parler de nos jours de l'importance d'améliorer la capacité des enfants à exercer l'autorégulation. S'il en est ainsi, c'est parce qu'il y a de plus en plus d'études qui démontrent que l'autorégulation est l'assise sur laquelle bâtir le bien-être physique, psychologique, comportemental et scolaire de l'enfant à long terme (Shanker, 2018). Ce qui est moins évident cependant c'est de savoir exactement en quoi consiste l'autorégulation et ce que les parents, tuteurs et éducateurs de la petite enfance peuvent faire pour améliorer la capacité de l'enfant à faire preuve d'autorégulation.

Durant cet atelier, nous allons présenter les principes de base de l'autorégulation. Cette approche nous permet d'avoir une manière différente de comprendre pourquoi un enfant pourrait avoir des problèmes à exercer la maîtrise de soi, et qui plus est, ce que l'on peut faire pour l'aider.

Biographie:

Keshia Francis est une travailleuse sociale qui travaille au sein de la Commission Scolaire de Langue Française depuis deux ans en tant que spécialiste en counselling pour la région Ouest de l'Île-du-Prince-Édouard.

Eugénie Beaudry a travaillé plusieurs années en enseignement avant de poursuivre ses études en counselling scolaire. Elle travaille au sein de la Commission Scolaire de Langue Française depuis 2019 en tant que spécialiste en counselling pour la région Est de l'Île-du-Prince-Édouard.



Conference Registration Details



Regular Rate

Member	\$150.00 + HST
Non-member	\$300.00 + HST



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

The registration deadline is October 28, 2020.

Registration Submission

Register online at www.ecdaofpei.ca. Please log in to the Member Area to receive member rates.

Submitting your Payment

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
Credit Cards	Call the ECDA office @ (902) 368-1866 to pay by phone or pay in person at office (by appointment) with Visa, Mastercard or American Express

ECDA has taken into consideration that if the situation for public gatherings should change at the time of the conference, all face-to-face sessions will be converted to on-line offerings.

** PLEASE NOTE - This event is SCENT-FREE! Please refrain from wearing any scented products while in attendance at face-to-face sessions.*



Thank you for registering for the 2020 ECDA Fall Conference!

