



FAMILY & EARLY CHILDHOOD EDUCATION CONFERENCE

APRIL 10-12, 2019

ST. CLOUD RIVER'S EDGE CONFERENCE CENTER

Conference is designed for: administrators, coordinators, teachers, students, legislators, researchers, and all others who care about and are concerned for the welfare of children.



WELCOME!

We are excited to have you here, learning together and supporting each other in our all-important work with young children and families. Our Conference Committee worked diligently to create varied opportunities for learning, sharing, and reflecting on your work as a way to deepen your understanding and practice as well as renew your energy and vision. And... to have some fun along the way!

Most importantly, I invite you to join us as a MNAFEE member because MNAFEE's mission is YOU—your professional development, your program resources, and advocacy for your work. Your membership and participation make our mission achievable. Beyond membership, please consider volunteering to serve on the MNAFEE Board. There is much work to be done and we need YOUR help! Stop by the Welcome Table for more information.

Now, it's time for you to go, partake, learn, grow, and return to your work energized, encouraged, and inspired. Thank you for joining us at the **2019 MNAFEE Family & Early Childhood Education Conference**. We're glad you're here!

Sincerely,



Beth Yokom
MNAFEE Board Chair





CONFERENCE OVERVIEW



WEDNESDAY, APRIL 10

- 1:00–4:00 p.m. **AFTERNOON
PRE-CONFERENCE
PRESENTATION**
Nature-Based Learning for
Young Children: Anytime,
Anywhere, on Any Budget*
- 5:30–6:30 p.m. **Registration and Light
Refreshments**
- 6:30–8:00 p.m. **EVENING PRE-CONFERENCE
PRESENTATION**
Dream Big, Live Colorfully, Lead
Boldly: Developing your Best
Self at School and at Home*

**Must register for pre-conference presentations separately;
not part of the total conference registration.*



THURSDAY, APRIL 11

- 7:30 a.m.–6:00 p.m. **Exhibits Open**
- 7:30–8:15 a.m. **Continental Breakfast and
Conference Registration**
- 8:15–8:30 a.m. **Introduction and Welcome**
- 8:30–9:45 a.m. **Keynote Speaker**
- 9:45–10:00 a.m. **Break and Exhibits**
- 10:00–11:30 a.m. **Workshop Session A**
- 11:30–11:45 a.m. **Break and Exhibits**
- 11:45 a.m.–12:45 p.m. **Lunch and
MNAFEE Welcome**
- 12:45–1:00 p.m. **Break and Exhibits**
- 1:00–2:30 p.m. **Workshop Session B**
- 2:30–2:45 p.m. **Break and Exhibits**
- 2:45–4:15 p.m. **Workshop Session C**
- 4:30–5:30 p.m. **Eat, Ponder, and Learn (EPL)
Sessions**



FRIDAY, APRIL 12

- 7:15 a.m.–12:00 p.m. **Exhibits Open**
- 7:15–8:00 a.m. **Special Breakfast for
New Members**
- 7:15–8:00 a.m. **Continental Breakfast**
- 8:00–9:15 a.m. **Keynote Speaker**
- 9:15–9:30 a.m. **Break and Exhibits**
- 9:30–11:00 a.m. **Workshop Session D**
- 11:00–11:15 a.m. **Break and Exhibits**
- 11:15 a.m.–12:45 p.m. **Workshop Session E**
- 12:45–2:00 p.m. **Lunch and Adjourn**

Return evaluations and pick up CEU's at the MNAFEE
conference registration table.



PRE-CONFERENCE PRESENTATIONS

WEDNESDAY, APRIL 10

1:00–4:00 p.m. **Afternoon Pre-Conference
Presentation**

**Nature-Based Learning for Young Children:
Anytime, Anywhere, on Any Budget***

Sheila Williams Ridge, MA

The connection with nature is as important as it is wonderful. During this session, we will discuss the benefits of nature-based learning in every domain of education. We will discuss barriers programs face when implementing nature experiences and participants will have the opportunity to share ideas, develop curriculum that works for their program, and find resources to support nature-based learning.

Speaker bio on page 22.

6:30–8:00 p.m. **Evening Pre-Conference
Presentation**

**Dream Big, Live Colorfully, Lead Boldly:
Developing your Best Self at School and at Home***

Jessica Cabeen

Today's educators have pressures that can become barriers to maintaining wellness in all aspects of life. In this session, we will explore ways in work and life to set your own goals and priorities in the different quadrants of balance (positional, personal, professional, and passion). We will learn ways to manage processes more effectively so you can be present in the moment, diffuse difficult situations with families, staff, and parents so you can leave at school, and rekindle your own passions so your students and staff can see the real you. Come prepared to make a commitment for change and find ways to make it happen.

Speaker bio on page 22.

**Must register for pre-conference presentations separately;
not part of the total conference registration.*

CEU's are available after the conference—watch for a link via your email.



THURSDAY,
APRIL 11



KEYNOTE SPEAKER

8:30–9:45 a.m. Alison Gopnik, PhD

The Gardener and the Carpenter: What the New Science of Child Development Tells Us About the Relationship Between Parents and Children

Alison Gopnik, PhD

Drawing on the study of human evolution and her own cutting-edge scientific research into how children learn, Dr. Alison Gopnik shows that although caring for children is profoundly important, it is not a matter of shaping them to turn out a particular way. Children are designed to be messy and unpredictable, playful and imaginative, and to be very different both from their parents and from each other. The variability and flexibility of childhood lets them innovate, create, and survive in an unpredictable world. “Parenting” won’t make children learn—but caring parents let children learn by creating a secure, loving environment.

Speaker bio on page 23.

CEU’s are available after the conference—watch for a link via your email.

WORKSHOP SESSION A

Thursday, April 11 | 10:00-11:30 a.m.

-  Meets MN Teacher Licensure renewal requirements
-  Can be used for Parent Aware requirements
-  Indicates Repeated session

A-1 **Mindfulness in Practice**

   (Repeated D-12)

*Bobbie Bigwood, MEd, Parent Educator,
South Washington County Schools ECFE*

*Jenny Holst Vannelli, MEd, Early Childhood Teacher,
South Washington County Schools ECFE*

Learn how to integrate mindfulness both into the PE and EC classroom to support and build social emotional development, and give parents useful skills to use at home with their children and themselves.

A-2 **Let's Move, Play, and Learn!**

   (Repeated B-11)

*Laura Krueger, PT, MA, Pediatric Physical Therapist,
White Bear Lake Schools - Normandy Park Education
Center*

*Mary J. Coleman, OTR, MA, Pediatric Occupational
Therapist, White Bear Lake Schools - Normandy Park
Education Center*

The body teaches the brain. Understanding the importance of movement for early critical brain development is more important than ever for teachers and parents. This session will be very interactive with sensory, music, and movement activities that demonstrate how to support preschoolers in all areas of their development.

A-3 **Parenting Again: Grandparents Raising the Next Generation**

*Nancy Litman, MA, Director of Early Learning,
Proctor/Hermantown Community Education*

*Kristal Berg, Director of Community Education,
Proctor/Hermantown Community Education*

*Lori Fichtner, Early Morning Programs Manager,
Proctor/Hermantown Community Education*

In Minnesota, more than 71,000 children are now living under the primary care of a grandparent or some older relative. This is up 40% since 1990. Research shows that caregiver stress is real. Learn what the Proctor/Hermantown area is doing to provide support and resources for this family system.

A-4 **2019-2024 ECFE Enhancement Plan** (Repeated C-10)

*Mike Brown, Education Specialist, Minnesota Department
of Education*

What challenges does your ECFE program face? How are you innovating to best meet the needs of families? Participants in this session will learn about and discuss the 2019-2024 ECFE Enhancement Plan. Requirements, strategies, and ideas for innovating and expanding will be discussed.

A-5 **Premature Babies and Their Parents: A Different Beginning**

Jolene Pearson, Bethel University

In 2017, 1 in 10 babies was born too early. What does this mean for families of preterm infants in your program? What does this mean for you as a service provider? Gain insights regarding the experiences of parents of preemies and the specific resources you can share with parents.

CEU's are available after the conference—watch for a link via your email.

WORKSHOP SESSION A

Thursday, April 11 | 10:00-11:30 a.m.

-  Meets MN Teacher Licensure renewal requirements
-  Can be used for Parent Aware requirements
-  Indicates Repeated session

A-6  **Developing Parenting Education Resources on the Importance of Nature Play for Children**

Mollika Sajady, Pediatrician, University of Minnesota

This workshop introduces participants to the concept of teaching parents about the importance of connecting children to nature. We will present an overview of the evidence-based and theory-grounded developmental, health, and wellbeing benefits of nature for children. We will also review draft parenting education materials and elicit feedback from participants.

A-7   **Connecting Play and Learning to Meet Standards**

Kay Langer, Early Childhood Teacher, District196

Susan Erstad, Parent Educator, District196

Jenna Ruble, Early Childhood Family Education and Preschool Manager, District196

Educators wonder if it's possible to meet standards in early childhood classrooms and allow children to play. We hope to inspire others by showing how play is the most productive and efficient way for children to learn. By Connecting Play and Learning through intentional instruction, standards can be met.

A-8 **Equitable Policies Between Early Childhood and K-12**

Avisia Whiteman, Research Analyst, Minnesota Department of Education

Come learn ways to build support for improving your district's equity between early childhood and K-12 local policies. Your neighboring districts may have already figured it out and be willing to help you.

A-9    **A Day in the Life of a Full Day Preschool Teacher** (Repeated B-7)

Heather Jacobson, Preschool Teacher, Forest Lake Early Childhood

Sarah Cooper, Preschool Teacher, Forest Lake Early Childhood

Is your program adding a full day class? Looking for new and fresh ideas to use in your own preschool classroom? We are sharing some tips and tricks for full day preschool! Some tips include: schedule, small groups, special education integration, social emotional tools, classroom setup, and suggested websites/blogs/teachers to follow.

A-10 **Seeing Is Believing: Improving Vision Health Outcomes in Young Children**

Cindy Hillyer, Director of Early Childhood Education, Minneapolis Public Schools

Pat Skirka, Early Childhood Screening Coordinator, Minneapolis Public Schools

This presentation will highlight advances in vision health screening in Minneapolis Public Schools Early Childhood Screening program. Come and learn more about the use of photo screening to improve identification of vision concerns and access to treatment for young children.

A-11 **Change Savvy Leadership: Sharpening Your Influence, Maximize Your Results**

Eric Skanson, Elementary Principal, ROCOR School District

Change savvy leadership is essential in organization success. Whether you are leading organizational or program change, this workshop is essential in understanding the foundations of change and your ability to influence them as a leader. Walk away with simple and authentic frameworks to help you affect lasting change.

CEU's are available after the conference—watch for a link via your email.

WORKSHOP SESSION A

Thursday, April 11 | 10:00-11:30 a.m.

-  Meets MN Teacher Licensure renewal requirements
-  Can be used for Parent Aware requirements
-  Indicates Repeated session

A-12   **Promoting Self-Control in Children
Ages 0-8 Years**

*Raelene Ostberg, Early Childhood Specialist,
Thriving Together, LLC*

Gain insight into the development of the higher-level thinking skills needed for impulse-control and self-regulation. Learn evidence-based strategies and fun activities that foster these “Executive Functions.” Problem-solve a common challenge and identify which methods will foster self-control, improve behavior, and help children develop the skills needed to succeed.

A-13    **Strategies for Working with Dual
Language Learners** (Repeated C-12)

Darcy Rodriguez, Early Childhood Coordinator

We will look at the four stages of language acquisition for dual language learners: home language use, observational, formulaic, and productive language. Using video clips, we’ll look at the characteristics of each stage and explore strategies for supporting children at each point in their language acquisition journey.

A-14  **Connecting Our Littlest Learners
from the Hospital, to the Classroom,
to the Community** (Repeated C-6)

*Katherine Morris, Parent Infant Specialist,
South Washington County Schools*

This class will give an overview how your program can connect and provide best practices for babies and their parents starting from prenatal to 12-months. We will look at hospital connections and programs, home visits, and working in classrooms and in child care settings.

A-15 **When (and Why) Children are Smarter
than Adults (and Artificial Intelligence)**

*Alison Gopnik, Child Psychologist, Writer, and
Philosopher*

In this class, we will learn about recent studies arguing that children can sometimes be better and more creative learners than older children and even adults. Also, we will share ideas on children’s exploration, imagination, and play.

CEU’s are available after the conference—watch for a link via your email.

WORKSHOP SESSION B

Thursday, April 11 | 1:00–2:30 p.m.

-  Meets MN Teacher Licensure renewal requirements
-  Can be used for Parent Aware requirements
-  Indicates Repeated session

B-1    **Talk, Sing, Read, Write, and Play...
Everyday: Supporting Early Literacy
Through Intentional Interactions**
(Continued C-1)

*Dawn LaBrosse, Youth Services Coordinator,
Washington County Library*

Explore why it's important for children to get ready to read, starting at birth. Learn to integrate the five early literacy practices and components that prepare children to learn to read into your childcare curriculum and environment. Hear how your local library can support you in your early literacy efforts.

****NOTE: THIS IS A 3-HOUR SESSION****

B-2 **Revising the UMN Online Parent and
Family Education Graduate Program**

*Heather Cline, Lecturer, University of Minnesota
Beth Magistad, Senior Lecturer, University of Minnesota*

Come learn about the exciting updates we are making to the online graduate programs in parent and family education at the University of Minnesota. New structure, new video resources, new ways to engage as a learning community, and much more.

B-3  **Parents ARE Sex Educators!**
(Repeated C-3)

Lindsey Hoskins, Education Director, Family Tree Clinic

Parents are the primary sex educators for their young children. In this workshop, we will cover strategies for engaging parents in discussion of early child sexual development, answer parents' most common questions, and share activities you can use to help parents feel confident in handling this important topic at home.

B-4 **Blast Off to Kindergarten**



*Aimee Mediger, Blast Off to Kindergarten -
Partnerships Coordinator, St. Paul Public Schools*

Learn how Blast Off to Kindergarten (BOTK), a collaboration of community partners in St. Paul, has developed and changed over the past 11 years. Discover the concept of asset mapping and community building. Find out how BOTK has incorporated social and emotional development experiences into all of their work.

B-5 **Reinforcing High-Quality Early
Childhood Practices**

*Julie Hewitt, Early Childhood Special Education Teacher/
Behavior Coach, South Washington County Schools
Teri Odegard, South Washington County Schools*

This session will provide an overview of schedules and routines, classroom design, promoting engagement and transitions, expectations and rules, friendship skills, emotional literacy and problem solving, and responsive classroom strategies.

B-6 **Early Childhood Information from the
U.S. Census**

*Avisia Whiteman, Research Analyst, Minnesota
Department of Education*

*Jen Verbrugge, ECLDS Lead, Minnesota Department
of Education*

Come learn about new resources that can help you complete your ECFE Community Needs Assessment from the U.S. Census Bureau. Additional information will include other updates within the Early Childhood Longitudinal Data System and reporting updates for Minnesota Department of Education.

CEU's are available after the conference—watch for a link via your email.

WORKSHOP SESSION B

Thursday, April 11 | 1:00–2:30 p.m.

-  Meets MN Teacher Licensure renewal requirements
-  Can be used for Parent Aware requirements
-  Indicates Repeated session

B-7 **A Day in the Life of a Full Day
Preschool Teacher** (Repeated A-9)

Heather Jacobson, Preschool Teacher, Forest Lake Early Childhood

Sarah Cooper, Preschool Teacher, Forest Lake Early Childhood

Is your program adding a full day class? Looking for new and fresh ideas to use in your own preschool classroom? We are sharing some tips and tricks for full day preschool! Some tips include: schedule, small groups, special education integration, social emotional tools, classroom setup, and suggested websites/blogs/teachers to follow.

B-8 **Everyday Multi-Sensory Creative
Movement**

Catie Loesch, ECFE/Family Literacy Teacher, South Washington County Schools

Courtney Juvland, Parent Educator/ECFE Site Coordinator and Early Childhood Educator, South Washington County Schools

Ann Mockenhaupt, Parent Educator/ECFE Site Coordinator and Early Childhood Educator, South Washington County Schools

We will present from both early childhood and parent education perspectives on multi-sensory creative movement. We will be sharing ideas for movement activities that are interdisciplinary. This will include not just large or fine motor movements, but those that incorporate sensory, imaginative, and creative elements.

B-9 **Advocacy Round Up!**

Katy Smith, MNAFEE Advocacy Chair

Join Katy Smith for an update on our increased efforts to create a presence in the hearts and minds of legislators this session. Learn the basics of advocacy from your colleagues and create an advocacy plan for your program that will work to increase your visibility at home and in St. Paul. ECFE has much to boast about as a state and national leading program built around parent education, let's start supporting what we know by advocating for it!

B-10 **Early Childhood Leadership
Over the Years**

Take some time to walk with us down memory lane. Retired and soon to be retired coordinators will share their experiences in early childhood programming and leadership over the last 40 years. They will share what programs looked like, how they have changed, the ups and downs of funding, and the good times and the not so good times of programming. As they move from their dedicated work in the early childhood field to retirement, they will also share their hope for the future.

B-11 **Let's Move, Play, and Learn!**

   (Repeated A-2)

Laura Krueger, PT, MA, Pediatric Physical Therapist, White Bear Lake Schools - Normandy Park Education Center

Mary J. Coleman, OTR, MA, Pediatric Occupational Therapist, White Bear Lake Schools - Normandy Park Education Center

The body teaches the brain. Understanding the importance of movement for early critical brain development is more important than ever for teachers and parents. This session will be very interactive with sensory, music, and movement activities that demonstrate how to support preschoolers in all areas of their development.

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WORKSHOP SESSION B

Thursday, April 11 | 1:00–2:30 p.m.

-  Meets MN Teacher Licensure renewal requirements
-  Can be used for Parent Aware requirements
-  Indicates Repeated session

**B-12 Quantification: Sometimes it Really is
Rocket Science!** (Repeated C-4)

*Julie Ostlund, Early Childhood EL Specialist,
Osseo Area Schools*

Participants will learn about the components and nuances of quantification so that they identify where their students are on the quantification continuum. Additionally, strategies for fostering quantification skills will be discussed.

**B-13 Who ME? Lead a Staff!? From Surviving
to Thriving in Your Leadership Role**

*Raelene Ostberg, Early Childhood Specialist,
Thriving Together, LLC*

Identify normal coordinator “bumps in the road” and common leadership traps. Explore evidence-based qualities of highly effective managers and strategies to avoid management pitfalls. Identify methods to promote powerful partnerships with your team. Gain numerous ideas to thrive in your leadership role and maybe even laugh a little.

**B-14 Use of Digital Assistants in the
Classroom for Documentation and
Purposeful Teaching** (Repeated C-13)

*Patricia Wooldridge, Director/Owner, Mariposa
Learning Center, Inc./GrowthChart Inc.*

Training will help the audience understand what tools are available to capture documentation and improve portfolios and purposeful teaching. We will generate awareness that digital assistants can add tremendous value in the classroom.

CEU's are available after the conference—watch for a link via your email.

WORKSHOP SESSION C

Thursday, April 11 | 2:45–4:15 p.m.

-  Meets MN Teacher Licensure renewal requirements
-  Can be used for Parent Aware requirements
-  Indicates Repeated session

C-1    **Talk, Sing, Read, Write, and Play...
Everyday: Supporting Early Literacy
through Intentional Interactions**
(Continued from B-1)

*Dawn LaBrosse, Youth Services Coordinator,
Washington County Library*

Explore why it's important for children to get ready to read, starting at birth. Learn to integrate the five early literacy practices and components that prepare children to learn to read into your childcare curriculum and environment. Hear how your local library can support you in your early literacy efforts.

****NOTE: THIS IS A 3-HOUR SESSION****

C-2 **From Dull to Dazzling: Creating
Publications with Impact**

Beth Holsen, President, Imagine Design

Design marketing materials for maximum impact. Learn how to create clear, credible, compelling documents that engage, educate, and motivate our customers by appealing to their needs, wants, and emotions. Whether you create one publication or 100, you will leave with greater understanding of how to reach your customers.

C-3  **Parents ARE Sex Educators!**
(Repeated B-3)

Lindsey Hoskins, Education Director, Family Tree Clinic

Parents are the primary sex educators for their young children. In this workshop, we will cover strategies for engaging parents in discussion of early child sexual development, answer parents' most common questions, and share activities you can use to help parents feel confident in handling this important topic at home.

C-4    **Quantification: Sometimes it Really is
Rocket Science!** (Repeated B-12)

*Julie Ostlund, Early Childhood EL Specialist, Osseo
Area Schools*

Participants will learn about the components and nuances of quantification so that they identify where their students are on the quantification continuum. Additionally, strategies for fostering quantification skills will be discussed.

C-5 **Connecting Systems to Support the
Early Childhood Workforce**

*Kylie Cooper, Workforce Coordinator, Child Care Aware
of Minnesota*

*Grace Kintzinger, Online Learning Programs Manager,
Child Care Aware of Minnesota*

*Kateri Skunes, Professional Development Systems
Coordinator, Child Care Aware of Minnesota*

Learn about the Plan-Support-Advise model used by Child Care Aware of Minnesota, and explore various system supports to invest in and retain quality staff including professional development, leadership, and higher education.

C-6  **Connecting Our Littlest Learners
from the Hospital, to the Classroom,
to the Community** (Repeated A-14)

*Katherine Morris, Parent Infant Specialist,
South Washington County Schools*

This class will give an overview how your program can connect and provide best practices for babies and their parents starting from prenatal to 12-months. We will look at hospital connections and programs, home visits, and working in classrooms and in child care settings.

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WORKSHOP SESSION C

Thursday, April 11 | 2:45–4:15 p.m.

-  Meets MN Teacher Licensure renewal requirements
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-  Indicates Repeated session

C-7 **Mixed Delivery: What Does This Mean?**

June Reineke, Early Childhood Collaboration Specialist, Minnesota Department of Education

Learn what mixed delivery means in Minnesota, models being used by communities, and where to begin creating partnerships between early childhood programs—voluntary pre-kindergarten, Head Start, child care centers, and family home providers. Imagine what can happen when your community creates a cohesive early learning and care system.

C-8 **Childhood Carries Prevention: How Can You Make a Difference?**

Cris Gilb, Executive Director, PHN, Minnesota Oral Health Project

Susan Metoxin, Technology and Communications, White Buffalo LLC

Christine Andres, Technology and Communications, White Buffalo LLC

Do you see children with cavities and want to do something about it? We have training curriculum that are grant funded and free to use. This session will be a train the trainer program; customizable and fun. Everyone who attends our seminar will receive a free book, *Bye Bye Germs*.

C-9 **Small/Medium District Q&A**

Betty Uehling, Director of Early Childhood and Family Education Programs, New Ulm Public Schools

Kim Kleven, ECFE and Little Knights Preschool Program Director, Lake Crystal Welcome Memorial School District

Carrie Morris, Early Childhood Coordinator/Educator, Waseca Public School, Family Education Center

Are you a new coordinator in a small or medium district? Do you have LOTS of questions? This workshop will have an open format. Please bring your questions and let's talk as a group about the answers and how to manage a program where you have to "do it all".

CEU's are available after the conference—watch for a link via your email.

C-10 **2019–2024 ECFE Enhancement Plan** (Repeated A-4)

Mike Brown, Education Specialist, Minnesota Department of Education

What challenges does your ECFE program face? How are you innovating to best meet the needs of families? Participants in this session will learn about and discuss the 2019–2024 ECFE Enhancement Plan. Requirements, strategies, and ideas for innovating and expanding will be discussed.

C-11 **Open the Door: Have Fun and Learn Outdoors**

Anna Dutke, Early Childhood (Preschool), Jeffers Pond Elementary - Prior Lake District

Polly Saatzer, Lead Workshop Facilitator, Jeffers Foundation

Intend to build educator, parent, and care-giver enthusiasm for bringing young learners to The Outdoor Classroom. To build observational skills and love of nature-based learning. Present Jeffers resources and introduce participants to Team Teaching with Mother Nature concept. Why outdoors? Why not?!!

C-12 **Strategies for Working with Dual Language Learners** (Repeated A-13)

Darcy Rodriguez, Early Childhood Coordinator

We will look at the four stages of language acquisition for dual language learners: home language use, observational, formulaic, and productive language. Using video clips, we'll look at the characteristics of each stage and explore strategies for supporting children at each point in their language acquisition journey.

WORKSHOP SESSION C

Thursday, April 11 | 2:45–4:15 p.m.

-  Meets MN Teacher Licensure renewal requirements
-  Can be used for Parent Aware requirements
-  Indicates Repeated session

C-13    **Use of Digital Assistants in the Classroom for Documentation and Purposeful Teaching** (Repeated B-14)

Patricia Wooldridge, Director/Owner, Mariposa Learning Center, Inc./GrowthChart Inc.

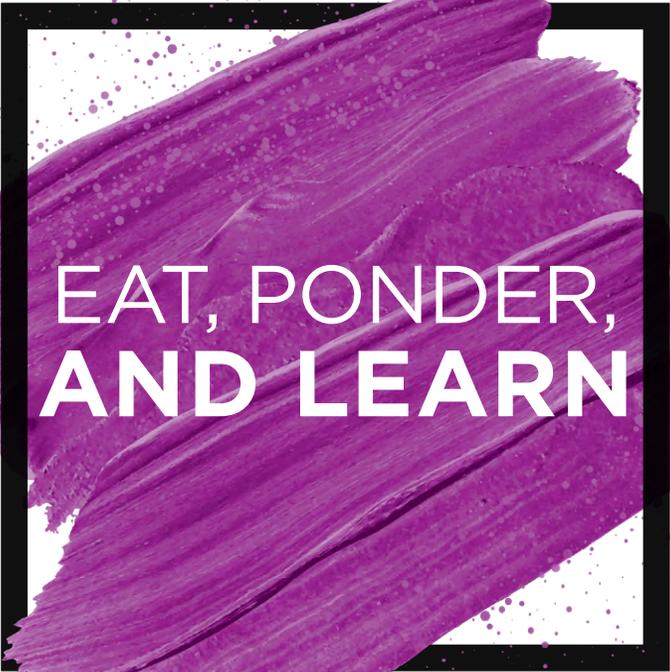
Training will help the audience understand what tools are available to capture documentation and improve portfolios and purposeful teaching. We will generate awareness that digital assistants can add tremendous value in the classroom.

C-14  **RDPED 2.0: Updating the Reflective Dialogue Parent Education Design** (Repeated E-3)

Heather Cline, Lecturer, University of Minnesota

Come to this session to hear about and contribute to the next evolution of the Reflective Dialogue Parent Education Design (RDPED). There are exciting developments to share about the creation of new videos and online accessibility. You have a chance to give feedback and get involved.

CEU's are available after the conference—watch for a link via your email.



EAT, PONDER, AND LEARN



SESSIONS

Thursday, April 11 | 4:30–5:30 p.m.

TERRY HAWES ROOM

Light refreshments served.

- Empowering the Early Childhood Profession
- Revising the UMN Online Parent and Family Education Graduate Program
- Premature Babies and their Parents: A Different Beginning
- From Dull to Dazzling: Creating Publications with Impact
- Blast Off to Kindergarten
- Nature Based Education: Trends, Research, and Application
- Mixed Delivery: What Does This Mean?
- Childhood Caries Prevention: How Can You Make a Difference?

CEU's are available after the conference—watch for a link via your email.



FRIDAY,
APRIL 12



KEYNOTE SPEAKER

8:00–9:15 a.m. Catherine L. Wright,
PsyD, LP, LPCC

**Multigenerational Psychopathology and Trauma
through a Developmental Lens**

Catherine L. Wright, PsyD, LP, LPCC

This keynote presentation will focus on the role of trauma and familial stress on the development of young children while discussing ways service providers can better support families to enhance child development and family well being.

Speaker bio on page 24.

CEU's are available after the conference—watch for a link via your email.

WORKSHOP SESSION D

Friday, April 12 | 9:30-11:00 a.m.

-  Meets MN Teacher Licensure renewal requirements
-  Can be used for Parent Aware requirements
-  Indicates Repeated session

D-1 **Learning & Growing In and Through Nature**

Jenny Hanlon, Early Childhood Teacher and Parent Educator, White Bear Lake Early Childhood and Stillwater Area Schools

Heidi Faris, M.Ed., Early Childhood Environmental Educator, Tamarack Nature Center and Minnesota Children and Nature Connection

Nature can be woven into daily classroom routines and curriculum and still meet early childhood standards for learning. The presenters have experience developing curriculum in parent-child classes as well as incorporating nature into the creative curriculum. We'll also share ideas on how to build parent engagement through nature experiences.

D-2 **A Music Therapy Perspective on Using Music in Early Childhood and Parent Education Classrooms** (Repeated E-11)

Jessica Nagel, Music Therapist - Board Certified

This part lecture/part experiential presentation will allow EC educators to hear from a music therapist about ways to incorporate more music in their classrooms. Participants will explore three functions of music, will discuss specific uses of music to support behavior management/self-regulation, and will learn about music therapy in EC settings.

D-3 **Layers of Learning: Using Parent Self-Reports in a PLC Structure**

Kristi Hanson, ECFE Parenting Educator, Rosemount-Apple Valley-Eagan Schools

Together with your colleagues, use self-reports as a tool to encourage parents to deeply reflect on their child's growth and development, as well as their own thinking. This accessible data makes learning in your PLC rich and complex starting today!

"Maybe stories are just data with a soul."
— Brene Brown

CEU's are available after the conference—watch for a link via your email.

D-4 **Building Healthier Parent Child Relationships Through Coaching Parents** (Repeated E-4)

Tricia Weber, Parent Educator, Anoka-Hennepin ECFE
Kristin Baden, Early Childhood Teacher, Anoka-Hennepin ECSE

We will share how direct coaching and real time practice on specific skills can help parents master and generalize skills. We will share the ideas behind this model, how the class has been modified to provide coaching, and how parents learn and maintain skills.

D-5 **Connected and Kind: Parenting with Empathy, Kindness, and Compassion of Excess Screen Time** (Repeated E-8)

Eric Skanson, Elementary Principal, Cold Spring Elementary School

Screen time has a huge impact on how we parent and the development of children to adults. What can parents do to be connected and kind as they help their children grow from babies to young adults? Get simple ideas to talk with parents about in the digital age of parenting.

D-6 **Building Your Classroom Schedule** (Repeated E-9)

Aimee Mabie, Preschool Educator, Forest Lake Area Schools - Scandia Elementary

This topic will help you to adjust your classroom schedule to work better for your students. We will discuss developmentally appropriate duration for activities and how to sequence them for success. We will also discuss easing through transitions and how to limit the amount of daily transitions.

WORKSHOP SESSION D

Friday, April 12 | 9:30-11:00 a.m.

-  Meets MN Teacher Licensure renewal requirements
-  Can be used for Parent Aware requirements
-  Indicates Repeated session

D-7   **Overindulgence: Building Resiliency in the Face of the New Normal**
(Repeated E-10)

Lisa Krause, MA, CFLE, Parenting Coach/Adjunct Professor

Ellie McCann, MS, CFLE, University of Minnesota Extension/Center of Family Development

Since overindulgence comes from a good heart and is the “New Normal,” it is easy to miss. Unfortunately, it can present unexpected risks for adult life and major discomforts in young families. Attendees will explore overindulgence and ways to help yourselves and families create resilience instead of helplessness and irresponsibility.

D-8  **ECFE Home Visiting** (Repeated E-5)

Kari Sawyer, ECCE Parent Educator and Home Visit Coordinator, Minneapolis Public Schools, December Brakefield, MPS School Success Program Assistant (SSPA)

We will present information on the Minneapolis ECCE home visiting program and share what a home visit looks like, our referral process, outcomes of home visits, forms that we use, data collection, etc. We will also discuss key points for engaging parents in ECCE home visits.

D-9  **From Minnesota to Iceland: Parent Education an Emerging Field for Practitioners** (Repeated E-6)

Hrund Ingudóttir, Assistant Professor, University of Iceland

The parent education program, modeled on University of Minnesota program, was offered first in 2015 at the University of Iceland. The first students have graduated and are starting to work as parent-educators, with ECCE as a role model. We will discuss opportunities, challenges, and the need for parent-education in Iceland.

CEU's are available after the conference—watch for a link via your email.

D-10  **Updating the Parent Education Core Curriculum Framework with Technological Tools** (Repeated E-7)

Phil Grove

This workshop will begin with an overview of the Parent Education Core Curriculum Framework (PECCF), its history, and application to parent education curriculum development. A demonstration will follow of free applications that allow the PECCF Curriculum Planning Grid and Lesson Plan to be quickly filled out using lookup menus.

D-11    **I Don't Want to Talk About it: Creative Brain-Based Approaches for Emotional Regulation** (Repeated E-12)

Paula Achenbach, Child and Family Therapist and Supervisor, Registered Play Therapist and Supervisor

When processing emotions with young children typical talk methods do not often work. In this workshop participants will be presented basic brain science of brain dysregulation and introduced to creative brain-based interventions. This is a participative workshop.

D-12    **Mindfulness in Practice**
(Repeated A-1)

Bobbie Bigwood, MEd, Parent Educator, South Washington County Schools ECCE

Jenny Holst Vannelli, MEd, Early Childhood Teacher, South Washington County Schools ECCE

Learn how to integrate mindfulness both into the PE and EC classroom to support and build social emotional development, and give parents useful skills to use at home with their children and themselves.

D-13  **Meal Time Management: Creating Lifelong Happy and Healthy Eaters**
(Repeated E-14)

Andrea Boerigter, Speech Language Pathologist and Feeding Therapist, The Speech Mom

Navigate the differences between problem feeders and picky eaters while working through what makes meal time so difficult for so many children. Learn how to help children tackle the obstacles at meal time and become a happy and healthy eater for life!

WORKSHOP SESSION E

Friday, April 12 | 11:15 a.m.-2:45 p.m.



Meets MN Teacher Licensure renewal requirements



Can be used for Parent Aware requirements



Indicates Repeated session

E-1 **Growing Children: A Non-Separating Parent-Child Together Class**

Jenny Hanlon, Early Childhood Teacher and Parent Educator, The Children's Farm School, WBL EC, and Stillwater Area Schools

Kris Scheel, BS, Early Childhood Educator, The Children's Farm

Come learn about a unique model that the presenters have been using for parent-child classes. The teachers take advantage of technology to expand the parent's learning beyond the class time. The session will include time to brainstorm how your own program could try a similar model.

E-2 **Nature Based Education: Trends, Research, and Application**



Ian Williams, Field Trip Instructor and Children's Garden Coordinator, University of Minnesota Landscape Arboretum

No matter your teaching environment, you can implement nature-based experiences! Together we will take a look at the current trends in nature-based education and dissect the research. Most importantly, leave with constructive ideas as to how we can implement nature-based experiences in our respective classrooms.

E-3 **RDPE 2.0: Updating the Reflective Dialogue Parent Education Design** (Repeated C-14)

Heather Cline, Lecturer, University of Minnesota

Come to this session to hear about and contribute to the next evolution of the Reflective Dialogue Parent Education Design (RDPE). There are exciting developments to share about the creation of new videos and online accessibility. You have a chance to give feedback and get involved.

E-4 **Building Healthier Parent Child Relationships Through Coaching Parents** (Repeated D-4)

Tricia Weber, Parent Educator, Anoka-Hennepin ECFE
Kristin Baden, Early Childhood Teacher, Anoka-Hennepin ECSE

We will share how direct coaching and real time practice on specific skills can help parents master and generalize skills. We will share the ideas behind this model, how the class has been modified to provide coaching, and how parents learn and maintain skills.

E-5 **ECFE Home Visiting** (Repeated D-8)

Kari Sawyer, ECFE Parent Educator and Home Visit Coordinator, Minneapolis Public Schools, December Brakefield, MPS School Success Program Assistant (SSPA)

We will present information on the Minneapolis ECFE home visiting program and share what a home visit looks like, our referral process, outcomes of home visits, forms that we use, data collection, etc. We will also discuss key points for engaging parents in ECFE home visits.

E-6 **From Minnesota to Iceland: Parent Education an Emerging Field for Practitioners** (Repeated D-9)

Hrund Ingudóttir, Assistant Professor, University of Iceland

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Friday, April 12 | 11:15 a.m.-2:45 p.m.

-  Meets MN Teacher Licensure renewal requirements
-  Can be used for Parent Aware requirements
-  Indicates Repeated session

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Phil Grove

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Eric Skanson, Elementary Principal, Cold Spring Elementary School

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E-9    **Building Your Classroom Schedule** (Repeated D-6)

Aimee Mabie, Preschool Educator, Forest Lake Area Schools - Scandia Elementary

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E-10   **Overindulgence: Building Resiliency in the Face of the New Normal** (Repeated D-7)

Lisa Krause, MA, CFLE, Parenting Coach/Adjunct Professor

Ellie McCann, MS, CFLE, University of Minnesota Extension/Center of Family Development

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E-11    **A Music Therapy Perspective on Using Music in Early Childhood and Parent Education Classrooms** (Repeated D-2)

Jessica Nagel, Music Therapist - Board Certified

This part lecture/part experiential presentation will allow EC educators to hear from a music therapist about ways to incorporate more music in their classrooms. Participants will explore three functions of music, will discuss specific uses of music to support behavior management/self-regulation, and will learn about music therapy in EC settings.

E-12    **I Don't Want to Talk About it: Creative Brain-Based Approaches for Emotional Regulation** (Repeated D-11)

Paula Achenbach, Child and Family Therapist and Supervisor, Registered Play Therapist and Supervisor

When processing emotions with young children typical talk methods do not often work. In this workshop participants will be presented basic brain science of brain dysregulation and introduced to creative brain-based interventions. This is a participative workshop.

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WORKSHOP SESSION E

Friday, April 12 | 11:15 a.m.-2:45 p.m.

 Meets MN Teacher Licensure renewal requirements

 Can be used for Parent Aware requirements

 Indicates Repeated session

E-13   **Supporting Oral Language
Development of Early Learners and
their Families**

*Jeanna Miller, Ed.S., Director of Early Learning Services,
Bloomington Public Schools*

*Gaye Lynn Sarff, Preschool Coordinator for Bloomington
Public Schools*

*Kerry Young, EL Specialist for Bloomington Public
Schools*

In this session we will provide grounding on early language development and the importance of supporting oral language with all students, especially those students who are developing both their home language and English. The session will include strategies for supporting both students and their families.

E-14  **Meal Time Management: Creating
Lifelong Happy and Healthy Eaters**
(Repeated D-13)

*Andrea Boerigter, Speech Language Pathologist and
Feeding Therapist, The Speech Mom*

Navigate the differences between problem feeders and picky eaters while working through what makes meal time so difficult for so many children. Learn how to help children tackle the obstacles at meal time and become a happy and healthy eater for life!

CEU's are available after the conference—watch for a link via your email.

FEATURED SPEAKERS



**EVENING
PRE-CONFERENCE**
Wednesday, April 10
6:30–8:00 p.m.

Jessica Cabeen

*Dream Big, Live Colorfully,
Lead Boldly: Developing
your Best Self at School
and at Home**

Jessica Cabeen currently serves as the principal of Ellis Middle School in Austin, Minnesota. Prior to this role she was the Principal of the “Happiest Place in Southeastern Minnesota,” the Woodson Kindergarten Center. She has been an assistant middle school principal, a special education supervisor, and special education teacher. She started her career as a music therapist and worked with adults with disabilities and adolescents in residential settings in Iowa and Illinois. She holds a Bachelor degree in music therapy from the University of Wisconsin-Eau Claire, a Masters in special education from the University of Saint Thomas, and her administrative licenses from Hamline University.

Jessica was awarded the NAESP/VINCI Digital Leader of Early Learning Award in 2016 and in 2017 was named the Minnesota National Distinguished Principal. Jessica is active on social media (@JessicaCabeen) and co-moderates #ECEChat as well as engages with other educators looking to make all things possible for our young learners, and learners that are young at heart.

She has written two books: *Hacking Early Learning* and *Balance Like a Pirate*. Jessica has been the principal facilitator for the Minnesota Pre-K-3 grade Principal Leadership Series for the past four years and is a facilitator of the Minnesota Principal Academy. She speaks at regional and national conferences on topics such as family engagement, early learning, and unconventional leadership.



**AFTERNOON
PRE-CONFERENCE**
Wednesday, April 10
1:00–4:00 p.m.

Sheila Williams Ridge, MA
*Nature-Based Learning for
Young Children: Anytime,
Anywhere, on Any Budget**

Sheila Williams Ridge, MA, has a BA in biology from University of Minnesota and an MA in education from Concordia University. She is the director of the Shirley G. Moore Lab School at the University of Minnesota and an instructor for the Institute of Child Development. She is also an adjunct professor for Hamline University. Sheila serves on the governing boards for the Natural Start Alliance, the Minneapolis Nature Preschool, and the Friends School of Minnesota. Sheila and her husband have four adult daughters and live in Roseville, MN.

**Must register for pre-conference presentations separately; not part of the total conference registration.*



FEATURED SPEAKERS



KEYNOTE SPEAKER

Thursday, April 11
8:30–9:45 a.m.

Alison Gopnik, PhD

The Gardener and the Carpenter: What the New Science of Child Development Tells Us About the Relationship Between Parents and Children

Dr. Alison Gopnik is a professor of psychology and affiliate professor of philosophy at the University of California at Berkeley. She is an internationally recognized leader in the study of children’s learning and development and was one of the founders of the field of theory of mind, an originator of the “theory theory” of children’s development, and more recently introduced the idea that probabilistic models and Bayesian inference could be applied to children’s learning.

She received her BA from McGill University and her PhD from Oxford University. She has held a Center for Advanced Studies in the Behavioral Sciences Fellowship, the Moore Distinguished Scholar fellowship at the California Institute of Technology, the All Souls College Distinguished Visiting Fellowship at Oxford, and King’s College Distinguished Visiting Fellowship at Cambridge.

Dr. Alison Gopnik is the author or co-author of over 100 journal articles and several books, including *Words, Thoughts and Theories*, and the bestselling and critically acclaimed popular books, *The Scientist in the Crib*, and *The Philosophical Baby: What Children’s Minds Tell Us About Love, Truth and the Meaning of Life*. Her latest book, *The Gardener and the Carpenter: What the New Science of Child Development Tells Us About the Relationship Between Parents and Children*, was released in August 2016. Her TED talk on her work has been viewed more than 2.9 million times, and she has frequently appeared on TV and radio. Since 2013, she has written the Mind and Matter column for *The Wall Street Journal*. You can follow Dr. Allison Gopnik on Twitter (@AlisonGopnik).



FEATURED SPEAKERS



KEYNOTE SPEAKER

Friday, April 12

8:00-9:15 a.m.

**Catherine L. Wright,
PsyD, LP, LPCC**

*Multigenerational
Psychopathology and
Trauma through a
Developmental Lens*

Catherine L. Wright, PsyD, LP, LPCC has a doctorate in counseling psychology from the University of St. Thomas and is a Zero to Three Fellow.

Catherine has over 25 years of experience providing direct children's mental health services and managing children's mental health programs and systems. She is a licensed psychologist (LP), a professional clinical counselor (LPCC), and the Early Childhood Mental Health System Coordinator within the Behavioral Health Division of the Department of Human Services for the State of Minnesota.

At her position for the State of Minnesota, Catherine is responsible for developing the early childhood mental health system of care, including arranging for and managing trainings in evidence based practices for early childhood mental health clinicians, supporting policy development around early childhood mental health, and integrating clinical services within family serving systems such as childcare, Head Start, schools, primary care clinics, and the adult mental health system. She is interested in developing evidenced-based treatments for parents with serious mental illness who are parenting their young children.



CONFERENCE LOGISTICS

Conference Location:

The conference is located at the St. Cloud River's Edge Convention Center, 10 Fourth Ave. S. in St. Cloud, MN. Call 651-278-4241 to reach Linda Vukelich for MNAFEE.

Pre-Conference Afternoon Session:

Wednesday, April 10, from 1:00–4:00 p.m.
Register online before Wednesday, April 3, 2019.

Pre-Conference Evening Session:

Wednesday, April 10, from 5:30–8:00 p.m.
Beverages and hors d'oeuvres included.
Register online before Wednesday, April 3, 2019.

Conference Registration Information:

The full conference registration fee includes speakers, workshops, materials, continental breakfast, and lunch for both Thursday and Friday. Register online. The deadline for registration is Wednesday, April 3, 2019.

Daily Parking Fees without Lodging:

Convention Center parking available for \$5/day (cash only).

Clock Hours-CEU Credit:

Both Teacher Clock Hours and Administrative Continuing Education Units will be provided after the conference using an online evaluation process that concludes with certificates to download. Participants will receive the link via email.

Exhibitors:

Exhibitors of educational materials and books will be available on Thursday from 7:30 a.m.–6:00 p.m. and on Friday from 7:15 a.m.–12:00 p.m.

Overnight Accommodations:

Reduced rates for overnight stays during the conference are available at the following hotels which are close to the Convention Center. The block of rooms are reserved under: Minnesota Association for Family and Early Education.

Be sure to mention that you are with the MNAFEE Family & Early Childhood Education Conference to get the reduced room rate. This is the only hotel information you will receive!

Best Western Plus Kelly Inn

100 4th Ave. | 320-253-0606
\$92 single, \$102 double

Courtyard Marriott Hotel (formerly Le St. Germain Hotel)

404 West St. Germain St. | 320-654-1661
\$121 single, \$129 double

GrandStay Residential Suites Hotel

213 6th Ave. S. | 320-254-5400
\$119–\$129 single, \$139 double

St. Cloud Area Convention and Visitors Bureau:

Provides local business and restaurant recommendations at conference registration and at a resource area.

Licensed Child Care Providers and Families

First of Minnesota Grantees:

PLEASE NOTE: Pending Minnesota Center of Professional Development (MNCPD) approval. Visit <http://mncpd.org> for more information on Develop.



CONFERENCE LOGISTICS

REGISTER TODAY!
MNAFEE.ORG



REGISTRATION FEES

Thursday-Friday (MNAFEE member rate)	\$190
Thursday-Friday (Non-member rate)	\$220
Thursday-Friday (Retired/Student rate)	\$100
Thursday only (MNAFEE member rate)	\$120
Thursday only (Non-member rate)	\$140
EPL (Eat, Ponder, Learn) Table Talks and Reception	\$0
Friday only (MNAFEE member rate)	\$80
Friday only (Non-member rate)	\$90
Wednesday Afternoon Pre-Conference Presentation	\$40
Nature-Based Learning for Young Children: Anytime, Anywhere, on Any Budget <i>Sheila Williams Ridge, MA</i>	
Wednesday Evening Pre-Conference Presentation	\$40
Dream Big, Live Colorfully, Lead Boldly: Developing your Best Self at School and at Home <i>Jessica Cabeen</i>	
Approved Workshop Speaker Credit	\$25



MNAFEE TOOLKIT

Want your program to **STAND OUT**, but just don't have time for marketing?

Use the templates in MNAFEE's new marketing toolkit. Customizable and designed to save you time and make your outreach more successful.

The MNAFEE marketing toolkit contains:

- Logos for ECFE and School Readiness.
- A brand style guide.
- Templates for flyers, post cards, and a card-rack insert and more.
- Program marketing posters ready for you to add your program contact information.
- **NEW!** Posters are now available in Spanish, Vietnamese, and Somali.

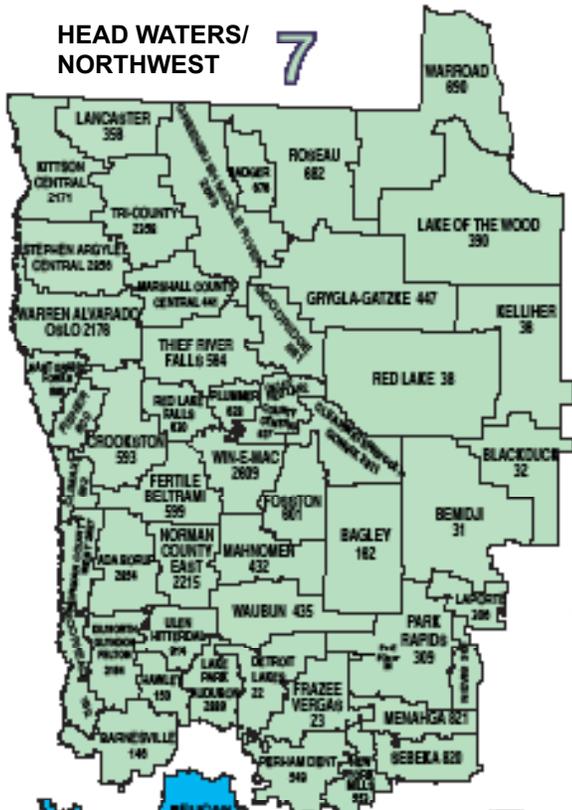


**CHECK OUT THE
TOOLKIT TODAY!**

bit.ly/MNAFEEtoolkit

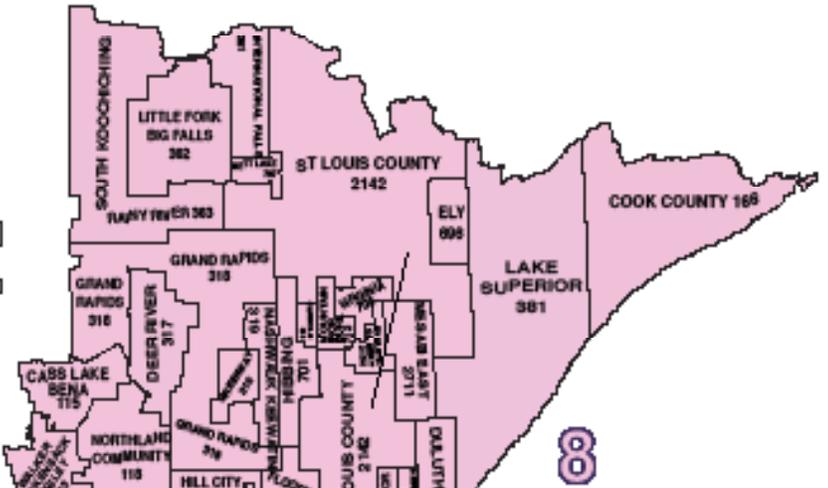
HEAD WATERS/
NORTHWEST

7



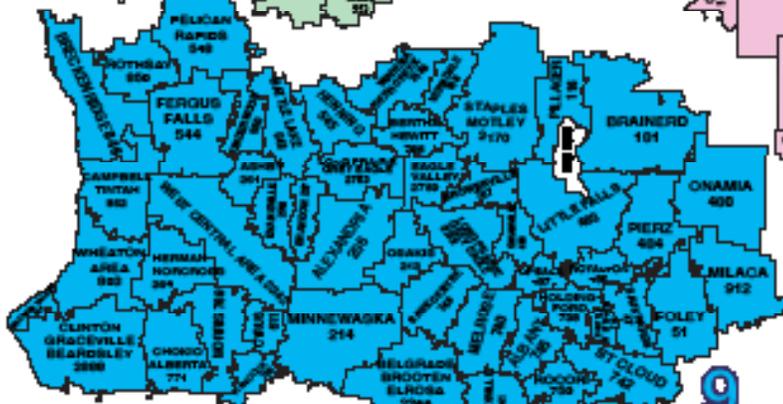
MNAFEE

Regional Networking Groups



8

ARROWHEAD/NORTHEAST

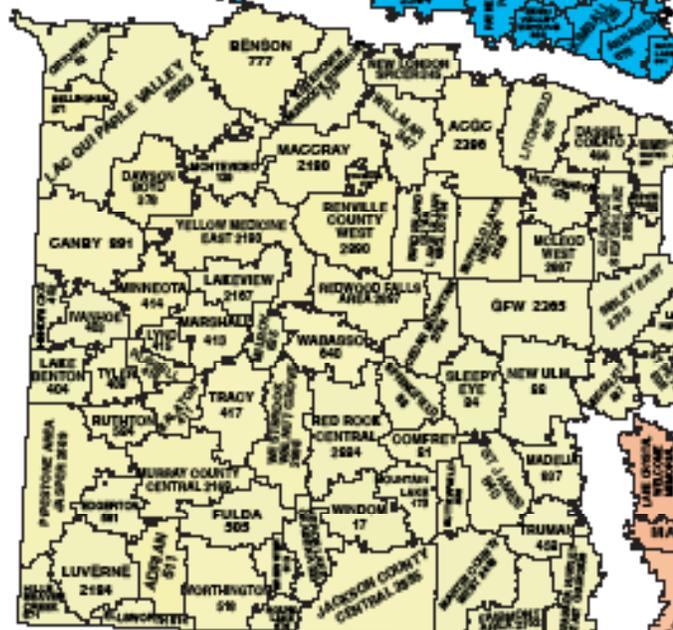


CENTRAL

3

TWIN CITIES AREA

6

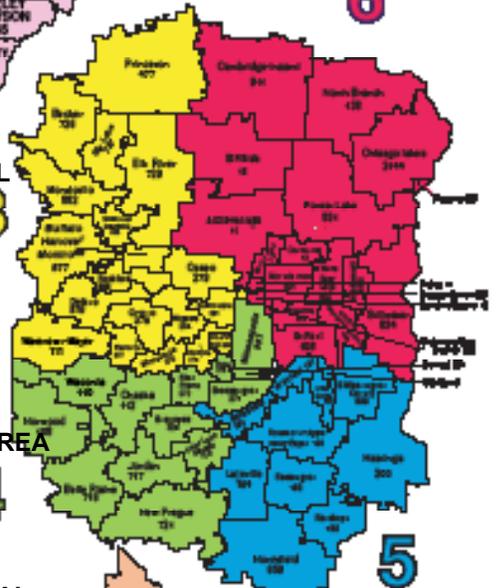


NORTH CENTRAL
WEST CENTRAL

2

SOUTHWEST
SOUTH CENTRAL

4



TWIN CITIES AREA

5

SOUTHEAST

1



SAVE THE DATE
FAMILY & EARLY
CHILDHOOD
EDUCATION
CONFERENCE

APRIL 15-17, 2020

ST. CLOUD RIVER'S EDGE CONFERENCE CENTER

Conference is designed for: administrators, coordinators, teachers, students, legislators, researchers, and all others who care about and are concerned for the welfare of children.