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# 2015 Northeast Shooting for the Stars

## CHILD CARE CONFERENCE

Saturday, March 7, 2015

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### Registration Fee and Deadline:

The cost for registration is **\$25 per person**. This will enable the participant to attend the conference, participate in 2 workshops, enjoy morning refreshments, lunch, and keynote speaker. Registration must be completed and **POSTMARKED** before or on **Monday, February 16, 2015**.

### NO REGISTRATIONS WILL BE ACCEPTED IF POSTMARKED AFTER FEBRUARY 16, 2015.

Registration must be sent to the address listed on the Registration Form – **NO Exceptions!**

Registration is on a first-come, first-serve basis for individual classes due to some classes having a maximum number of participants allowed.

Registration fees can be transferred to another participant/provider, but **NO REFUNDS** will be issued.

No onsite registrations will be accepted.

### Schedule of Events

8:00am – 8:40am	Registration, Refreshments, & Exhibits Open
8:40am – 8:55am	Welcome and Announcements
9:00am – 9:50am	Panel Discussion
10:00am – 11:20am	Workshop I
11:30am – 12:30pm	Lunch – Catered by Topside
12:30pm – 1:20pm	Keynote Speaker
1:30pm – 2:50pm	Workshop II
3:00pm	Depart

### Panel Discussion

A panel of five area agencies will discuss the major programs and services they provide for parents and child care providers in the Albemarle Area.

### Directions:

NC Cooperative Extension  
Currituck County Center  
120 North Community Way  
Barco, NC 27917  
252-232-2261 or 252-232-2262  
<http://currituck.ces.ncsu.edu>

### From Pasquotank County:

Travel over the Pasquotank River Bridge on US 158 East and through Camden County. Go through the flashing caution light at Belcross and travel .1 of mile. The road will fork and the left becomes North 34 and the right continues with US 158 East (also known as Shortcut Road.) Bear right on US 158 East and travel 8.7 miles to our location. Roads and landmarks prior to our site include: Maple Road, Currituck Airport, and Airport Road on the left. Note: Our road is .8 mile from Airport Road. Turn left on Aviation Parkway and then left on Community Way. Center is located behind the YMCA.

### From Dare County:

Travel on US 158 West to Barco. At the traffic light turn left onto US 158 West. Travel 2 miles – you will see Central Elementary School on the right. Next will be Aviation Parkway. Turn right and then left on Community Way. Center is located behind the YMCA.

# Workshop I

## 10:00am – 11:20am

### ***“Is That NORMAL?” Developmentally Appropriate Touching Behaviors***

IT, PS, SA, FCCH, & P

Rhonda Morris  
*Executive Director, Kids First, Inc.*

Johnny did what?!? This session will answer those touchy questions about . . . well . . . touching! As you have undoubtedly seen, children have behaviors at various ages that are not necessarily “socially acceptable.” We’ll look at the possible causes of those behaviors and address how you can best deal with them when present in your center or school.

### ***Asthma – “The Goal is Control”***

IT, PS, SA, FCCH, & P

Gayle Olson  
*RN, BS, Pediatric Asthma Care  
Manager, Albemarle Regional Health  
Services*

Janet Capehart  
*RCP, AE-C Pediatric Asthma Care  
Manager, Albemarle Regional Health  
Services*

Asthma is the most common chronic childhood disease. This class is designed to help the child care provider recognize and care for children with asthma. Managing asthma is a team effort? Parents, childcare educators, and health care providers all have an important role to play in helping a child control their asthma so they can live active, healthy lives.

### ***Internet Resources for Child Care Professionals***

IT, PS, SA, FCCH, & P

Kyleen Burgess  
*Associate Area Extension Agent,  
Information Management,  
NC Cooperative Extension*

Participants will learn about internet resources such as eXtension, YouTube, Pinterest and how to help enhance their child care services and resource library.

### ***Exceptional Students***

SA

Marcia Dickman  
*Exceptional Children’s Teacher*

Exceptional students can be very challenging in an exceptional classroom or in a regular classroom. Explore understanding the reasons and figuring out strategies to assist students and teachers in becoming more successful; achieve more with less disruptions; and more active learning with an emphasis on why students react and how we can change their behaviors for better academic performance.

### ***Safety Concerns***

I/T, PS, SA, FCCH

Matthew Beickert  
*Chief Deputy, Currituck County Sheriff’s  
Office*

This workshop will focus on safety at a child care facility, as well as outside the facility. We will discuss safety concerns from outside threats/dangers.

### ***COA – STEM Programming***

IT, PS

Robin Zinsmeister  
*College of the Albemarle  
Department Chair, Public Services  
Program Coordinator, Early Childhood  
Education*

Come join the COA Early Childhood Education program in fun hands-on activities that focus on mathematical concepts specifically geared for the toddler and preschool age group.

#### **Note About Workshops:**

*Workshops are assigned on a first-come, first-serve basis and based on the maximum number each instructor would allow. If you do not get your first choice, we apologize for any inconvenience this may cause and we ask that you follow the schedule you will receive upon registration.*

#### **Key:**

FCCH = Family Child Care Home  
IT = Infant/Toddler  
PS = Preschool  
SA = School Age  
P = Professionalism

**Please be mindful of your completed credit hours.  
Repeat classes will NOT be accepted by your licensing consultant.**

## Workshop II

### 1:30pm – 2:50pm

#### ***Picky Eaters***

PS, SA, FCCH

Mary Morris

*FCS Extension Agent, Bertie/Chowan Counties*

This will be an engaging hands-on session with new ideas on how to inspire those “picky eaters” to try new things. We will be experimenting and trying new foods. So come ready to get out your taste-testing hat.

#### ***Triple P – Taking the Guesswork Out of Parenting***

IT, PS, SA, FCCH, P

Trey Wright

*Albemarle Regional Health Service,  
Triple P Lead Coordinator*

Triple P Trainings – Positive Parenting Program – help providers give parents simple tips to help manage the big and small problems of family life, such as toddler tantrums, teenage rebellion, self-esteem issues, bedtime battles, disobedience, and aggression. The Triple P Program will be discussed in detail to assist providers who may want to add Triple P to their toolkit.

#### **Keynote Speaker:**

*Dr. Tony Kemerly is the Associate Professor of Exercise Science and the Chair of the Department of Exercise and Sport Science Department at High Point University. He is also the author of “Encourage Your Child To Act Like An Animal” and “Dino-Might”. Dr. Kemerly will discuss ways to combat childhood obesity through lifestyle change and behavior modification.*

#### ***Fire Safety***

I/T, PS, SA, FCCH, P

James Mims

*Fire Marshal / Safety Director  
Currituck County*

This workshop will provide a review of the fire marshal’s inspection sheet, how to safely evacuate your children in the event of a fire and how to conduct your monthly fire drills. A fire extinguisher demonstration and general fire safety information will be included in this presentation.

#### ***“Eating and Exercising With Children”***

IT, PS, SA, FCCH, P

*Dr. Tony Kemerly*

*High Point University*

*Associate Professor, Exercise Science  
Chair, Department of Exercise and Sport  
Science Department*

*Author, “Encourage Your Child To Act  
Like An Animal” and “Dino-Might”*

Participants will learn how at-home eating habits and exercising as a family can reduce childhood obesity.

#### ***Color Me Healthy***

PS

Yvonne Mullen

*FCS Extension Agent, Pasquotank County*

A nutrition and physical activity program for preschoolers that stimulates all senses of young children: touch, smell, sight, sound, and taste. Colors, music, and exploration of the senses are used to teach children that healthy eating and physical activity are fun.

#### **Sponsored By:**

##### **North Carolina Cooperative Extension**

Chowan Co. Center – 482-6585

Currituck Co. Center – 232-2261

Dare County Center – 473-4290

Hertford County Center – 358-7822

Pasquotank County Center – 338-3954

Perquimans County Center – 426-7697

*For more information on this conference,  
contact your local center of North  
Carolina Cooperative Extension.*

##### **Smart Start Partnerships**

Albemarle Partnership

Pasquotank, Camden, Currituck, and

Gates Counties – 333-3205

Chowan/Perquimans County

Partnership – 482-3530

Dare County Partnership – 441-0614

## REGISTRATION FORM

Conference fees include morning refreshments, luncheon, keynote speaker, and two workshops per person. Additional meals can be purchased at \$10 per plate.

Please complete **ONE** form for each person. Copies of this form can be made without alterations. Class selections are compiled on a first-come, first-serve basis. Please print all information on this form. Registration fees can be transferred, but **NO REFUNDS** will be issued.

### PARTICIPANT'S INFORMATION

Name: \_\_\_\_\_ Business: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Home Daycare: \_\_\_\_\_ Daycare Center: \_\_\_\_\_ Infant/Toddler: \_\_\_\_\_ Preschool: \_\_\_\_\_ School Age: \_\_\_\_\_  
Business Telephone: \_\_\_\_\_ Other Telephone: \_\_\_\_\_

### FEES AND DEADLINES

The cost for registration is **\$25 per person.**

All registrations must be **received or postmarked** before or on **Monday, February 16, 2015.**

**No registrations** will be accepted if postmarked **after February 16, 2015.**

**No onsite registrations** will be accepted.

Make checks and money orders payable to: Perquimans Farm Service

### WORKSHOPS

*Please select first and second choices for the workshop selections below.*

*This conference awards up to 5 contact hours.*

<b>Workshop I</b> <b>10:00am – 11:20am</b>	<b>1<sup>st</sup> Choice</b>	<b>2<sup>nd</sup> Choice</b>
<b>“Is That Normal?” Developmentally Appropriate Touching Behaviors</b>		
<b>Asthma – “The Goal is Control”</b>		
<b>Internet Resources for Child Care Professionals</b>		
<b>Exceptional Students</b>		
<b>Safety Concerns</b>		
<b>COA – STEM Programming</b>		
<b>Workshop II</b> <b>1:30pm – 2:50pm</b>	<b>1<sup>st</sup> Choice</b>	<b>2<sup>nd</sup> Choice</b>
<b>Picky Eaters</b>		
<b>Triple P – Taking the Guesswork Out of Parenting</b>		
<b>Fire Safety</b>		
<b>Eating and Exercising With Children</b>		
<b>Color Me Healthy</b>		

#### Mail To:

**NCCES – Perquimans County**  
**ATTN: Jewel Winslow**  
**Post Office Box 87**  
**Hertford, NC 27944**

Return completed registration form and payment by **February 16, 2015.**

**Acceptable Forms of Payment:** Cash, Checks, Money Orders, Certified Checks

A \$25 returned check fee will be strictly enforced.

**Make checks and money orders payable to:**

**Perquimans Farm Service**