



CARE Connections Retreat By the Lake XIV

“A Slough of Workshops”

June 22nd & 23rd, 2012

*10 Hours of
Training Available with certificates!*



~ Come and spend Friday night with Tom Gaskill at the South Slough ~

Held at the South Slough Interpretive Center

In this special evening program, we will journey into the edge of day and night with an eye to the way a child might view such times. We will learn about techniques used by South Slough educators to enhance the experience while helping the participants to feel safe and get the most out of a dawn or dusk walk.

[Please make sure to wear appropriate clothing & shoes.](#)

Tom will also join us on Saturday for a keynote address!

“Estuary Eddie Meets the Mudflat Monster...and Survives!” -

For many children (and adults) the idea of purposefully walking out into a wet, muddy, and flooding landscape sounds like a nightmare they hope to miss. And yet, something about human nature has drawn people into the muck of the estuary for thousands of years. Perhaps it is the rich and abundant food sources that live in, crawl across, swim above, or fly over these constantly changing places. Or maybe it is simply curiosity about this strange edge of the land at the mouth of the river, sometimes lake, sometimes surface of the moon.



**Questions? 541-888-7957 or
1-800-611-7555 or
ccr&r@socc.edu**





Friday June 22nd, 2012 6:30pm - 9:00pm



Tom Gaskill,

Education Program Coordinator, South Slough National Estuarine Research Reserve

“Exploring the Edges of the Day”

Where the fringe of dawn and dusk are sewn into the colors of the day, we are bound to find some of the most interesting happenings in the natural world. Birds and mammals often use the cover of darkness whether arriving or departing to conduct their daily business. Sounds, smells and even sights become more intimate as we learn to rely on all of our senses to navigate.

*Start loading Bus at Lighthouse Depot at 5:30pm, bus leaves at 6pm sharp, returns at 9pm.

*Pizza Social in Lighthouse Depot at 9pm!!! Come and network with other ECE professionals!

Esta session será traducida en español

CKC: Learning Environments & Curriculum

Set 1

Ages ALL

Saturday June 23rd, 2012

7:00am-8:00am Registration and Breakfast

8:00am-10:00am Session 1

A – Practical Ways to Connect with Nature

Marion Bauer

Early Childhood Community Trainer, Southwestern Community Partnership Family Center

In this workshop we will explore ways that children can connect with the magic of nature every day. Get teachers and parents ready to have fun with the things that are outside. We will look at indoor and outdoor spaces we already have to make, explore and create nature experiences.

Set 2 CKC Human, Growth and Development Ages ALL

B - Mother and Child in the Child Care Setting

Josephine Morrison, MA, RN, IBCLC

Carolyn Jacobson, BSN, RNC, IBCLC
Coos County Breastfeeding Coalition

An exploration and application of breastfeeding as it relates to the health of mother and child. Ways to provide support to breastfeeding families and guidelines on safe preparation and feeding of breast-milk will be examined for future application. Child care providers' current feelings and practices will be explored. Resources will be provided.

Set 2 CKC Health, Safety & Nutrition Ages I/T

C - Oregon Kids—Healthy & Safe

Liz Cohen

Care Connections, CCR&R & Family Support & Connections

How do you keep young children safe and healthy in your care and education program? How can you protect health and prevent injuries? Come to learn about the most common illnesses and injuries and how to prevent them.

Set 1 CKC Health, Safety, and Nutrition Ages No age

D - Love and Limits

Corrine Potts

South Coast Head Start Family Advocate

Positive Discipline through communication, prevention and mutual respect. What do you think when you hear the term “discipline”? This workshop will focus on the concepts of rewards and punishments vs. positive discipline., challenging behaviors vs. behaviors you would like to see and the introduction of the 4 questions.

Set1 CKC Understanding and Guiding Behavior Ages ALL

10:00am-10:30am Break

10:30am-12:00pm

Keynote Address - Tom Gaskill Presents...

“Estuary Eddie Meets the Mudflat Monster...and Survives!”

Esta sesión será traducida en español.



12:00pm-1:00pm Lunch, Vendors and Information Tables

1:00pm-3:00pm Session 2



A - IMIL I am Moving, I am Learning Opportunity Knocks: Reversing Current Obesity Trends Marion Bauer

Early Childhood Community Trainer, Southwestern Community
Partnership Family Center

This class will discuss promising practices and developmentally appropriate physical activity guidelines for preschool children. Participants will be provided with current research related to obesity prevention. Strategies will be presented on how to increase Moderate to Vigorous Physical Activity in child care settings.

Set 1 CKC Health, Safety and Nutrition Ages PS

B – Motivational Interviewing

Helen Visarraga, MSW, LCSW
Executive Director, Oregon Child Care Resource & Referral Network

This session will explore the strategies of Motivational Interviewing (MI) as they are used to support families in stress - moving, loss of job, identify a child with special needs, etc... Participants will focus on applying MI techniques to develop positive empowering partnerships with the families that they work with.

Set 2 CKC Families and Community Systems Ages No age

C – Experiencing Science Inside and Out Wendy Heston Executive Director Trinity Learning Center Shirley Calonder Yamhill County Child Dev. Facilitator

Through the incorporation of science and nature with children, in the classroom and the outdoors, knowledge of the importance of utilizing nature in an educational environment will be gained through a hands-on approach.

Set 1 CKC Learning environments & Curriculum Ages PS, SA

D - ORO: Your Tool for Planning Your Professional Development

Ingrid Anderson, M.Ed
Coordinator: Credentialing & Certification, OCCD

Why do you need to know about Oregon Registry Online (ORO)? How will it help YOU plan your professional development? Come learn about your ORO training and education summary and how you can use it to identify your next professional steps. Identify how you can find training and education opportunities in Oregon to help you meet your goals.

Set 1 CKC PPLD Ages No age

3:00pm-3:30pm Break

3:30pm-5:30pm Session 3

A – IMIL I am Moving I am Learning Nutrition Building Blocks Marion Bauer

Early Childhood Community Trainer, Southwestern Community
Partnership Family Center

In this session participants will learn new strategies for improving nutrition choices in child care settings, recognize the impact of good nutrition on other learning areas and obtain research-based information to guide adults' and children's nutrition practices.

Set 1 CKC Health, Safety and Nutrition Ages PS

B – AAA's of Behavior Change

Stephanie Polizzi, MPH, RD, CHES
OSU Extension Family and Community Health

This is a health and wellness presentation. Workshop attendees will look at strategies to help change an unwanted behavior or adopt a new one. The presenter is specialized in adult coaching and provides resources and programs to educate professionals, children and families on the importance of taking the responsibility for their lifelong health outcomes.

Set 2 CKC Health, Safety and Nutrition Ages No age

C—Young Children; Growing Up, Growing Strong Daniel Birkovich, Vickie Hennessey & Guadalupe Bowman

Educare Preschool Teaching Team, The Family Center,
Southwestern Oregon Community College

Using a community garden and child appropriate, learning activities to support healthy lifestyle choices for young children and families. Participants will be provided with materials and information to support and carry forward presented and shared ideas. Additionally, participants will create an action plan outlining the strategies and ideas to be implemented.

Set 1 CKC Learning Environments & Curriculum

D – Exploring & Expressing our Uniqueness

Giovanna Hite
Human Development & Family Studies Instructor
Southwestern Oregon Community College

As individuals our diversity is endless. Exploring who we are helps us identify our unique qualities and strengths. Developing an environment that embraces the diversity or exceptionalities of everyone is undoubtedly an important attribute we aspire to pass along to children, youth and families.

Set 1 CKC

5:30pm Door Prizes, Box Dinners to Go & Good-byes

Sunday June 23rd, 2012, 8:00-10:00am Dorm



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June 22nd and 23rd 2012

Sponsored by:

- > **Southwestern Oregon Community College**
- > **Oregon Association for the Education of Young Children**
- > **Coos County Commission on Children & Families**
- > **Oregon Community Foundation**

CARE Connections

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CARE Connections is a Department of



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