

“Every child needs a champion”
-- Hillary Rodham Clinton

“Every Child Belongs” Conference



March 21, 2015

8:00 am to 3:00 pm

Held at: The College of New Caledonia
3330 22nd Avenue, Prince George

Paid Parking of 25¢/hour. Pay at ticket terminal inside doors of building; need to enter your license plate # with payment.
DO NOT Park in short term parking or you will be TICKETED

Register at: The Child Development Centre of Prince George and District
1687 Strathcona Avenue, Prince George, BC V2L 4E7
Phone: 250-563-7168 ext 205 Fax: 250-563-8039 Email: kima@cdcpq.org

****ALLERGY AWARENESS**** - Please **NO** Heavy Perfume or Peanuts

Co-Sponsors/Donors:

- ❖ The Child Development Centre – Supported Child Development
- ❖ Prince George Native Friendship Centre - Aboriginal Supported Child Development
- ❖ YMCA - Child Care Resource & Referral
- ❖ College of New Caledonia

Day at a Glance

“Every Child Belongs” Conference
March 21, 2015

8:00 – 9:00	Registration & coffee/tea
9:00 – 11:30	Morning Workshops
11:30 – 12:30	Lunch (provided)
12:30 – 3:00	Afternoon Workshops

All Day Sessions: 9:00 am – 3:00 pm (with Lunch break)	
(a)	<p style="text-align: center;">Understanding Challenging Behaviour</p> <p style="text-align: center;">This session will provide an introduction to the principles of Applied Behaviour Analysis and the laws of behaviour.</p>
(b)	<p style="text-align: center;">Play It Fair!</p> <p style="text-align: center;">Become familiar with the Play It Fair! Toolkit developed by Equitas. Build knowledge of human rights and better understand how this applies to your work with children. And build capacity to incorporate and facilitate values based games and activities into existing programs.</p>
Morning Sessions: 9:00 am – 11:30 am	Afternoon Sessions: 12:30 pm– 3:00 pm
(c)	<p style="text-align: center;">Motor Activities for Kindergarten Readiness</p> <p style="text-align: center;">Learn strategies to enhance your children’s motor skills prior to entering Kindergarten. This workshop will focus on motor development skills and activities for children ages 3-5 years old.</p>
(g)	<p style="text-align: center;">Keeping Hope Alive: Mitigating the Effects of Secondary Trauma for Caregivers and Supporters of Young Children Living with Complex Trauma Effects</p> <p style="text-align: center;">Concepts of burnout, compassion fatigue, and vicarious trauma will be explored in this presentation, but more importantly, ideas for sustaining hope and health in helping roles with young children will be shared</p>

Continued...

Morning Sessions: 9:00 am – 11:30 am	Afternoon Sessions: 12:30 pm – 3:00 pm
<p>(d) Bringing Hope to Small Minds: Helping Little Ones Living with Complex Trauma This presentation builds on the basic knowledge of Complex Trauma and includes ideas and interventions to better support young children who have experienced early adverse events.</p>	<p>(h) Radiant Child Yoga The key objects of Radian Child Yoga are: 1) provide an understanding of the values taught by the practice of yoga. 2) Introduce the concepts of Radiant Child Yoga and 3) Describe and demonstrate how yoga can be used to benefit children.</p>
<p>(e) ABC's of Autism This presentation will go over the suggested causes of autism and current prevalence rate, how the disorder is diagnosed and what warning signs to watch for. The common childhood symptoms associated with autism and effective ways to treat and teach children with autism.</p>	<p>(i) Circle Time for Everybody: The Art of Creating Inclusive Circle Times An exciting and invigorating workshop that will leave you feeling inspired and ready to share your learning's in your next circle.</p>
<p>(f) Cultural Capacity (Historical) This workshop will provide a historical overview, at the introductory level, of fundamental concepts of Indigenous culture. The facilitation and learning styles promoted in this workshop are reflective of First Nations cultures and mainly draw on examples from the Carrier Nation. It is intended to increase awareness and knowledge of Aboriginal people; to build stronger relationships, nurture new ones, and to share with one another, of our many backgrounds and cultures.</p>	<p>(j) Cultural Awareness (Regional) In this presentation you will increase your awareness and knowledge of Aboriginal people. Learn about the impacts facing First Nations today, understand the three basic social structures of Carrier people, explore questions of fiduciary rights and entitlements, socioeconomic situation and models of governance and recognize differences between traditional versus contemporary ways of being. Learn about regional cultural practices such as the Potlatch and the Clan system.</p>

Although every effort will be made to grant your preferred workshops, classes will be filled on a first-come, first served basis. When a seminar is full, an alternate choice will be substituted. Please register early as some classes fill within two weeks.

Contact:

The Child Development Centre

1687 Strathcona Avenue, Prince George, BC V2L 4E7

Phone: (250) 563-7168 ext 205 Fax: (250) 563-8039

Email: kima@cdcp.org



All Day Sessions (9:00 am - 11:30 am, lunch, 12:30 pm - 3:00 pm)

Understanding Challenging Behaviour

This session will provide an introduction to the principles of Applied Behaviour Analysis and the laws of behaviour. All behaviour is governed by these laws; therefore, understanding these laws allows us to understand and predict behaviour. Creating a behaviour modification plan based on the principles of Applied Behaviour Analysis and a firm understanding, predication and confirmation of an individual's behaviour has been shown by decades of research to be the most effective way to decrease challenging behaviour and increase desired behaviour. Participants should leave with: (a) an understanding that behaviourism is not a "perspective," "philosophy," or "approach," but a scientifically verified understanding of the natural laws that underlie how behaviour works; (b) an understanding of some of the basic principles of Applied Behaviour Analysis; (c) the ability to apply those principles to an individual's behaviour to understand why that individual is demonstrating challenging behaviour; and (d) a clear understanding that behaviour is both determined by and promoted by the environment, not the individual performing the behaviour.

Michael Watt, M.A., Positive Behaviour Support Manager, Sources Community Resources Society

Michael has worked with numerous individuals diagnosed with Autism Spectrum Disorder and other Complex Developmental and Behavioural Challenges since 1997. Michael grew up in Houston, but spent several years in the Lower Mainland attaining his Bachelor of Arts in Psychology at Simon Fraser University. During his time in the Lower Mainland, Michael worked with young children with Autism, providing Lovass style Discrete Trial Training, based on the principles of Applied Behavioural Analysis. Michael joined the PBSS North team shortly after re-locating back to Northern BC in 2000. Michael has also completed his Masters degree in Disabilities Management with a focus on the effects, on a parent's mental health and job performance, of raising a child with autism, as well as in assisting people with developmental disabilities to transition into the workforce. Michael has spent the last three years actively working on completing the requirements to become a Board Certified Behaviour Analyst (BCBA). He is committed to furthering the availability of high quality, evidence based Positive Behaviour Consultation throughout Northern BC and is working to make BCBA certification more accessible to professionals throughout Northern BC.



Play It Fair!

Equitas invites staff from Community-based organization's and centres who work with children and youth to participate in a dynamic workshop that will allow them to: -Become familiar with the Play It Fair! Toolkit developed by Equitas; -Build knowledge of human rights and better understand how this applies to your work with children; -Build capacity to incorporate and facilitate values based games and activities into existing programs.

An innovative program implemented in day camps and after school programs across Canada that increases children aged 6-12 understanding of human rights, respect for diversity and peaceful conflict resolution. The *Play It Fair! Toolkit* contains interactive age appropriate activities and games that reinforce the positive values and fundamental principles of human dignity and equality set out in the Universal Declaration of Human Rights. The games and activities in the toolkit provide a starting point for children to discuss issues in their lives and work together to find ways to promote inclusion, respect, fairness, acceptance and cooperation. This unique approach succeeds because the children are having so much fun that they don't even realize they are learning!

Angie Osachoff (nee Mapara)

Angie is a Regional Program Officer for Equitas, the International Centre for Human Rights Education. Angie has been a member of the Canadian Commission for UNESCO since 2006 as a member of the Sectoral Commission on Education and the National Executive Committee, as well as an Advisor to the Youth Advisory Group. She graduated from Queen's University with two degrees; a major in political studies and an honours medal in development studies and political studies. Over the past 20+ years, Angie has been a passionate proponent of informal education. She has written and delivered workshops on Children and Armed Conflict, International Humanitarian Law, Human Rights and many others.

Morning Sessions (9:00 am - 11:30 am)

Motor Activities for Kindergarten Readiness

Learn strategies to enhance your children's motor skills prior to entering Kindergarten. This workshop will focus on motor development skills and activities for children ages 3-5 years old. Workshop will cover the following objectives:

- Development fine and gross motor milestones for ages 3-5
- Describe the various skills needed (e.g. Hand function, non-motor visual perception, postural abilities)
- Provide strategies to improve motor function (i.e. adjusting activities to skill level)
- Group discussion about low tech toys (e.g. using blocks in different ways)
- Provide handouts with concrete ideas/activities (e.g. craft handouts, play-dough recipes).

Jody Edamura

Jody has worked as an occupational therapist in paediatrics for the past 17 years. Areas of clinical practice include: school districts in California, Prince George CDC and outreach services for Valemount and McBride. She addresses a variety of paediatric issues like motor disorders, picky eaters and sensory related behaviour strategies. She provides therapy for children 0-18 years of age, and is a consultant for children in private schools.

Karissa McNamara

Karissa graduated with her Masters in Occupational Therapy from the University of Alberta in 2013. Karissa completed her Health Science Degree with a minor in Psychology at UNBC. She has worked with children for a number of years in a number of different settings (i.e. coaching figure skating, supported child development in preschool/kindergarten). She has been working as an occupational therapist at the Prince George CDC for the past year. She currently provides early intervention for children 0-5 years old.



Bringing Hope to Small Worlds: Helping Little Ones Living with Complex Trauma

Building on basic knowledge of Complex Trauma (Developmental Trauma Disorder), this presentation includes ideas and interventions to better support young children who have experienced early adverse events. Complex Trauma results in caregivers, early childhood educators and other supporters of small children having to think outside the box for ways to help them begin to learn and regulate emotions, soothe somatic affects, increase trust and build relationships. Discussion and insight from participants is always most welcomed.

Dr. Linda O'Neill

Dr. O'Neill is a long-time northerner and passionate advocate for children, youth and adults living with complex trauma and an educator who trains practitioners from diverse fields in Trauma-Informed Practice. She is an Associate Professor in the Counselling Program at UNBC, the Clinical Coordinator for the downtown UNBC Community Care Centre, and the founder of the Northern Trauma Foundation. Her current research is focused on the needs of teacher in better supporting children with complex trauma in the school system.



ABC's of Autism

The presentation will be a general overview of autism:

- The suggested causes of autism and current prevalence rates
- How the disorder is diagnosed and what the warning signs are
- The common symptoms associated with autism through childhood
- Effective ways to treat and teach children with autism.

Casey Derbyshire

I have worked with Children with Developmental disabilities since 2004. I have a Bachelor of Education degree with a major in Psychology and I am currently completing my Master of Special Education through UNBC. I am currently researching nonverbal autism. Specifically, using technology to promote language use in children with autism. I also currently work as a Behaviour Consultant with Sources Positive Behaviour Support Services. Through my work with Sources, I assess and help families modify challenging behaviour. I also occasionally provide consultation services to schools and private intervention services.



Cultural Capacity (Historical)

This workshop will provide a historical overview, at the introductory level, of fundamental concepts of Indigenous culture. The facilitation and learning styles promoted in this workshop are reflective of First Nations cultures and mainly draw on examples from the Carrier Nation. It is intended to increase awareness and knowledge of Aboriginal people; to build stronger relationships, nurture new ones, and to share with one another, of our many backgrounds and cultures.

Sarah John

Sarah is from Saik'uz First Nation, a community located south of Vanderhoof, BC. She belongs to the Lusilyoo Clan (frog) of the Dakelh-ne (Carrier). She has an educational background in Sociology/Anthropology and graduated with her Masters of Education in 2011 from Simon Fraser University. The granddaughter of Sally Erickson of Nak'azdli and Mary John Sr. of Saik'uz; Sarah has a deep rootedness in family and a strong connection to cultural practices such as the Balhats (Potlach).

Afternoon Sessions (1:00 pm - 3:30 pm)

Keeping Hope Alive: Mitigating the Effects of Secondary Trauma for Caregivers and Supporters of Young Children Living with Complex Trauma Effects

Secondary Trauma is not often addressed for caregivers and early childhood educators and supporters, yet these amazing members of children's support systems are often exposed to the confusion, pain and suffering experienced by children who have lived through adverse life events. Concepts of burnout, compassion fatigue, and vicarious trauma will be explored, but more importantly, ideas for sustaining hope and health in helping roles with young children will be shared. Discussion and insight from participants is always most welcomed.

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Radiant Child Yoga

Key Objectives

- Provide an understanding of the values taught by the practice of yoga.
- Introduce the concepts of Radiant Child Yoga
- Describe and demonstrate how yoga can be used to benefit children



Shauna

Shauna is a registered yoga teacher (RYT 200) a certified Fitness Trainer and a Trainer of Trainers. She holds a Bachelor of Science Degree from the University of Alberta. Shauna has a passion for working with children and introducing them to the benefits of yoga. She holds certifications in Radiant Child Yoga and Child Meditation facilitation. She is a Level 1 iRest Yoga Nidra teacher. Research has shown that iRest Yoga Nidra effectively reduces PTSD, depression, anxiety, insomnia, chronic pain and chemical dependency. It is being used in hospitals, psychotherapy, hospice and homeless shelters. A new training is available this year specifically for children/youth. Shauna's goal is to help people feel healthy, connect to their bodies, their spirit and their community. Through the physical practice of yoga, focusing through breathing, calming the mind through meditation, we can exponentially increase the quality of our lives. One of Shauna's favorite saying is "I meditate so that I can inundate my entire being with the omnipotent power of peace" by Sri Chinmoy.



Circle Time for Everybody: The Art of Creating Inclusive Circle Times

Join Denise in a mindful conversation about how to include everybody who attends your circle time. There will be discussion about props, how to reuse and rethink everyday items, brainstorm new and exciting ways to present your circle, and participate in a mock circle. An exciting and invigorating workshop to leave feeling inspired and ready to share your learning's in your next circle.

Denise Marshall

Denise Marshall is an Early Childhood Educator; she has held her license to practice for 12 years. In 2004 she received her diploma in ECE with Infant Toddler and Special Needs certificates. She has worked in the field of ECE for 15 years, and served on the Board of ECEBC for 7 years. During her career in ECE she has worked largely in Prince George, at the University of Northern BC Childcare Society, she proudly worked as a casual for the Prince George Child Development Centre. In 2014 she served a brief term as Children's Programmer at the Prince George Public Library before moving into a full time career in Yoga as Manager of Chinook Yoga Studio and yoga instructor/owner of Harmony Yoga.

She plans to now continue her joy of working with children in a new and creative way. She combines her experience of working with children of all abilities and passion of yoga by sharing the fit of yoga in childcare facilities.

She is excited and honored to be part of such an important local conference and would like to thank the conference committee for their hard work and dedication to providing profession development in the Northern Communities.



Cultural Awareness (Regional)

In this presentation you will increase your awareness and knowledge of Aboriginal people. Learn about the impacts facing First Nations today, understand the three basic social structures of Carrier people, explore questions of fiduciary rights and entitlements, socioeconomic situation and models of governance and recognize differences between traditional versus contemporary ways of being. Learn about regional cultural practices such as the Potlatch and the Clan system.

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There will be no notice when substitutions are made.

- Early Registration Fee: \$75 **Deadline:** Feb 20, 2015
- Standard Registration Fee: \$95 **Deadline:** March 6, 2015

Payment must accompany Registration Form.

There are **NO** reimbursements.

Payment Information:

Credit Card #: _____ VC*: _____ Expiry Date: _____

*Validation Code: 3 digit number on the back of credit card

Signature/Authorization: _____

Cash Receipt Number: _____ Cheque #: _____

Fees Payable to:

The Child Development Centre
1687 Strathcona Avenue, Prince George, BC V2L 4E7
Phone: (250) 563-7168 Fax: (250) 563-8039 Email: kima@cdcpq.org

Dress in layers.
Temperatures vary
from room to room.

Coffee and tea will be
served at arrival and lunch
will be served 11:30 to 12:30.
Bring snacks accordingly to
meet your nutritional needs.

Please remember to thank
our incredible donors as
they have helped keep the
cost of this conference
affordable!

Please be allergy
aware. Avoid
heavy perfumes
and peanuts.

Thoughts on How to Enjoy Your Conference!

The college is a green
environment so disposable
water will not be provided.
Water bottles are provided
with registration!



Please fill out your evaluations at
the end. Your comments on the
course content will guide us in
choosing future presenters.

INSIDE Parking meters
require license plate
number and take exact
change or credit card.