Invites you to the 27th Annual
Health in Child Care Conference

Supporting the Health of New Jersey's Children

Friday, May 11, 2018

Hilton Meadowlands
East Rutherford, New Jersey
(201) 896-0500
Welcome to the 27th Annual Health in Child Care Conference –

Supporting the Health of NJ’s Children

For 27 years, the Health in Child Care Conference has been providing a unique opportunity to focus on the well-being of children and their families. We are proud to offer workshops that focus on the provision of high quality care for NJ’s youngest children. We hope that this conference helps to build your repertoire of skills and information and helps to enhance the work that you do. All of the workshops meet the requirement for professional development through the Office of Child Care Licensing.

Once again I have the pleasure to chair this year’s conference. We have been able to bring together a diverse and expert group of presenters to provide a wide and timely array of informative workshops and are confident you will find several meaningful choices to meet your professional development needs. We are pleased to have Gerard Costa, Director and Senior Lecturer, Center for Autism and Early Childhood Mental Health College of Education and Human Services at Montclair State University as our keynote speaker.

The continued success of this conference is the direct result of the hard work of an amazing group of presenters from organizations throughout the state who donate their time and expertise. Special thanks to Helen Muscato for all the work she does to make our conference run smoothly. We thank NJAEYC for continuing to support this conference as a collaborative project. We are also appreciative of SPAN’s continued support for this conference. We also thank our sponsors and vendors who enable us to keep our registration fees low as a result of their generous support. Should you wish to make a contribution, all donations are greatly appreciated.

We look forward to seeing you in May!

Michelle Barnea, RN, MSEd

Health in Child Care Conference Chair
**SCHEDULE**

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:45 am – 9:00 am</td>
<td>Registration, Breakfast and Exhibits</td>
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<tr>
<td>9:00 am – 9:15 am</td>
<td>Welcome</td>
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<td>9:15 am – 10:45 am</td>
<td><strong>Keynote Address</strong>&lt;br&gt;Rethinking “Training” as “Formation”: <em>The Public, Private and Secret Ways We Must Grow if We are to Help Infants, Children and Families</em> – <em>Dr. Gerard Costa</em>&lt;br&gt;We must be intentional in the process of how to prepare persons to properly work with infants, children and families. This keynote will be a clarion call to rethink that process by applying the sciences about learning, relationships and the brain. You will be asked to reconsider traditional ways of “training” and move instead towards “formation”, and on ways of “becoming” and “being” not just “doing” with others.</td>
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<tr>
<td>11:00 am – 12:30 pm</td>
<td>AM Workshops</td>
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<td>12:30 pm – 2:00 pm</td>
<td>Lunch and Exhibits</td>
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<tr>
<td>2:00 pm – 3:30 pm</td>
<td>PM Workshops</td>
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**Medication Administration workshop schedule:**

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>8:30 am – 12:30 pm</td>
<td>AM Workshops</td>
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<tr>
<td>12:30 pm – 1:30 pm</td>
<td>Lunch and Exhibits</td>
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ABOUT OUR KEYNOTE SPEAKER

Dr. Gerard Costa

Dr. Gerard Costa is a licensed developmental psychologist and founding director of the Center for Autism and Early Childhood Mental Health and Professor of Early Childhood, Elementary and Literacy Education at Montclair State University. He holds certificates in the Brazelton Touchpoints model, DIR-C®, and Infant Mental Health. He was appointed by two governors to the New Jersey Council for Young Children. He teaches in the Infant and Early Childhood Development (IECD) doctoral program at Fielding University, served on the Advisory Board of the Interdisciplinary Council on Development and Learning (ICDL) under Dr. Stanley Greenspan and is currently President of the ICDL Board of Trustees. He has presented on autism, infant mental health, professional and human development throughout the United States and world, and has published papers and book chapters in these areas.
FULL DAY WORKSHOP
8:30 am – 12:30 pm
12:30 pm – 1:30 pm Lunch and Exhibits
1:30 pm - 3:30 pm

Medication Administration in Early Education and Child Care Settings

Presenter: Judi Connor, BSN, RN, Child Care Health Consultant – Central Jersey Family Health Consortium

Based on the AAP Healthy Futures curriculum, this full day workshop will cover policies, regulations, measuring, administration, storage, disposal and documentation procedures to promote administering medications safely. The session will also include when medication administration may not be appropriate, dealing with parents, Special Needs Care Plans, and inclusion of children with asthma and life threatening allergies along with special delivery devices such as nebulizers, inhalers and the EpiPen®. Current CPR and First Aid certification preferred.

Participants will receive a certificate of participation for the program but must attend the full 6 hours to receive certification.

***Please note extended time of this workshop
AM WORKSHOPS

1. Fostering Social-Emotional Health in Early Childhood through a Trauma Informed Lens

_ Jeannette Alcantara & Vasu Nacha – Prevent Child Abuse – NJ_

When talking about the overall health and well-being of a child most attention is often paid to the physical health and not as much to the mental or emotional health of the developing child. Research shows that the mind and body are connected and the wellness of one impacts the other. Social-emotional well-being in early childhood is a predictor of many later outcomes such as positive attitudes and behaviors, good academic performance and successful career outcomes in adulthood. What is social-emotional health in early childhood? The ability to regulate and manage emotions, to develop positive relationships with peers and adults and to be able to feel confident enough in learning and developing new skills. Traumatic experiences such as abuse and neglect, impact the course of normal social emotional development in children resulting in developmental delays and challenging behaviors. This workshop provides a basic understanding of the different ways trauma affects essential developmental skills and provides an overview of the strategies that can help create and nurture an environment that fosters healthy social-emotional development in young children.

2. Easy Tools to Keep Your Child Care Center Clean, Pest-Free, and Healthy

_Christa Fontecchio, NJ Department of Health (NJDOH)_

Some products used by child care center operators to keep their facilities clean and pest-free contain ingredients that can be hazardous to children’s health. Workshop attendees will gain an understanding of these ingredients and the importance of reducing the use of these toxic substances due to their potential health impacts on staff and children. The discussion will also include new tools developed by the NJDOH which can assist operators in reducing exposures to the most common sources of background contaminants.
3. **Health and Safety in Child Care Licensing**  
*Erin Brown, Supervisor, Child Care Quality Assurance Inspections, Kathleen Smith, Child Care Quality Assurance Inspector 2 – DCF OOL*

Staff from the Department of Children and Families, Office of Licensing will present the current regulations for child care centers with a focus on health and safety.

4. **Working Together: Special Education and Inclusive Education**  
*Kathleen DeMarco, M. Ed., BCBA – Training and Technical Assistance Coordinator, SPAN-NJ Inclusive Child Care Project*

Identify resources to help your program meet the needs of children with disabilities and special needs. Develop the capacity to provide comprehensive resource information to families of children with special needs and disabilities.

5. **Adapt for Survival: Using Primary care practices that impact positive mental health for infants, toddlers and their providers**  
*Cynthia Soete, President, Coalition of Infant/Toddler Educators*

Cortisol, the hormone resulting from stress, impacts brain development in babies. Caring intentionally and consistently for the same four infants or six older toddlers provides opportunities to build positive mental health outcomes for babies and their caregivers. Explore high quality primary care adaptations to reduce the stress levels in your care environment.

6. **Soothing the Senses**  
*Andrea Loftus, RN, BS, CCM, CCE – Lead Child Care Health Consultant, Central Jersey Family Health Consortium*

Soothing the senses enables each participant to customize ways that will allow self stress reduction. Together we will explore easy and practical strategies using our five senses.
PM WORKSHOPS

1. What’s In YOUR lunchbox? Keeping kids with food allergies safe in the child care setting
   Sherri Begleiter RN, Child Care Health Consultant, Central Jersey Family Health Consortium

   We will discuss what measures your center has to have in place BEFORE a child with food allergies enters your center as well as how to prevent an allergic reaction through cleaning, sanitizing and prevention of cross contamination. Hands on EpiPen® training will ensure that you are not just informed, but comfortable with administration of an EpiPen® in an emergency.

2. Physical Activity in Early Care and Education Settings

   Join this session to learn how to keep your children active and safe in early child care settings. Attendees will learn about the types of motor development, best practices for physical activity, how to integrate physical activity into your classroom, how to engage families and how to create physical activity policies in your program.

3. Reflective Practices: Why Should Early Childhood Professionals Practice Reflection?
   Lorri Sullivan, M.Ed., Assistant Director of Training & Curriculum, Center for Autism & Early Childhood Mental Health – Montclair State University

   This workshop will provide an introduction to Reflective Practices for staff who work with young children and their families. We will explore the intense emotions that are stirred up when our work involves forming relationships with young children and their families. Strategies to enhance reflection will also be presented.
4. Keeping Children Safe in Early Care and Education

Kristen Walsh, MD, FAAP, Early Childhood Pediatric Champion, NJ Chapter American Academy of Pediatrics & Pediatrician, Plaza Family Care (Chester & Hackettstown)

This course is designed for early care education providers, child care center directors, and preschool teachers with all levels of understanding about safety and injury prevention. Participants will learn how to prevent injuries, recognize potential safety hazards, and understand how to create a safe environment in early care and education settings. This training course was developed because unintentional injuries are the leading cause of death and disability among children nationally. The Centers for Disease Control and Prevention (CDC) call pediatric injuries “among the most under-recognized public health problems facing the United States.”

5. Making Nutrition Come Alive in your Classroom

Karen Humphris MEd, Executive Director of PCCC Child Development Center

Nutrition can be a fun learning adventure for young children. Learn how to incorporate healthy nutrition into all aspects of your early childhood program.

6. Building Bridges, Not Walls: Improving Parent/Staff Communication

Susan Gellert, MS Ed., Consultant

Working effectively with parents is often the most challenging and stressful aspect of our work. In this workshop we will:

- Learn about the emotional/psychological processes that underlie the tensions that may occur in early care and education programs
- Understand the importance of your role in modeling and supporting healthy child and family development
- Explore practical strategies for improving your listening and communication skills with parents
- Problem-solve some common challenges
REGISTRATION FORM

NJAЕYC Member Rate $75  Non-member rate $105

If you join NJAEYC by May 1st, you will be eligible for the member rate. You can join at www.naeyc.org (Price includes breakfast, lunch and conference materials)

$_____ Donation to HICC expenses (optional)

$ _____ Total Enclosed

Name __________________________________________________________

Work Name ______________________________________________________

Work Title ______________________________________________________

E-mail (required) ________________________________________________

Phone __________________________________________________________

Workshop Choices (choose AM and PM workshops or Full Day)

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OR  Full Day Medication Administration  □

Meal selection  □  Chicken    □  Vegetarian

Please make check payable to NJAEYC-HICC or pay and register online at www.naeyc.org

NJAЕYC-HICC

PO Box 1024

Barnegat Light, NJ  08006

For more information contact NJAEYC at 732-329-0033 or mail@njaeyc.org
Directions to the Hilton Meadowlands

**From the North:** Take the George Washington Bridge to the New Jersey Turnpike South. Take Exit 16 West and go through the toll plaza. Follow the signs for Route 3 East and the service road and keep to the right. The Hilton Meadowlands hotel entrance is the first right turn.

**From New Jersey Turnpike:** Take the New Jersey Turnpike to Exit 16 West. Proceed to Route 3 East on the far right and the service road. Take the first right turn and proceed to the hotel.

**From Garden State Parkway:** Take Exit 153 from the Garden State Parkway onto Route 3 East. Take the Stadium/Racetrack Exit. Follow the signs to Sheraton Plaza Drive.

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**SAVE THE DATE**

ANNUAL STATE CONFERENCE

OCTOBER 19-20, 2018

DOUBLETREE HOTEL

SOMERSET, NJ

www.njaeyc.org

Brochure available Summer 2018