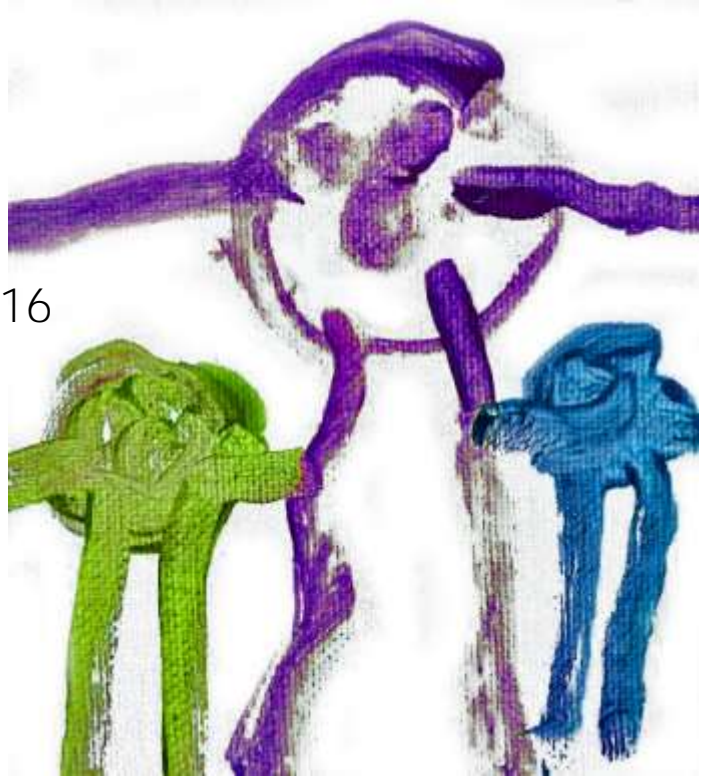


# Exploration and Discovery 2016

## The Sunshine Coast's Early Learning and Child Care Conference

Saturday, October 22, 2016  
Chatelech Secondary  
5904 Cowrie St.  
Sechelt, BC



**Exploration and Discovery Conference 2016** is a one-day training event for early childhood professionals, parents and community members. Join us for a day of workshops and a featured keynote presentation with Dr. Wendy Hall.

This event is brought to you by the **Sunshine Coast Child Care Resource and Referral Program**. Our goal is to promote, educate and increase community awareness of child development needs and issues, as well as establish networking, professional development and child care advocacy opportunities on the Sunshine Coast.



## Registration and Schedule Information

### Registration:

Brochures and registration forms are available on the CCRR website at [www.coastccrr.ca](http://www.coastccrr.ca).

Drop off your completed registration form along with cash or cheque to either of our offices:

#### Sechelt:

5520 Trail Avenue  
604-885-5657

#### Gibsons:

659 North Road  
604-886-3103

Or you can mail it to: Box 74 Sechelt, BC V0N 3A0.

Please make cheques payable to "Sunshine Coast Community Services Society".

### Fee: \$ 40.00

Morning refreshments and lunch are included in your conference fee. A limited selection of vegetarian and gluten-free options will be available. Baked goods may contain nuts. If you have any food restrictions or allergies, you will be responsible for bringing your own food.

### Helpful Hints:

Purchases: Stop at the ATM before the conference as there are no banks on site

Be Green!: Bring a water bottle with you and fill up at our water station

### Cancellation

The CCRR will issue a full refund for cancellations received on or before October 7, 2016.

### Schedule:

8:30	-	9:30	Registration opens, community displays and morning refreshments
9:30	-	10:45	Opening remarks and keynote
10:45	-	11:00	Break
11:00	-	1:00	Morning workshop session
1:00	-	2:00	Lunch and door prize draw
2:00	-	4:00	Afternoon workshop session

## Keynote

Keynote Speaker **Dr. Wendy Hall** presents:

### Exploring Children's Sleep Problems and Solutions

This innovative keynote will provide child care providers, community professionals, students, and parents with information about the nature of children's behavioural sleep problems, factors associated with behavioural sleep problems, and some solutions to assist parents to help their children sleep better. Associations between behavioural sleep problems and children's and parents' health will also be discussed.



Dr. Hall has been conducting research examining children's sleep and parenting confidence and competence for many years. She also volunteers her time to assist families with children with sleep problems. Dr. Hall was invited to join a consensus panel of experts on children's sleep by the American Academy of Sleep Medicine.

## Morning Workshops

### **1-1 Infant Toddler Studio: Creating Spaces That Inspire** **Jacqueline Ewonus**

Inspired by the preschools of Reggio Emilia, we opted to create and name our space “the studio” where research, invention and empathy could be expressed through the “100 languages” of children. Although these types of spaces are often thought of as spaces for older children, we knew that our youngest children have rich ideas and voices, and with the right environment, if we listened carefully, their creativity would reveal itself. Our educators believe that children learn best when their work is meaningful and connected to what’s going on in the world around them. In this workshop, we will share the journey one of our Infant/Toddler programs took to creating a space that honoured our children under 3, and how this program has inspired our other programs.

*Jacqueline has been working in the field for over 25 years with children 0-12 years. Jacqueline is the Infant/Toddler Program Director at SFU Childcare Society’s six Infant/Toddler programs. She is also an instructor in the Early Childhood Education Program at Burnaby Continuing Education.*

### **1-2 Learning to Read Each Other: Teaching Emotional Literacy to Children** **Kirsten Bevelander**

The strong development of social and emotional skills in children is one of the best predictors of academic and life-long success. In this age of technology children spend less time in face-to-face interactions, which has an effect on their ability to develop critical emotional literacy skills. In this interactive workshop, participants will be introduced to a wealth of children’s literature that can be used as a jumping-off point for teaching Emotional Literacy. They will leave with a book list and the generated ideas of how to get started right away.

*Kirsten Bevelander is a Child Care Advisor for the BC Aboriginal Child Care Society. She provides support to educators serving Aboriginal children and families through training, advocacy and resource sharing throughout the province. She has worked with children and families for over 25 years.*

### **1-3 Yoga and Mindfulness Tools for Teachers and Parents** **Jacqueline Malony, Josephine Chan**

Healthy relationships are at the heart of children’s social and emotional development and learning. This workshop offers yoga and mindfulness tools for self-care, self-awareness, and self-regulation for parents and teachers so you can be your best you with the children in your lives. Learn how yoga can be a pedagogical tool for being in relationships with children, and practical ways to bring mindfulness into your early childhood setting.

*Jacqueline Maloney, MA, is a doctoral student in Human Development, Learning and Culture, and a project coordinator for the Social and Emotional Learning Lab and Human Early Learning Partnership at UBC.*

*Josephine Chan is a practicing Early Childhood Educator and founder of LetThemLead.com. A Reggio Emilia inspired educator, she brings a spirit of inquiry to each of her encounters with children. She integrates yoga into her work with infants, toddlers, and preschoolers.*

### **1-4 Exploring Children’s Sleep Problems and Solutions: Applying the Information to Case Studies** **Dr. Wendy Hall**

This workshop will focus on applying the information from the keynote to case studies based on Dr. Hall’s work with families.

*For bio, see keynote description.*

## Afternoon Workshops

### **2-1 Attention, Balance, and Compassion: Incorporating the ABCs of Mindful Practice into Your Daily Routine** **Julia Black**

Stress and anxiety in young children are becoming increasingly common. This workshop will introduce participants to the problem of stress in young children's lives and introduce mindfulness as a tool to mitigate and reduce the effects of stress. Using the Social and Emotional Learning competencies, participants will learn ways in which mindfulness can be incorporated into the daily routine to bring attention, balance and compassion into children's lives.

*For the past 21 years, Julia has developed early childhood programs and facilities for young children. She has worked as a classroom teacher, teacher mentor, and Executive Director operating multiple sites and programs. Julia is a faculty member in the ECCE Department at Capilano University and coordinates a Children First and Success by 6 project.*

### **2-2 Creating a Multi-Aboriginal Cultural Space; Embracing Nature-Based Learning Through Play** **Danielle Alphonse, Sheila Grieve**

This session will examine how to renew connection through play in natural environments by considering child development, and focusing on self-regulation, self-identity and environment assessment. It will integrate how to weave many Nations into play and learning environments.

*Danielle's background is working in Aboriginal Education, Early Childhood Education and supporting families with children with special needs. She is also working on research projects with communities and teaching in the ECEC program at VIU.*

*Sheila's research, informed by her Metis heritage, relates ethnobotany to child development. She has partnered with several Aboriginal Child Care programs to add culturally relevant plants to their outdoor classrooms.*

### **2-3 Twists and Turns: Wire as an Art Medium** **Elaine Beltran-Sellitti**

Wire is an intelligent and rarely explored material that provokes children to design, make jewelry and create sculptures. We will explore wire on its own and will combine it with other materials to embellish the designs.

*Elaine Beltran-Sellitti is an Early Childhood Educator and registered primary teacher. She coordinates the Burnaby School District ECE training program. Her passions are Reggio Emilia inspired pedagogy, the play environment, and the arts. She is graduate student at Simon Fraser University researching co-constructed project work with children.*

### **2-4 The Complexities of Living Risky Play in Early Childhood** **Melanie Walters**

Melanie will take participants through a recent inquiry specifically related to safety and danger in the children's nature-based play experiences. Some questions considered: How does risky play interconnect with responsibility? What are the possibilities of living in between safety and danger? How do children, parents and educators live within a pedagogy of risk-taking? Group discussions will delve into the nature, language, and complexities of risky play, as well as ways in which to collaborate with colleagues, parents and administrative authorities on this very fundamental aspect of children's experiences.

*Melanie has been an Early Childhood Educator for 20 years, 19 of which have been intriguingly lived learning alongside children, families and colleagues at UBC Child Care Services. For the past seven years she has been leading a pilot project group of children, aged 16 months to school age. Melanie's passions include advocating for children's rights to play and explore, specifically related to nature-based play.*

## Exploration and Discovery - Map



### DIRECTIONS:

- From Langdale Terminal: Follow Highway 101 to Sechelt. Turn left at the main set of lights (Sunshine Coast Hwy. and Wharf Rd.) Follow Wharf Rd. until it bends back into Sunshine Coast Hwy. Turn right on Shorncliffe Ave., then left on Barnacle St., then turn right and follow to the top of the hill.
- From Earls Cove Terminal: Follow Highway 101 to Sechelt, turn left on Shorncliffe Ave., left on Barnacle St., then turn right and follow to the top of the hill.

## 2016 Exploration and Discovery Conference Committee

### Thanks to this year's conference committee:

Liz Hennessey	Infant Development Program, SCCSS
Paul Calder	Retired CCRR Staff and Community Supporter
Jenn Hoile	Halfmoon Bay Child Care Society
Liz Kool	Supported Child Development Program, SCCSS
Violet Jessen	Capilano University
Tracy Wright	CCRR Program
Katie Borowski	CCRR Program
Catherine Bunce	CCRR Program