



# EARLY CHILDHOOD RESOURCE TEACHER NETWORK OF ONTARIO

CONFERENCE

29<sup>TH</sup> ANNUAL PROVINCIAL CONFERENCE

September 16 - 18, 2015

Cambridge Hotel-Conference Centre  
700 Hespeler Road  
Cambridge, Ontario, N3H 5L8

[www.ecrtno.ca](http://www.ecrtno.ca)

# CONFERENCE PROGRAM

## Wednesday September 16, 2015

4:00 p.m. - 7:00 p.m.	Registration
7:00 p.m. - 9:00 p.m.	President's Welcome – Debbie Levesque Keynote – Judy Croon

## Thursday September 17, 2015

7:30 a.m. - 8:30 a.m.	Breakfast and Registration
9:00 a.m. - 11:45 a.m.	Workshops Morning break @ 10:30 a.m.
10:30 a.m. - 4:30 p.m.	Resource Fair Loonie Sale
12:00 p.m. - 1:00 p.m.	Lunch
1:15 p.m. - 4:00 p.m.	Workshops Afternoon break @ 2:30 p.m.

## Friday September 18, 2015

7:30 a.m. - 8:30 a.m.	Breakfast and Registration
8:15 a.m. - 8:45 a.m.	Annual General Meeting
9:00 a.m. – 11:45 a.m.	Workshops Morning break @ 10:30 a.m.
10:30 a.m. - 3:00 p.m.	Resource Fair Loonie Sale
12:00 p.m. - 1:00 p.m.	Lunch / Loonie Draw
1:15 p.m. – 4:00 p.m.	Workshops Afternoon break @ 2:30 p.m.

There will be an extensive Resource Fair available. Many items will be available for purchase; payment options include cash/credit

# WORKSHOPS

Wednesday September 16, 2015 - Keynote Speaker

7:15 p.m. to 8:45 p.m.



**Judy Croon**

## **Relieving Stress With Humor**

Judy is a comedian, motivational speaker, Second City coach and author. She has been the opening act for many celebrities including; Jon Stewart, Lewis Black, Robert Klein and Joan Rivers. Her specials have appeared on NBC, CBS, CTV and The Comedy Network. She is a co-author of *'From the Stage to the Page: Life Lessons from Four Funny Ladies!'* Judy draws from her standup performance experience to entertain, inform and inspire in her dynamic keynote entitled: "Relieving Stress with Humour." Judy is the creator and host of "Laughlines" and "Stand Up for The Girls" which have raised over \$650,000 for breast cancer research.

Thursday September 17, 2015

Full Day Workshop

Morning Session 9:00 a.m. to 11:45 a.m.

**FD1 An Introduction to Infant Mental Health (this session is a prerequisite for the afternoon session)**

**Dr. Chaya Kulkarni**

The quality of mental health experienced by a baby or toddler can have lifelong consequences, yet few understand how to recognize when infant mental health may be at risk and if so, how to intervene. Many adverse outcomes can be prevented when caregivers are provided with the support and information that enables them to be optimally responsive to their infants and young children. Well planned early intervention can promote positive outcomes, even in the face of diverse cumulative risk factors. We will address how early detection and rapid response can influence a child's trajectory throughout life. We will identify and review the knowledge that practitioners need to have when working with this vulnerable population focusing on the impact of trauma. Furthermore, we will explore how the stress that accompanies trauma is associated with a very critical time in early brain development. Experiences in the early years of a child's life have a direct relation to mental health and development in a child's late life.

Afternoon Session -

1:15 p.m. To 4:00 p.m.

**Hand in Hand- Devel-**

**opmental Support Planning**

**Dr. Chaya Kulkiarni**

Simply conducting developmental screens and making referrals that result in lengthy wait times does not reflect current research showing that early detection must be followed by early response to change a developmental trajectory. Through a collaborative partnership between Children's Aid Society of Toronto and Infant Mental Health Promotion, a model for early intervention and detection of developmental delay for children five and under was created to address this gap in service. This session will guide practitioners through the development of the Hand in Hand Developmental Support Plan (DSP) model and demonstrate the usage of the Hand in Hand resources to provide simple every day strategies and activities to help a child reach appropriate developmental goals in a culturally appropriate and strength-based way.

Thursday September 17, 2015

Full Day Workshop

9:00 a.m. to 11:45 a.m. and 1:15 p.m. to 4:00 p.m.

**FD2 TAKE YOUR TEMPERAMENT! Living and working with diverse temperaments (including your own!)**

**Nanci Burns**

This fun and interactive workshop explores the nature of temperament and how it impacts your daily home and family life. It is designed for participants who have some working knowledge of temperament and a desire to explore it more in-depth. Knowing that Nature and Nurture act together in shaping who we are, you will gain an understanding of temperament (Nature) and how to interpret it to benefit yourself and those around you. Individual differences in temperament among family members, colleagues, etc. can be a major factor in making our lives positive ...or stressful! In some cases, we allow a diagnosis to trump temperament, instead of the reverse. This workshop will help you navigate the world of temperament, both your own and the children within your universe. Drawing on your experience and expertise, we will share ways to help you and the children in your life to understand themselves and others in their world.

Morning Workshops - 9:00 a.m. to 11:45 a.m.

**TM1 Itchy and Scratchy: The Sensory Sensitive Child in *Everyone!***

**Monica Carruthers**

In this workshop we will explore sensory sensitivity and how this might affect behaviour, attention span, the ability to participate in group time, sleep room, etc.

Every one of us has some sensory sensitivity. Some of us are annoyed by florescent lighting, tags in our clothing, "white noise", etc. In this workshop we will find out how to meet the needs of all children in our care. We will explore our environments and how to offer a variety of stimulating and soothing areas (such as a Snoezelen or cozy area, etc.)

Thursday September 17, 2015

**Morning Workshops - 9:00 a.m. to 11:45 p.m. cont'd....**

**TM2 Powerful Presentations**

**Cherie Dale**

Is public speaking something you dread or are you looking for new ideas to create exciting and well received presentations? Whether your intention is to motivate, to inform or to influence, this intensive "how-to" workshop will increase your ability to deliver polished presentations to parents and professionals.

**TM3 Newcomer Health and Settlement: The Distinctive Health and Special Needs of Young Immigrants and Refugees**

**Judith Colbert PhD**

This presentation provides an overview of ideas about health across cultures, a framework for communicating about health issues with newcomers, and approaches to understanding interactions between identified special needs, the effects of trauma and issues associated with settlement. It focuses on the importance of observation and analysis when supporting young newcomer children.

**Afternoon Workshops - 1:15 p.m. to 4:00 p.m.**

**TA1 FASD 101**

**Monica Carruthers**

FASD is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. Currently, statistics show that between 1 and 5 individuals in 100 are affected in some way by prenatal alcohol exposure. Staggering! These effects may include brain damage, growth, behaviour, cognitive function and organ damage. In this workshop we will begin to understand the effects of alcohol on the fetus, the lifelong difficulties it can create for the individual across the lifespan, and how to offer support to the classroom and the family.

Thursday September 17, 2015

Afternoon Workshops - 1:15 p.m. to 4:00 p.m. cont'd...

**TA2 Let's Talk**

**Cherie Dale**

Have you ever avoided a conversation because you **are** worried it would be awkward or difficult? As professionals we are often faced with moments like this in our day to day work with families and professionals. Participants should come prepared to share examples of "difficult conversations" from their work experiences. This workshop will help participants frame conversations into categories regarding the Who? What? Where and When? of difficult conversations.

**TA3 Barriers to Prevention and Early Intervention: Issues when Supporting Young Children from Diverse Cultures**

**Judith Colbert PhD**

This presentation explores ways in which cultural factors can be barriers to prevention and early intervention. It focuses on at least five specific areas **where** understandings from different cultural perspectives influence how parents respond to information and advice about ways to address the health and special needs of their children. It suggests strategies for practice that can break down barriers and make it more likely that young children will receive the support they need.

Friday September 18, 2015

Full Day Workshops

9:00 a.m. to 11:45 a.m. and 1:15 p.m. to 4:00 p.m.

**FD3 Special Education Advocacy: Everything you should know**

**Karen Robinson**

Participants **will** understand when advocating, the student's progress and well-being must be the primary focus for both parents and educators. Participants **will** gain knowledge and tools necessary to be able to advocate both assertively and collaboratively at meetings and in writing. Participants **will** understand the development of the IEP and how it should include the most appropriate programs, services, and supports **to** ensure students have their academic, social, emotional and safety needs met while they are at school.

Friday September 18, 2015

Full Day Workshops cont'd...

9:00 a.m. to 11:45 a.m. and 1:15 p.m. to 4:00 p.m.

**FD4 Working with Children who are Angry and Aggressive**

**Doug Dunlop**

Understanding and identifying common traits of angry children is the first step toward helping them. The second step is knowing what to do! This workshop will offer an opportunity for childcare professionals working with children and youth to explore the challenges associated with angry and aggressive children.

**PARTICIPANTS WILL LEARN TO:**

- Pre-screen practices in order to develop a common working focus
- Identify the precipitating factors of angry and aggressive behaviour
- Go beyond the behaviour: children with special needs
- Apply strategies for the safe defusing of acting out in children
- Use techniques for the redirection and modification of unsafe and disruptive behaviour

**Morning Workshops - 9:00 a.m. to 11:45 a.m.**

**FM1 Decoding Behaviour: What To Do With a Child's Feelings**

**Susan Dafoe-Abbey**

Emotion, long dismissed as a nuisance factor, is confirmed to be at the core of development and well-being. Should we be discouraging 'negative emotions' and encouraging children to calm down and behave?

How do we teach children the language of their feelings? How do we decode temper tantrums and misbehaviour? What do we do with our own feelings that get stirred up and our desire to connect with a child diminishes? This one-and-a-half-hour seminar with an additional half-hour of Q & A will bring clarity to all of the confusing information about emotional regulation and give you 5 steps to lead children to emotional health and maturity.



Friday September 18, 2015

**Morning Workshops - 9:00 a.m. to 11:45 a.m. Cont'd...**

**FM2 Pivotal Response Therapy (PRT) Therapy for Children with ASD – Alternatives to IBI**

**Dr. Umberto Cellupica**

Participants will understand the principles of PRT therapy and how it differs from IBI.  
Participants will understand how physicians and therapists can work together in collaborative models.

**FM3 Introduction to Mindfulness (this workshop is repeated in the afternoon FA3)**

**Karen Dillon & Stephanie Moeser**

The workshop, presented by clinical Social Workers Karen Dillon and Stephanie Moeser, will introduce the concept of **Mindfulness** and provide practical tips on how to integrate **Mindfulness** and **Mindfulness Meditation** into your personal and professional life. The focus is on using a Mindful approach to help to increase connection and decrease stress and risk of burnout.

This workshop has been provided to various clinical teams and the feedback has been extremely positive. Below are quotes from some of the participants:

“So applicable to both work and daily interactions with friends and family.”

“It resonated with me on so many levels, personal and professional.”

“I think we all took away information that we can use in our clinical practice and everyday lives.”

Friday September 18, 2015

Afternoon Workshops - 1:15 p.m. - 4:00 p.m.

**FA1 FOOD & ANXIETY: The Pitfalls & Power of Food to Nourish Connection and Foster Growth**

**Susan Dafoe-Abby**

Food is intended to nurture emotional development and to foster physical growth. Attachment and food are inextricably linked. This 1.5 hour workshop with a 30 minute allotment for Q&A is designed so you will:

- Understand the factors contributing to childhood anxiety
- Discover the role of food and connection in building resilience
- Find solutions for picky eaters and mealtime battles
- Learn strategies to bring people closer through food.

**FA2 Welcome To Driver Training – Self Management Strategies**

**Becky Richards**

This workshop will provide an overview of Self Management strategies including an introduction to the “frustration beaker,” and identifying “beaker fillers”, “early warning signs,” and “beaker emptying” strategies including relaxation techniques. It also introduces an overview of the Collaborative and Proactive Solutions (CPS) model as developed by Dr. Ross Greene.

**FA3 Introduction to Mindfulness** (this workshop is repeated from the morning FM3)

**Karen Dillon & Stephanie Moeser**

The workshop, presented by clinical Social Workers Karen Dillon and Stephanie Moeser will introduce the concept of Mindfulness and provide practical tips on how to integrate Mindfulness and Mindfulness Meditation into your personal and professional life. The focus is on using a Mindful approach to help to increase connection and decrease stress and risk of burnout.

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# REGISTRATION INFORMATION

## Conference Registrar

Alberta Parlee  
905-825-6000 ext. 2500  
alberta.p@hotmail.com

## Accommodations

### Cambridge Hotel-Conference Centre (519) 622-1505

Rooms at a special rate are limited and based on availability. Delegates are responsible for booking accommodations by **August 17, 2015** in order to have access to the special rate. Indicate group name: ECRTNO. Room cost is \$ 99.00 (+tax) per room, per night, based on single or double occupancy.

Check-in time is 3:00 p.m. Check-out time is 11:00 a.m.

## Payment

Payment **must** be received with this registration form in order to be processed. Receipts will be issued to the person submitting payment. If registering as a group by mail, please enclose **ALL** cheques and **ALL** registration in one package.

## Cancellations/Refunds

All fees are non-refundable. If you are unable to attend, a colleague may attend in your place.

Please feel free to copy and distribute to your colleagues.

[www.ecrtno.ca](http://www.ecrtno.ca)

# Please complete the registration form on the back and forward with payment to:

Alberta Parlee - ECRTNO Conference Registrar

c/o Children's Developmental Services  
690 Dorval Drive 5th Floor  
Oakville Ontario L6K 3X9

## Please Note:

**Members must be in good standing at the time of conference to receive members' rate.** Should your membership end prior to conference date, you must renew with conference fee.

Registration forms and payments received with a post mark date on or before August 17, 2015 will be accepted as **Early Bird** registrations. Registrations received after August 18, 2015 will be at the regular rate.

Please fill out the attached Membership form and include with registration form.

**Remember to copy your registration form for your records. Your receipt will be given out at registration.**

## Type of Membership:

Professional \$80.00	An individual who holds a diploma in Resource Teaching or Equivalent. This membership has full voting privileges.	Voting status
Associate \$80.00	An individual working in the field of Early Childhood Education or another field related to working with young children.	Voting status
Institute \$160.00	An educational or treatment facility or agency, developmental services agency or other organization interested in Early Childhood Resource Teaching. The membership entitles the agency or organization to send one (1) representative to all events	One (1) representative vote

Name: \_\_\_\_\_ Previous Name (if applicable): \_\_\_\_\_

Type of Membership:      Professional                       Associate                       Institute

Renewal       Membership # \_\_\_\_\_      Expiry date: \_\_\_\_\_      New

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone #: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Employer/Agency: \_\_\_\_\_ Position: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone #: \_\_\_\_\_ Work e-mail: \_\_\_\_\_



# ECRTNO CONFERENCE REGISTRATION FORM

Early Bird Registration Deadline is August 17, 2015  
 Registrations received after August 18, 2015 will at the regular rate

Full name \_\_\_\_\_ (last name previously used): \_\_\_\_\_

Employer/Agency \_\_\_\_\_ Job Title \_\_\_\_\_

Mailing Address: Street \_\_\_\_\_

City/Town \_\_\_\_\_ Postal Code \_\_\_\_\_ Phone # \_\_\_\_\_

Email address: Home \_\_\_\_\_ Work \_\_\_\_\_

CONFERENCE REGISTRATION AND MEMBERSHIP FEES	DAY AND TIME (circle)		WORKSHOP 1 <sup>ST</sup> Choice	WORKSHOP 2 <sup>nd</sup> choice
Please select <b>EITHER</b> a morning and afternoon <b>OR</b> a full day workshop We reserve the right to cancel workshops due to low registration	Thursday	AM		
		PM		
		Full day		
Keynote presentation on Wednesday evening. Please indicate <input type="checkbox"/> I will attend <input type="checkbox"/> I will not be attending	Friday	AM		
		PM		
		Full day		

FEES FOR MEMBERS and NON-MEMBERS	Early Bird by August 17, 2015		On/after August 18, 2015	
	Member's rate	Non-Member's rate	Member's rate	Non Member's rate
<b>FULL Conference</b> Includes ALL listed below	<b>\$275.00</b>	<b>\$425.00</b>	\$375.00	\$475.00
<b>Wednesday evening only</b> Keynote and Welcome reception	<b>\$10.00</b>	<b>\$10.00</b>	\$10.00	\$10.00
<b>Thursday or Friday only</b> AM & PM or ONE full day workshop All meals and the Resource Fair	<b>\$150.00</b>	<b>\$235.00</b>	\$200.00	\$290.00
<b>Membership fee if applicable</b>	<b>\$80.00</b>		\$80.00	

Conference fee \$ \_\_\_\_\_ + membership fee \$ \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

\*All fees are non-refundable

I have dietary needs of:  
\_\_\_\_\_

Method of payment: <input type="checkbox"/> Cheque enclosed  Make cheque payable to ECRTNO and forward with registration form to: Alberta Parlee  ECRTNO Conference Registrar C/O Children's Developmental Services 690 Dorval Drive 5th Floor Oakville Ontario L6K 3X9	Method of payment: <input type="checkbox"/> PayPal  Go online <a href="http://www.ecrtno.ca">www.ecrtno.ca</a> , PayPal will accept credit cards, you do not need to have an account THEN scan and email your registration form to <a href="mailto:treasurer@ecrtno.ca">treasurer@ecrtno.ca</a>
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**FOR OFFICE USE ONLY-CONFERENCE**

Date Information received		Receipt number
Cheque number		
PayPal payment		
<b>FOR OFFICE USE ONLY – MEMBERSHIP</b>		
Membership Expires		Northern <input type="checkbox"/> Central <input type="checkbox"/> Eastern <input type="checkbox"/> Western <input type="checkbox"/>
Membership list on		Membership card sent out on