



# Le mieux-être pour tous!

## 10<sup>e</sup> conférence ontarienne de perfectionnement professionnel pour le personnel de garde d'enfants du CLIC

## Les 27 et 28 Octobre 2011



Hôtel Marriott Toronto, Centre Eaton Centre-ville  
525, rue Bay • Toronto (Ontario) • M5G 2L2

# Trousse d'inscription



## Citizenship and Immigration Canada



**Citoyenneté et  
Immigration Canada**





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Immigration Canada**

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Immigration Canada**

Citizenship and Immigration Canada, Ontario Region  
Wellness for All – Supporting Newcomer Families  
The 10th Ontario Professional Development Conference for LINC Childminders  
Toronto Marriott Downtown Eaton Centre Hotel  
October 27th-28th, 2011

## You Are Invited!

Citizenship and Immigration Canada is pleased to invite you to the 10th annual Ontario Region Professional Development Conference for LINC Childminders.

The theme for this year's conference is "Wellness for All: Supporting Newcomer Families". The conference will feature guest speakers and interactive workshops to provide you with insights and practical ideas on supporting wellness for yourself, the children you care for, and their families. We are excited about the opportunity you will have to hear and learn from these experts. In addition, you will be able to enjoy exhibits on the latest in childminding materials and resources.

The number of delegates invited from your organization is determined by the number of childminders for which your organization has contracted. When choosing delegate(s), organizations are asked to give preference to front-line staff who work directly with children, and who did not attend last year. Positions held by delegates must be funded by CIC under the LINC program. After the conference, we encourage you to have delegates share the knowledge and resources they received with all members of your staff.

### **Time and Place**

The conference will take place on Thursday, October 27th and Friday, October 28th, 2011 at the Toronto Marriott Downtown Eaton Centre Hotel.

### **Travel and Accommodation Support**

Please refer to the enclosed travel and expense guideline for details on financial support.

### **Registration**

You will find the conference and workshop registration forms attached. Please fill them out completely and fax them back by the due date to the fax number indicated on the form.

Hope to see you there!

Veronica Barnes  
Regional Director, Settlement and Intergovernmental Affairs  
Citizenship and Immigration Canada

# Wellness for All!

The **10th** Ontario Professional Development  
Conference for LINC Childminders



## Program At A Glance

**Wednesday, October 26, 2011**

**Early Registration** *for out-of-town delegates (Foyer)*

6:00 p.m. - 8:00 p.m.

**Registration**

**Thursday, October 27, 2011**

8:30 a.m. - 10:00 a.m.

**Registration**

9:00 a.m. - 9:45 a.m.

**Networking Breakfast**

9:45 a.m. - 10:30 a.m.

**Official Welcome and Opening Keynote:  
The Honourable Landon Pearson**

10:45 a.m. - 12:45 p.m.

**Concurrent Workshops - SESSION 1**

- 1.1 Importance of Early Childhood Nutrition and the Role of Childminders
- 1.2 Tools and Strategies for Reducing Children's Challenging Behaviours
- 1.3 Encouraging Positive Thinking, Self Confidence and Self-Belief in Children
- 1.4 Personality Dimensions – **Part 1**
- 1.5 Mentoring for Personal and Professional Growth
- 1.6 Kids Have Stress Too!
- 1.7 Music in Motion - Get Your Circle Moving!
- 1.8 Go Team!
- 1.9 Understanding Attachment: Promoting Infant Social - Emotional Health and Wellness
- 1.10 The Decline in Newcomer Health - What Childminders Can Do

1:00 p.m. - 2:15 p.m.

**Lunch**

2:15 p.m. - 4:15 p.m.

**Concurrent Workshops - SESSION 2**

- 2.1 Using the Power of Nature to Help Children Heal
- 2.2 Terrific Toddlers
- 2.3 Getting More Done and Feeling Less Stressed
- 2.4 Personality Dimensions - **Part 2**
- 2.5 Meeting the Distinctive Needs of Newcomer Children in Childminding Settings
- 2.6 Understanding Newcomers
- 2.7 Music in Motion - Get Your Circle Moving!
- 2.8 Tools and Strategies for Reducing Children's Challenging Behaviours
- 2.9 Wellness for All: Using Improvisation to Build Confidence and Morale
- 2.10 The Decline in Newcomer Health - What Childminders Can Do

**Friday, October 28, 2011**

7:00 a.m. - 10:00 a.m.

**Registration**

7:30 a.m. - 8:30 a.m.

**Networking Breakfast - Housekeeping Items**

8:30 a.m. - 10:30 a.m.

**Concurrent Workshops - SESSION 3**

- 3.1 Intentional Learning through Play: Developmental Curriculum Planning Strategies and Setting up A Diverse Early Learning Environment Using Early Learning for Every Child Today (ELECT) - **Part 1**
- 3.2 Democracy at Heart
- 3.3 Connecting Children to the Outdoors: Alternative Classroom Environments
- 3.4 Helping Children and Families Who Have Experienced Trauma
- 3.5 Settings and Cultures in Children's Books: Acculturation through Visualization
- 3.6 Inclusion 101 – **Part 1**
- 3.7 Musical Links to Literacy
- 3.8 Building an Inclusive Classroom
- 3.9 1 in 100: Bringing Epilepsy Out of the Shadows

10:30 a.m. - 10:45 a.m.

**Break**

10:45 a.m. - 12:45 p.m.

**Concurrent Workshops - SESSION 4**

- 4.1 Intentional Learning through Play: Developmental Curriculum Planning Strategies and Setting up A Diverse Early Learning Environment Using Early Learning for Every Child Today (ELECT) – **Part 2**
- 4.2 Rejuvenation of the Childminders Spirit
- 4.3 Connecting Children to the Outdoors: Alternative Classroom Environments
- 4.4 Helping Children and Families Who Have Experienced Trauma
- 4.5 Settings and Cultures in Children's Books: Acculturation through Visualization
- 4.6 Inclusion 101 – **Part 2**
- 4.7 Musical Links To Literacy
- 4.8 Building an Inclusive Classroom
- 4.9 Wellness for All: Using Improvisation to Build Confidence and Morale

12:45 p.m. - 1:45 p.m.

**Lunch**

1:45 p.m. - 2:30 p.m.

**Closing Keynote: Martin Liberio - GEM Moments**

2:30 p.m. - 3:30 p.m.

**Trade and Information Show**

**Register before Friday September 16, 2011!  
First come, first served!**

# Wellness for All!

The **10th** Ontario Professional Development  
Conference for LINC Childminders



## Wellness For All

The many dimensions of wellness - physical, emotional, social, educational and even playful - are explored and celebrated at the 2011 LINC Childminders' Conference. This year's many workshops and presentations offer useful information, hands-on learning, shared strategies and lots of enjoyable, positive and uplifting experiences that will inspire and enrich childminders' everyday work and their relationships with other members of the team and, most importantly, with newcomer children and their families.

### *Opening Keynote: The Honourable Landon Pearson*



The Honourable Landon Pearson O.C. is a long-time advocate for the rights and well-being of children. As the wife of a Canadian diplomat she brought up their five children in five countries and learned first-hand about the challenges confronting the world's children. Prior to her appointment to the Senate of Canada in 1994, where she became known as the Children's Senator as well as the Senator for Children, she had extensive experience as a volunteer with a number of local, national and international organizations concerned with children.

She has served as Vice-Chairperson of the Canadian Commission for the International Year of the Child, as President and then Chair of the Canadian Council on Children and Youth, and was a founding member and Chair of the Canadian Coalition for the Rights of Children. Senator Pearson was named Advisor on Children's Rights to the Minister of Foreign Affairs, as well as the Personal Representative of the Prime Minister to the 2002 United Nations Special Session on Children, there

coordinating Canada's response to the Special Session entitled A Canada Fit for Children.

Since her retirement from the Senate in 2005, Landon Pearson has directed the Landon Pearson Resource Centre for the Study of Childhood and Children's Rights at Carleton University, devoted to promoting the rights of children and youth through disseminating knowledge about the UN Convention on the Rights of the Child, mentoring students, sponsoring youth participation in a variety of settings, organizing lectures and seminars and coordinating a growing network of scholars across Canada. Landon Pearson is also adjunct professor in the Pauline Jewett Institute of Women's Studies.

Landon Pearson has published two books and a number of articles on child-related issues and she continues to write about and to lecture on children's rights, especially the rights of children in difficult circumstances. She has received many awards, including the Canada Volunteer Award and several honorary doctorates. In 2005, she was one among 1000 women world wide nominated for the Nobel Peace Prize for her work on behalf of children. In July 2008 she was appointed to the Order of Canada as an Officer.

### ***Closing Keynote: Martin Liberio***



Martin Liberio is a graduate of McGill University who has taught both at the primary and college level for eleven years. He is the co-author of Educators in Native Childcare Services from St-Felicien College, and author of The Educational Program: Learning through Play, as well as of the planning guide GAP. Early childhood education is Martin's specialty. He helps practitioners achieve their objective of quality services for children and families. His passion inspires and his workshops keep everyone entertained. Martin is a trainer like no other!

*Martin Liberio will also be delivering one workshop: "Democracy at Heart".*



## Concurrent Workshops

### SESSION 1

Thursday October 27, 2011

10:45 a.m. - 12:45 p.m.

#### 1.1 Importance of Early Childhood Nutrition and the Role of Childminders

*Marian Yusuf, MSc, RD, Toronto Public Health, Toronto*

Early life nutrition has a critical impact on children's survival, growth and development, and quality of life; deficiencies during this period can have long-term consequences. Not only are children's bodies growing, creating high nutrient needs; but eating habits developed during childhood will last a lifetime. Childminders have an opportunity to help shape children's eating habits by being role models and maintaining healthy feeding relationships with them, and by supporting parents to do the same. This workshop will provide a deeper understanding of children's eating behaviours. It will highlight the importance of good nutrition, present the determinants of children's eating behaviour, and will provide tips on how to prepare nutritious and culturally appropriate foods that are suitable for the developmental stages of the children.

#### 1.2 Tools and Strategies for Reducing Children's Challenging Behaviours

*Jodi Lacasse, Early Childhood Community Development Centre, Thorold*

This workshop will provide a hands-on approach to reducing challenging behaviours exhibited by children. Participants will have the opportunity to look at potential causes of behaviours, their own feelings, attitudes and expectations, and strategies and tools for identifying, rating and dealing with behavioural challenges, as well as examining activity programming and social components.

#### 1.3 Encouraging Positive Thinking, Self Confidence and Self-Belief in Children

*Maya Evia, Happy Newcomer, Toronto*

This workshop will help participants understand the tremendous power of positive thoughts to build confidence and self-esteem, and to overcome fears. The workshop and materials will encourage childminders to incorporate positive thoughts into their teaching, teaching them how to speak the language of hope and affirmation. It will provide childminders with strategies to combat



negativity and train them to practice appropriate and timely interventions. In order for children to feel valued and respected, childminders will learn how to encourage positive regard for people who may be different in one way or another, inspiring the children in their care to become examples of respect, kindness and sincerity. Participants will also explore and assess their own thoughts, feelings and behaviours in order to work through their own problem-solving style.

**1.4 Personality Dimensions – **Part 1** – *All day workshop, please see 2.4***  
***Carol Barbosa, Stonegate Community Health Centre, Toronto***

Personality Dimensions is a fun and interactive way to learn more about what motivates us and how this impacts our interactions with others. The method identifies unique behaviours and characteristics in terms of colours, helping participants to understand individual preferences, temperaments and style types, to recognize their own unique blend of strengths and qualities, to appreciate others' differences, and to use this knowledge of self and others for improving communications and interpersonal relations. Personality Dimensions explores individual differences and provides the key to being successful: realizing that differences are “gifts”, not faults!

**1.5 Mentoring for Personal and Professional Growth**  
***Glory Ressler, ECCDC, Thorold***

Mentoring is a powerful vehicle for personal and professional growth. Join Glory Ressler, Manager of the successful Mentoring Pairs for Child Care project, for a fun and informative exploration of what mentoring is, how we are all mentors and mentees, and ways to apply mentoring, whether formally or casually. Attendees will identify how mentoring might assist their personal and professional growth, learn how to build mentoring relationships, and develop strategies to integrate mentoring in their work and life. A brochure and session handouts will be provided.

**1.6 Kids Have Stress Too!**  
***Anne Murray, People in Harmony Consulting Services, Toronto***

This is a national program that provides an understanding of the impact of stress on children, ways to recognize stress, and strategies for reducing it. Workshop participants will explore effective stress-management strategies for preschool children, enabling children in their care to be healthier, more resilient, and better able to enjoy and benefit from their child care experience. Handout materials will be provided.

### **1.7 Music in Motion – Get Your Circle Moving!**

***Judy Wright-Fedyk, Grey-Bruce Suzuki School, Wiarton***

Participants will come away from this presentation with the knowledge and confidence to plan and implement an active and interactive music curriculum for children from infancy through kindergarten age. In Part One, an interactive power-point presentation shares research findings on the importance of music and movement for very young children, as well as some helpful 'how to' tips for caregivers. In Part Two, a hands-on Music in Motion session puts the 'how to' into action: participants will learn and practice initiating and leading action songs, musical games, rhymes and songs to keep the circle moving in ways children love and learn from!

### **1.8 Go Team!**

***Kathrina Lalog, Seneca College, Toronto***

***Jinder Virdee, Seneca College, Toronto***

Teams are all about getting involved! Workshop participants will explore the many challenges and rewards of working with others as a team. What is the difference between a group and team? What does it mean to be a team, especially a healthy team? How do teams develop and what are the stages of team formation? What can block team formation or prevent teams from achieving success? Get ready to interact and put team concepts into practice!

### **1.9 Understanding Attachment: Promoting Infant Social-Emotional Health and Wellness**

***Leigh Armour, Aisling Discoveries Child and Family Centre, Scarborough***

In the process of settlement, newcomer families can encounter obstacles and stresses that challenge their adaptation, compromise their integration and influence the developmental outcomes for the youngest family members. In this workshop, childminders will learn about attachment theory and its importance in the foundation of infant social-emotional health and the caregiver-infant relationship. We will discuss the different ways a caregiver may respond to infant cues, including identification of behaviours warranting consultation with mental health professionals. We will focus in particular on settlement issues, exploring the opportunities and challenges in providing sensitive and responsive care to infants especially at times of distress and upset. Participants will gain practical strategies to enhance their relationships with the infants in their care and to support their understanding of and work with the infants' families.

**1.10 The Decline in Newcomer Health – What Childminders Can Do**  
*Peter Dorfman, Toronto Public Health, Toronto*

Newcomers to Canada arrive in good health but quickly lose their health advantage. Many newcomer communities develop higher rates of chronic diseases and their coping skills are severely challenged by underemployment, family separation and poor access to health services. Through presentations and discussion, participants will learn why and in what ways newcomer health declines. They will also identify ways that childminders can adjust their program to help ensure that children remain healthy, including food, activities, and raising parents' awareness.

**SESSION 2**  
**Thursday October 27, 2011**  
**2:15 p.m. - 4:15 p.m.**

**2.1 Using the Power of Nature to Help Children Heal**  
*Frank Ripplinger, kidsLINK, Kitchener*

The workshop provides educators with user-friendly teaching strategies employing the power of nature to help children heal from trauma, sadness, violence, fears, depression, attention deficits and hyperactivity, as well as addressing misconceptions about natural environments themselves. Childcare providers will identify teaching strategies to help children develop their bonds of trust and comfort with the natural world, their connection to the timeless and larger-than-life elements of nature, and their sense of themselves as nurturers.

**2.2 Terrific Toddlers**  
*Amy McKague, kidsLINK, Kitchener*

Designed for Early Childhood Educators working with children ages 18-36 months, this workshop will provide an overview of the developmental, social and emotional characteristics of this age group, including the first two stages of Eric Erikson's 8 Stages of Social/Emotional Development. It will also present the use of Authentic Choices as a strategy to support toddlers' growth and development, with an emphasis on nurturing their sense of autonomy and independence.

**2.3 Getting More Done and Feeling Less Stressed**  
*Glory Ressler, ECCDC, Thorold*

This workshop offers childminders a new perspective on stress, provides general principles of time management, offers seven tips for turning these principles into action, and includes exercises exploring innovative ways to optimize your time. Join Glory Ressler for a fun, informative and interactive session that will give you strategies you can implement immediately!

**2.4 Personality Dimensions – *Part 2* – All day workshop, please see 1.4**  
***Carol Barbosa, Stonegate Community Health Centre, Toronto***

Personality Dimensions is a fun and interactive way to learn more about what motivates us and how this impacts our interactions with others. The method identifies unique behaviours and characteristics in terms of colours, helping participants to understand individual preferences, temperaments and style types, to recognize their own unique blend of strengths and qualities, to appreciate others' differences, and to use this knowledge of self and others for improving communications and interpersonal relations. Personality Dimensions explores individual differences and provides the key to being successful: realizing that differences are “gifts”, not faults!

**2.5 Meeting the Distinctive Needs of Newcomer Children in Childminding Settings**  
***Judith A. Colbert, PhD, Consultant, Guelph***

This workshop supports caregivers by exploring the distinctive needs of young newcomer children that can become barriers to their settlement. It raises issues associated with identifying and meeting the needs of young newcomers, distinguishing between needs that require a better understanding of culture and settlement issues, and needs arising from disabilities or conditions that call for specialized intervention. Participants will have opportunities in small break-out groups to consider needs in four areas: Cultural Practices, Mental and Emotional Health, Families, and Coping and Social Awareness. They will then combine their ideas in a large group discussion aimed at identifying ways of both responding to the needs of newcomer children and interacting with parents. Throughout, participants will be invited to provide examples from their own practice.

**2.6 Understanding Newcomers**  
***Kathrina Lalog, Seneca College, Toronto***  
***Jinder Virdee, Seneca College, Toronto***

In this interactive workshop participants will develop greater sensitivity to the unique experiences of newcomer children, and explore strategies for easing newcomers' cultural transition by fostering a welcoming and understanding community. Participants will learn to evaluate their current practices and familiarize themselves with strategies for reducing the impact of transition, as well as how to build trust with families and to support children's adaptation.

**2.7 Music in Motion – Get Your Circle Moving!**  
***Judy Wright-Fedyk, Grey-Bruce Suzuki School, Wiarton***

Participants will come away from this presentation with the knowledge and confidence to plan and implement an active and interactive music curriculum

for children from infancy through kindergarten age. In Part One, an interactive power-point presentation shares research findings on the importance of music and movement for very young children, as well as some helpful 'how to' tips for caregivers. In Part Two, a hands-on Music in Motion session puts the 'how to' into action: participants will learn and practice initiating and leading action songs, musical games, rhymes and songs to keep the circle moving in ways children love and learn from!

**2.8 Tools and Strategies for Reducing Children's Challenging Behaviours**  
*Jodi Lacasse, Early Childhood Community Development Centre, Thorold*

This workshop will provide a hands-on approach to reducing challenging behaviours exhibited by children. Participants will have the opportunity to look at potential causes of behaviours, their own feelings, attitudes and expectations, and strategies and tools for identifying, rating and dealing with behavioural challenges, as well as examining activity programming and social components.

**2.9 Wellness for All: Using Improvisation to Build Confidence and Morale**  
*Lauren Stein, Laurentina's Improv Club, Toronto*

Learn how to use improvisation to boost children's self-esteem, develop imagination and express emotions, to create a supportive and inclusive environment, to improve communication and team-building, and to increase well-being and joy. This workshop gives participants an introduction as well as sample exercises to use and modify in the LINC childminding environment (and even for themselves). Combining a lecture with interactive examples, we will discuss and integrate how to nurture students with improv's “Yes, And” approach, providing a creative space where there are no mistakes.

**2.10 The Decline in Newcomer Health – What Childminders Can Do**  
*Peter Dorfman, Toronto Public Health, Toronto*

Newcomers to Canada arrive in good health but quickly lose their health advantage. Many newcomer communities develop higher rates of chronic diseases and their coping skills are severely challenged by underemployment, family separation and poor access to health services. Through presentations and discussion, participants will learn why and in what ways newcomer health declines. They will also identify ways that childminders can adjust their program to help ensure that children remain healthy, including food, activities, and raising parents' awareness.

**SESSION 3**  
**Friday October 28, 2011**  
**8:30 a.m. - 10:30 a.m.**

**3.1 Intentional Learning through Play: Developmental Curriculum Planning Strategies and Setting up A Diverse Early Learning Environment Using Early Learning for Every Child Today (ELECT) –**  
**Part 1 – All day workshop, please see 4.1**  
*Jennifer Havens, Early Childhood Community Development Centre, Thorold*

This workshop presents Early Learning for Every Child Today (ELECT) and provides strategies for bringing this curriculum frame to life in early years settings. It will guide participants in developing and designing diverse environments that foster intentional play and are reflective of the cultures and interests of children and families involved in the program. It also offers caregivers an understanding of how to develop, implement and evaluate curriculum plans for children of various ages using ELECT, providing cost-effective solutions for revitalizing early learning environments as well as strategies for documenting and communicating children's developmental goals and achievements to parents and family members.

**3.2 Democracy at Heart**  
*Martin Liberio, Martin Liberio Workshops Inc., Quebec*

Democratic solutions that change children's negative behaviours are more effective than simply trying “to stop” them, not only improving the behaviour itself but also having a dramatic effect on how children interact, play, and learn. Workshop participants will learn to distinguish a democratic style from the more traditional authoritative and “laissez-faire” approach, including positive intervention strategies that have lifelong benefits. Simple yet effective tips and techniques are explored through creative and hands-on activities, promising to leave everyone with an inspiring drive to examine their own intervention practices. Participants will be motivated to appreciate democratic values and incorporate them in their approach with children, parents, and colleagues.

**3.3 Connecting Children to the Outdoors: Alternative Classroom Environments**  
*Alka Burman, Region of Peel, Brampton*

Take the learning outdoors! Children learn important concepts through programs delivered in outdoor learning spaces with a seasonal focus, and outdoor learning environments are foundational for language, personal, social, physical and emotional development. In this workshop, participants

will discover opportunities for children to learn about and value nature, strategies to engage children in new vocabulary and hands-on experiences, and creative ways to support the English language learner. Staff will also learn ideas for family involvement, including outdoor learning opportunities that increase family literacy time and empower parents to decrease screen time. Statistics from “leave no child inside” regarding the nature deficit will be presented, along with sample outdoor projects.

### **3.4 Helping Children and Families Who Have Experienced Trauma** *Julie Dotsch, One World, Ennismore*

This workshop will help childminders to help children and families who have experienced trauma by providing a deeper understanding of the possible causes of trauma, identifying signs of trauma and the short- and long-term impact of trauma on children and on their families, demonstrating specific techniques to help educators build trusting relationships when there is resistance, and suggesting some program adaptations. Through demonstration and case studies, particular strategies for helping families and children will be presented. Program expectations and curriculum adaptations will also be discussed.

### **3.5 Settings and Cultures in Children’s Books: Acculturation through Visualization** *Valerie Rhomberg, Mothercraft College, Toronto*

Literacy goes beyond reading and writing – it also refers to ways of thinking, communicating and valuing reflected in the content of literature. The goal of “acculturation” literacy is to assist children to become more aware of and comfortable with – and perhaps to change – their views of the world. In working with young newcomers, books should be chosen according to certain kinds of criteria. This presentation examines three such books: The ABC of Canada board book, for toddlers; Stella, Queen of the Snow, for preschoolers; and A Caribou Alphabet, for older preschoolers and young school-agers. Participants will gain an understanding of age and developmental appropriateness, of how the images and texts either support or distort positive messages about Canada, and whether/how they can serve as tools for increasing immigrant children's familiarity with and understanding of their new country.

### **3.6 Inclusion 101 – **Part 1** – All day workshop, please see 4.6** *Ann Acheson, CMAS, Toronto*

Inclusion 101 is a two-part interactive experience designed to show caregivers how easy it is to ensure their program is inclusive to all children. The first part not only looks at inclusion and what it is, but teaches hands-on methods to modify objects and the environment in simple, cost-effective ways. The second



part looks at successful developmental screening and tools. Do you know what a screening tool is and how it can help you? In this interactive workshop, caregivers will learn about developmental screening, and how to use screening tools like the Nipissing Developmental Screening Tool. Participants will also have the opportunity to brainstorm ideas for program planning to support the developing needs of the newcomer children in their care.

### **3.7 Musical Links to Literacy**

*Angelique Davies, Early Childhood Arts Connection, Toronto*

Participants will learn about the importance of music to a child's learning, development, creativity and cultural identity. We'll explore basic music concepts such as beat and tempo, and discover what to include in a music circle so that children can experience music through movement, singing and using simple instruments. Strategies for adding music to the daily curriculum can be explored, including finger plays, songs, games and creative movement. Participants will also have the opportunity to work in small groups using a variety of picture books and props so that we can find out how to nurture children's interest in reading through music and dramatic play.

### **3.8 Building an Inclusive Classroom**

*Karamjit Sangha-Bosland, Halton District School Board, Burlington*

*Suzanne Muir, Halton District School Board, Burlington*

How can you bring children's diverse cultures into classroom activities in a meaningful way? Come prepared to sing, dance and play together while learning new ideas to improve social awareness and create an inclusive classroom. And bring an activity, some music or rhymes, a picture book or other resource to share!

### **3.9 1 in 100: Bringing Epilepsy Out of the Shadows**

*Jodi Maruncic, Epilepsy Toronto, Toronto*

*Leah Sultan-Khan, Epilepsy Toronto, Toronto*

Epilepsy is the second most common neurological disorder, but many people don't know how to react to seizures or administer first aid. Teachers and caregivers play a central role in the safety, acceptance and self-development of the child who has seizures in the classroom. Through the use of videos, a Power Point presentation, discussion, and a question-and-answer period, workshop participants will learn about cultural myths and misconceptions, seizure types and their effects on the brain, how seizures affect children at different stages of development, and how to respond efficiently and effectively. We also look at how epilepsy can affect a classroom or childcare room, and provide helpful tips on explaining epilepsy to kids and creating a safe, healthy and inclusive environment, including adapting a room to accommodate people with seizures.



## **SESSION 4**

**Friday October 28, 2011**

**10:45 a.m. - 12:45 p.m.**

- 4.1 Intentional Learning through Play: Developmental Curriculum Planning Strategies and Setting up A Diverse Early Learning Environment Using Early Learning for Every Child Today (ELECT) –**  
**Part 2** – *All day workshop, please see 3.1*  
*Jennifer Havens, Early Childhood Community Development Centre, Thorold*

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- 4.2 Rejuvenation of the Childminder's Spirit**  
*Carolyn Hadcock, Miss Carolyn Seminars, Aurora*

Are you feeling drained, tired and stressed at the end of the day? Most childminders experience some, if not all, of these maladies. During this workshop, we will explore new ways for you to access your inner strength and become rejuvenated. Bring your weary spirits and feel them soar by the end of this session!

- 4.3 Connecting Children to the Outdoors: Alternative Classroom Environments**  
*Alka Burman, Region of Peel, Brampton*

Take the learning outdoors! Children learn important concepts through programs delivered in outdoor learning spaces with a seasonal focus, and outdoor learning environments are foundational for language, personal, social, physical and emotional development. In this workshop, participants will discover opportunities for children to learn about and value nature, strategies to engage children in new vocabulary and hands-on experiences, and creative ways to support the English language learner. Staff will also learn ideas for family involvement, including outdoor learning opportunities that increase family literacy time and empower parents to decrease screen time. Statistics from “leave no child inside” regarding the nature deficit will be presented, along with sample outdoor projects.

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#### **4.7 Musical Links to Literacy**

***Angelique Davies, Early Childhood Arts Connection, Toronto***

Participants will learn about the importance of music to a child's learning, development, creativity and cultural identity. We'll explore basic music concepts such as beat and tempo, and discover what to include in a music circle so that children can experience music through movement, singing and using simple instruments. Strategies for adding music to the daily curriculum can be explored, including finger plays, songs, games and creative movement. Participants will also have the opportunity to work in small groups using a variety of picture books and props so that we can find out how to nurture children's interest in reading through music and dramatic play.

#### **4.8 Building an Inclusive Classroom**

***Karamjit Sangha-Bosland, Halton District School Board, Burlington***  
***Suzanne Muir, Halton District School Board, Burlington***

How can you bring children's diverse cultures into classroom activities in a meaningful way? Come prepared to sing, dance and play together while learning new ideas to improve social awareness and create an inclusive classroom. And bring an activity, some music or rhymes, a picture book or other resource to share!

#### **4.9 Wellness for All: Using Improvisation to Build Confidence and Morale**

***Lauren Stein, Laurentina's Improv Club, Toronto***

Learn how to use improvisation to boost children's self-esteem, develop imagination and express emotions, to create a supportive and inclusive environment, to improve communication and team-building, and to increase well-being and joy. This workshop gives participants an introduction as well as sample exercises to use and modify in the LINC childminding environment (and even for themselves). Combining a lecture with interactive examples, we will discuss and integrate how to nurture students with improv's "Yes, And" approach, providing a creative space where there are no mistakes.

# Wellness for All!

The **10th** Ontario Professional Development  
Conference for LINC Childminders



## Travel & Expense Claim Guidelines

### Registration and Reimbursement Procedures

#### CONFERENCE REGISTRATION

You must register by **September 16, 2011**.

Just **FAX** your completed Registration Form to **Adele Peden** at **416.769.4033** or toll free: **1.866.385.3326**

Or mail to: **The Learning Enrichment Foundation**  
**LINC Childminding Conference 2011**  
**116 Industry Street**  
**Toronto, Ontario**  
**M6M 4L8**

There is no registration fee for childminders selected by their organizations to attend.

#### HOTEL RESERVATIONS

All rooms at the Toronto Marriott Downtown Eaton Centre Hotel will be booked by the conference coordinators. Please complete the “Book Me a Room” portion of your Conference Registration Form, if you qualify for hotel accommodations (attendees residing far from the hotel but within the Greater Toronto Area should refer to the map to determine if they are eligible). If you wish to share a room, please provide the name of the person with whom you will be sharing.

Conference check-in begins at 3:00 p.m. Hotel check-out time is noon, but you may have your bags stored by the hotel if your departure is scheduled for later in the day (there is no charge for this service).

Your conference registration fee covers hotel accommodations (including applicable taxes) and related parking costs only. Upon check-out, you are responsible for any personally incurred expenses such as phone, mini-bar, room service, etc.

#### MEALS

Breakfast and lunch will be provided at the conference on Thursday and Friday. Please indicate any dietary restrictions when you fill out your Registration Form.

**Out-of-town participants** will be eligible for a dinner allowance of up to **\$38.90** each day for both Wednesday and Thursday. Please note that only one dinner receipt per day will be reimbursed, and that incidentals (candy, chocolate bars, soft drinks, etc.) do not qualify for reimbursement.

## **TRAVEL**

Please choose the most inexpensive mode of transportation — including carpooling, if possible. Air travel reimbursement is available for long distances only.

To make your air, train and bus travel arrangements, please contact **Doreen** at **Medallion Travel**: 905.480.2229, toll free **1.877.496.6073**, e-mail: **doreen@medalliontravel.com**.

For local transportation, contact the Toronto Transit Commission (TTC) at 416.393.4636. GO Bus and Train information is available at 416.869.3200 or 1.800.387.3652.

The Toronto Marriott Downtown Eaton Centre Hotel is located just five minutes from Union Station on the TTC's Yonge/University subway line - Dundas Station.

## **REIMBURSEMENTS**

### **Transportation**

Transportation to and from the airport, bus or train station (e.g., taxi, airport shuttle bus, etc.) will be reimbursed upon presentation of a receipt. Taxi fare to and from home or work to the hotel does not qualify for reimbursement. See Claiming Your Reimbursements, below, for more information.

### **Mileage**

Local participants may receive a gasoline cost reimbursement at a rate of .55 cents/km. To be eligible, a participant's home and workplace must be located outside a 16 km radius from the hotel. Participants will not receive any additional gasoline cost reimbursement beyond the mileage indicated in the Expense Claim Form (see below).

### **Parking**

Parking is available underground at the Marriott for \$26/day, as well as in adjacent parking lots for varying prices. Delegates who park at the hotel will receive a voucher at the Registration desk. Delegates using adjacent lots should include their parking expenses in the Expense Claim Form.

### **Claiming Your Reimbursements**

Expense Claim Forms are included in the conference package you will receive at the Registration Desk. Remember to save all your receipts — they are required for any reimbursement!

Credit card receipts will not be approved without the itemized bill. Claims for dinner expenses must include the original receipt. Taxi chits must be legible and must include the pick-up location.

When the conference is over, please complete your Expense Claim Forms, attach your receipts, and send to:

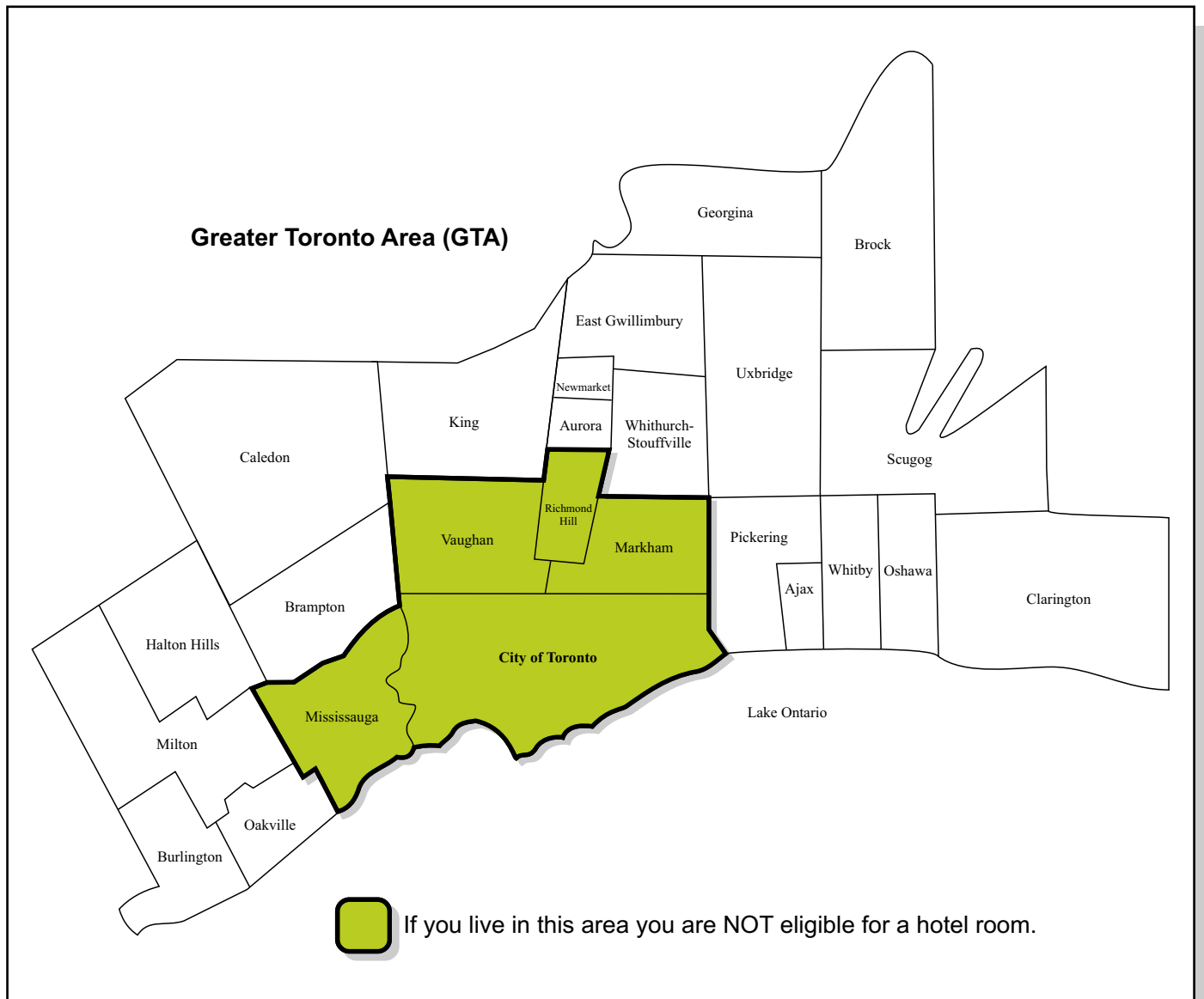
**Adele Peden**  
**The Learning Enrichment Foundation**  
**116 Industry Street**  
**Toronto, Ontario**  
**M6M 4L8**  
**Phone: 416.760.2570**

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## Hotel Room - Eligible Area



# Wellness for All!

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## Hotel Information & Directions

**Toronto Marriott Downtown Eaton Centre**

**525 Bay Street**

**Toronto, Ontario M5G 2L2**

**Phone: 416.597.9200 or toll free 1.800.905.0667**

<http://www.marriott.com/hotels/travel/yyzec-toronto-marriott-downtown-eaton-centre-hotel/>

**All rooms will be booked by the conference coordinators** – a block of hotel rooms has been reserved for out-of-town delegates.

**If you are coming from out of town**, please fill out the “Book me a room” portion of the registration form, where you will also find the option to share a room and where you provide the name of the person with whom you will be sharing. Please note that the hotel is a **smoke-free** environment.

### Directions

The hotel is located in the heart of downtown Toronto and is approximately 40 minutes from Pearson International Airport.

#### FROM PEARSON INTERNATIONAL AIRPORT

- ➔ Take Highway 427 South to the Queen Elizabeth Way, ( Q.E.W. ) East to the Gardiner Expressway East.
- ➔ Take Gardiner eastbound
- ➔ Exit York/Bay Streets.
- ➔ Take Bay Street north. Hotel is on right just North of Queen Street.

#### FROM THE EAST

- ➔ Follow Highway 401 W. to Don Valley Parkway S.
- ➔ Take the exit toward Downtown/Richmond St.
- ➔ Turn slightly right onto Eastern Avenue, then slightly right again onto ramp
- ➔ Continue straight to get onto Richmond Street E.
- ➔ Turn right onto Victoria Street
- ➔ Turn left onto Queen Street E.
- ➔ Turn slight right on Bay Street

## FROM THE NORTH

- ➔ Follow Highway 404 S. to Toronto
- ➔ Highway 404 becomes the Don Valley Parkway S.
- ➔ Take the exit toward Downtown/Richmond Street
- ➔ Turn slightly right onto Eastern Avenue, then slightly right onto ramp
- ➔ Continue straight to go onto Richmond Street E.
- ➔ Turn right onto Victoria St.
- ➔ Turn left onto Queen Street E.
- ➔ Turn slight right on Bay Street

## FROM THE WEST

- ➔ Follow the Queen Elizabeth Way (QEW) to Toronto, then merge onto Gardiner Expressway E.
- ➔ Take the York Street/Bay Street exit
- ➔ Take the York ramp toward Bay Street North
- ➔ Take the York Street ramp
- ➔ Turn left onto University Avenue
- ➔ Turn right onto Dundas Street W.
- ➔ Turn right onto Bay Street

## FROM TORONTO CITY CENTRE (ISLAND) AIRPORT

- ➔ Follow Bathurst Street North to Queens Quay
- ➔ Turn right on Lake Shore Boulevard W.
- ➔ Turn left onto Spadina Avenue
- ➔ Turn right onto Adelaide Street W.
- ➔ Turn left onto Bay Street







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## “TO DO” List

- ✓ **Your registration form must be received before Friday, September 16, 2011**

Send to **Adele Peden** either by fax or mail.

Fax: 416.769.4033 or toll free fax: 1.866.385.3326

Mailing Address: **The Learning Enrichment Foundation  
LINC Childminding Conference 2011  
116 Industry Street  
Toronto, Ontario  
M6M 4L8**

Remember...the number of delegate spaces available to each organization is based on the organization's number of childminders, and organizations determine which childminders will attend.

- ✓ **If you are from out of town and require a hotel room**, fill out the "*Book me a room*" section of the registration form. Remember, hotel rooms will be booked by the conference coordinators.

- ✓ **If you need to make travel arrangements by train, bus or airplane**, contact:

Doreen at Medallion Travel

Phone: 905.480.2229 or 1.877.496.6073

E-mail: [doreen@medalliontravel.com](mailto:doreen@medalliontravel.com)

- ✓ **Mark your calendars...and get ready to have a great time!**

- ? **Questions...?**

Contact Adele Peden at 416.760.2570 or e-mail [apeden@lefca.org](mailto:apeden@lefca.org)



**Citizenship and  
Immigration Canada**

**Citoyenneté et  
Immigration Canada**

