

PLEASE MAIL REGISTRATIONS BY
FEB. 18, 2014 TO
NJC ECE CONFERENCE
100 COLLEGE AVE.
STERLING, CO 80751



Northeastern Junior College

REGISTRATION IN ES FRENCH
CORSBERG THEATER LOBBY
VENDOR DISPLAYS NEAR
REGISTRATION



Questions: Contact Donna Brady-Lawler,
970-521-6725
To Register fill out the form and send it to:
Donna Brady-Lawler, NJC ECE
100 College Ave.
Sterling, CO 80751

EARLY CHILDHOOD CONFERENCE

FABULOUS AND FIT
IN FEBRUARY:
Children's Physical and
Mental Health
Feb. 22, 2014
8am-5:30pm
Registration at 7:30am



IN THE ES FRENCH BUILDING AT NJC
SPONSORED BY NJC, ECCLPS AND
NE DISTRICT GROUP OF CAEYC

(PLEASE PRINT)

Name _____

E - M a i l A d d r e s s

Phone Number _____

Employer _____

_____ \$40 individual

_____ \$30/3 or more from same organization

Others attending from my employer:

_____ Additional \$27 for Infant/Child CPR
(if attending Terry Curtis' session)

Make check payable to: NJC ECE Conference

If you attend the full conference, you earn .5 college
credits (up to 7 hours of your training hours to
help meet training hour requirements).

keynote and break-out sessions

7:30–8:00am: Registration and snacks

8–8:10am: Welcome and announcements

8:15–9:15am: M'm!M'm! Good!, Joy Akey
Do you struggle with picky eaters, new ideas for nourishing snacks and meals, or ways to support healthy eating? Come learn more about the importance of including the My-Plate food groups and ways to offer nutritious foods that make kids (and adults) say M'm! M'm! Good!

8:15 - 9:15am: Hands-On Activities for Teaching Children Health and Safety concepts. Nicole Wolever and Kelley Schneider: Come have fun with us as we do activities you can use in your work with young children!

9:30–10:45am: Children's Environmental Intervention Training, John Streit: The American Lung Assoc. in Colorado provides this training and resources on **asthma and environmental tobacco smoke** to early childhood educators to equip them to educate parents about removing asthma triggers and environmental tobacco smoke from their homes. ECE's are in a unique position to greatly improve the health of the children they serve!

9:30–10:30am: Mentor Health, Donna Brady-Lawler: Do you mentor/train lab students or staff members? Come gather ideas and share perspectives on teaching new teachers and aides.

10:45–11:45am: How To Shake the Salt Habit, Kid Care/Carrie Edgar and Laura McCabe: You've probably heard that most Americans eat too much salt. The results of too much salt can have serious health consequences. This training will explain the what, why, where and how of getting your salt intake under control.

10:45–11:45am: Licensing and Rules and Regulations, Barbara Willson: Our local licensing specialist will be here to share how rules and regulations effect children's health and safety and let providers know what changes to regulations are coming up. There will be time for Q&A.

11:45–12:45: Lunch on Your Own

12:45–1:15pm: Keynote: NJC 's Theater Students Present an Improv Session on How NOT to Keep Children Safe and Healthy

1:30–2:30pm: Music Makes the Heart Healthy and Happy, Shannon Deal: Get ready to participate in a session of singing of movement!

1:30–2:30pm: Oral Health, Stephanie Edwards: Growing up in Sterling, Stephanie knows first hand how important the need is for educating parents about children's oral health. Many parents are told their children do not need to see a dentist until the age of three or four, when, in fact, according to the American Board of Pediatrics, children should be seen by their first birthday! Come learn more about children's oral health!

1:30–3:30pm: FATS—*Know the Differences*, Kid Care/Carrie Edgar and Laura McCabe: Most people are concerned about the fat in their diet, and rightly so. The average person gets far more fat than they need. This training will explain the types of fats and how to gain control of the amount you and your family consume.

2:45–3:45pm: The New Early Childhood Credential, Jennifer O'Brien: This session will describe the new credential and give participants an opportunity to weigh in on the new design.

2:45–3:45pm: Childhood Diseases and Immunizations, Michelle Pemberton

2:45–3:45pm: Bibliotherapy, Deb Japp: Using stories to help children through stressful and hard times.

3:45–5:30pm: How nutrition and exercise contribute to social/emotional development, Rose Clement

3:45–5:30pm: Hands-On Activities for Teaching Children's Health and Safety (repeat from morning session)

This year we have an **infant/child CPR and First Aid course** available 1:30-5:30pm as part of the conference. If you want to do this, you must sign up for this session and pay an extra \$27 to cover the cost we pay to Red Cross to offer the course. You do not get college credit for the Red Cross course, but DO get .5 credit for the whole conference.