



**BRIGHTSIDE UP, INC.**  
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Albany, NY



**BRIGHTSIDE UP**

# MAKING *connections*

**ANNUAL CONFERENCE**

OCTOBER 9, 2023

HILTON GARDEN INN

TROY, NEW YORK

**FREE FLU SHOTS**

12:00 - 1:15 pm

(WITH INSURANCE CARD/WHILE SUPPLIES LAST)



# AGENDA

CHECK IN: 7:15AM

MORNING SESSIONS: 8:00-10:00AM

MID-MORNING SESSIONS: 10:15AM-12:15PM

LUNCH: 12:15 -1:15PM

AFTERNOON SESSIONS: 1:15-3:15PM

## FINANCIAL AID

### EDUCATIONAL INCENTIVE PROGRAM (EIP)

Scholarship funding may be available for Family/Group, Center and School-age programs through the Educational Incentive Program (EIP). Visit ECETP online at [www.ecetp.pdp.albany.edu/index.aspx](http://www.ecetp.pdp.albany.edu/index.aspx).

### CSEA/VOICE PROFESSIONAL DEVELOPMENT PROGRAM

Family, Group Family, and Legally Exempt child care programs attend training for FREE with CSEA/VOICE! The CSEA/Voice Professional Development Program is designed to help Family, Group Family and Legally Exempt child care providers afford quality training. Sign up with VOICE and register for training with us, free of charge. Visit [www.voicecsea.org](http://www.voicecsea.org).

### ADDITIONAL INFORMATION

6 hours of training | 0.6 CEUs  
Buffet lunch



# MAKING CONNECTIONS 2023

registration form

NAME

PROGRAM NAME

PROGRAM ADDRESS

CITY

STATE

ZIP

COUNTY

DAYTIME PHONE

EMAIL (FOR REGISTRATION CONFIRMATION)

### WILL YOU GET A FLU SHOT?

- YES (bring your insurance card with you)
- NO

SESSION	FIRST CHOICE	SECOND CHOICE
Morning		
Mid-Morning		
Afternoon		

## SAVE TIME BY REGISTERING ONLINE

### REGISTRATION FEE

REGISTER BY FRIDAY, SEPTEMBER 29: \$210

### PAYMENT OPTIONS

Total enclosed: \$ \_\_\_\_\_

- Check/money order made payable to Brightside Up | CHECK MEMO: MC CONFERENCE 2023
- Credit card (please visit [brightsideup.org](http://brightsideup.org) to pay by credit card)

#### FOR OFFICE USE ONLY

Date: \_\_\_\_\_ Amount: \_\_\_\_\_

Method: \_\_\_\_\_ Ch #: \_\_\_\_\_

### SCHOLARSHIP OPTIONS

- EIP: Record your EIP Award number here: \_\_\_\_\_. If you are awaiting your award and wish to register, prepay using the options above and you will be reimbursed for the awarded amount.
- CSEA/VOICE: If you are the owner of a family child care or group family child care program and wish to use CSEA/VOICE Professional Development check here and send no payment. This does not apply to assistants.
- QSNY Scholar Dollars: Register online using the promo code that your program was assigned.

# REGISTRATION

## *policies*

Refunds will be given when Brightside Up is notified of cancellation at least 1 week prior to the training date. Refunds will not be issued if the registrant does not cancel at least 1 week prior to the training date and does not attend.

Confirmation of registration is sent by email to the email address provided on the registration form.



**REGISTER ONLINE**  
by scanning the QR code.

“NO SIGNIFICANT  
LEARNING OCCURS  
WITHOUT A  
SIGNIFICANT  
RELATIONSHIP”.

-JAMES COMER



# MORNING *sessions*

8:00 - 10:00AM

## ATTACHMENT

Learn how attachment is the invisible force behind the most challenging and rewarding moments in the classroom. Increase your understanding of relationships with children and co-workers. Practice reflecting and harnessing your awareness of attachment to understand and respond to challenging behavior. Examine the foundations of relationship and how to identify needs through the lens of attachment.

DIANA BENDER-CARBUCCIA, INFANT TODDLER MENTAL HEALTH CONSULTANT, BRIGHTSIDE UP  
OCFS: 1 | CBK: 6 | ELG: D3 | CDA: 3, 4, 8 | SAC: 5,12

## TREASURE BASKETS: TRIAL AND ERROR DISCOVERY FOR INFANTS AND TODDLERS

Infants and toddlers make sense of their world using their senses. Discover how simple, sensory driven play with treasure baskets help children answer important questions like "What is this and what can I do with it?" And in time, "What else can this do and what can this become?" Learn to engage with children in this trial-and-error discovery by exploring materials and interactions that encourage child-led fun and learning.

DEANNA CLEMENTS AND JENNA RUTH, INFANT TODDLER SPECIALISTS, BRIGHTSIDE UP  
OCFS: 1, 3 | CBK: 1, 4 | ELG: D1, D5 | CDA: 3, 5 | QSNY: CPI 2

## PLAYING OUTSIDE THE BOX: SUPPORTING TRANS & GENDER-NONCONFORMING CHILDREN

Whether you're feeling supportive or struggling, this interactive session will enhance your understanding of gender expression & identity development in children. From the child who knows they are trans, to the child who has an expression outside of others' expectations - we'll explore tools to support young ones and their families, and how doing so ultimately benefits all children in your care.

LYNDON CUDLITZ, CONSULTANT, EDUCATOR AND TRAINER  
OCFS: 1, 3 | CBK: 1, 2, 4 | ELG: D2, D3 | CDA: 1, 3, 4 | SAC: 5, 12, 13

## COZY CORNER

Do you have a special place for children to calm down? A cozy corner is a physical space that serves as a strategy for building self-regulation, the ability to understand and express feelings, and react pro-socially. Identify the key components of self-regulation through hands-on experience with the cozy corner tools. Learn how to set up a cozy corner, learn a method to introduce the space to children, and create your own tool to take back to your cozy corner.

PHILOMINA ADJEI, EARLY CHILDHOOD MENTAL HEALTH COORDINATOR, BRIGHTSIDE UP  
OCFS: 1, 3 | CBK: 1 | ELG: D3 | CDA: 3 | SAC: 6 | ECERS-3: 2

## MUSICA Y MOVIMIENTO

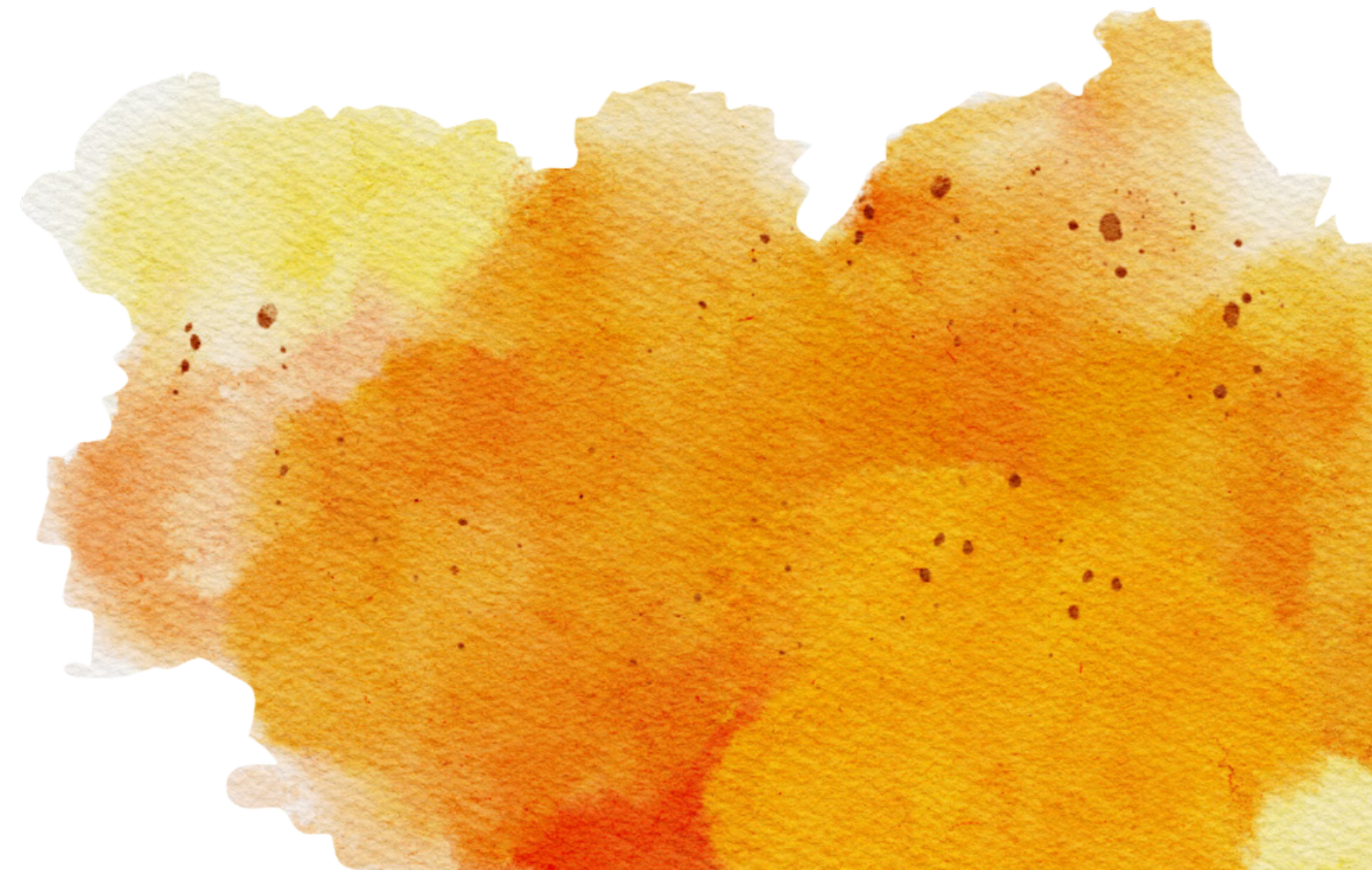
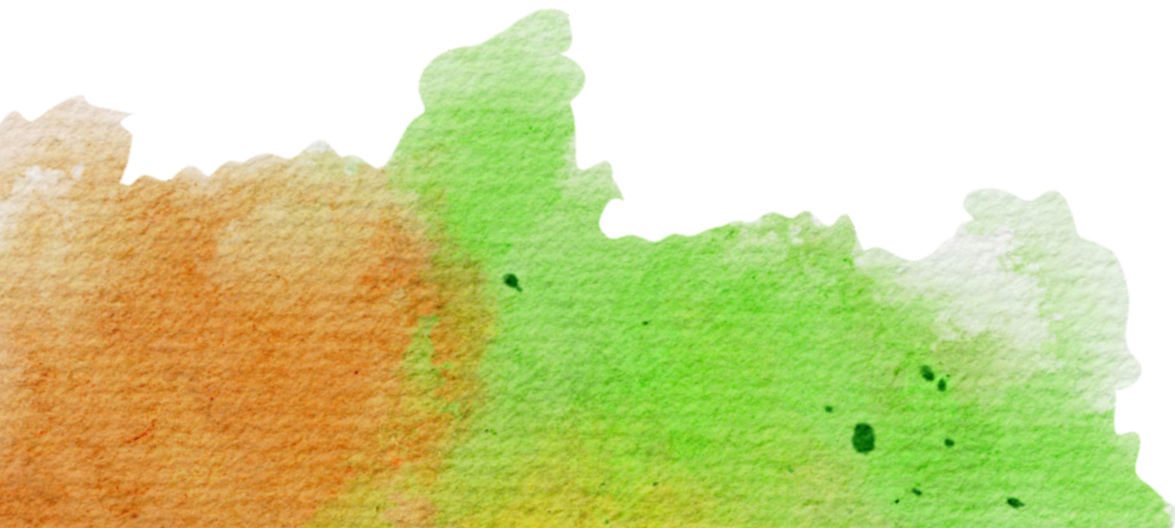
Introducir a los niños a la magia de la música durante su desarrollo temprano abre un mundo de juegos de palabras y expresión. Exploraremos accesorios como bufandas y baquetas rítmicas, siendo testigos de primera mano de cómo elevan la experiencia de la música y el movimiento. Únase a nosotros para una animada sesión de canto, baile y diversión rítmica, mientras celebramos la armonía de la infancia y la melodía.

ALFRED FELICIANO, EARLY CHILDHOOD TRAINER, BRIGHTSIDE UP  
OCFS: 1, 3 | CBK: 1 | ELG: D2 | CDA: 2 | SAC: 9

## RETAINING STAFF

Unlock the secrets to minimizing staff turnover and cultivating lasting team retention. Explore recruitment methods, orientation processes, and empower professional development plans to create a dedicated and motivated workforce.

JACKIE FARMER, EARLY CHILDHOOD EDUCATION COORDINATOR, BRIGHTSIDE UP  
OCFS: 3, 5 | CBK: 7 | CDA: 5, 6 | AC: 1, 14



# AFTERNOON Sessions

1:15 - 3:15PM

## PHYSICAL ACTIVITY

The benefits of physical activity on children's growth and development are numerous such as establishing balance, practicing motor skills, and developing their brains. We will explore these benefits, and more, through a variety of activities. Be open to discuss, laugh, learn, and play in this interactive training. Best practice recommendations for movement will also be discussed.

[BONNIE SCHULTZ AND JEAN BOTTILLO, REGISTERED DIETITIANS, BRIGHTSIDE UP](#)

OCFS: 1, 2, 3 | CBK: 1, 4, 5 | ELG: D2 | CDA: 2

## PLAYFUL PLANNING FOR TODDLERS

Let children's natural interests, curiosities, and newly developing skills lead you to create meaningful learning opportunities. Join us to gain strategies for observing and documenting children's interests and share ideas for applying those interests to long-term projects aimed at engaging children and families. We will also practice using the Activity Checklist to help us identify potential interests.

[HEATHER SWEET, DIRECTOR OF PROFESSIONAL DEVELOPMENT, BRIGHTSIDE UP](#)

OCFS: 1, 3 | CBK: 1, 4 | ELG: D1, D5 | CDA: 3 | QSNY: CPI 6

## SURVIVING WINTER AND MINIMIZING BURN OUT

Learn about how to make the most of winter, for yourself and the children in your childcare program. At this session we will discuss how to reframe the role of winter in your life, learn concrete ideas for making winter enjoyable, and explore how engaging with nature throughout winter can support your mental health.

[REBECCA PISCIOTTA, INFANT TODDLER MENTAL HEALTH CONSULTANT, FAMILY OF WOODSTOCK, INC.](#)

OCFS: 2, 3 | CBK: 4, 5 | ELG: D2 | CDA: 2 | SAC: 4, 9

## BLOCK PLAY

Blocks are a valued part of early childhood play, fostering independence, cognitive development, and cooperation. The simple activity of playing with blocks can teach children shapes, sizes, sorting, and spatial awareness. Many factors impact a child's experience with blocks, but it is the influence and support of the adult that can become the most critical component of block play. We will discuss how teachers can motivate children's block building and the teacher's role in fostering a sense of cooperation among children in the block area.

[JENNIFER EDWARDS, EARLY CHILDHOOD EDUCATOR AND COACH, BRIGHTSIDE UP](#)

OCFS: 1, 3 | CBK: 1, 4 | ELG: D1, D5 | CDA: 2 | QSNY: CPI 6 | ECERS-3: 20

## RELATIONSHIPS

Relationships lay the foundation for healthy social and emotional development. As Maya Angelou once said, "I've learned that people will forget what you said. People will forget what you did. But people will never forget how you made them feel." Explore how to intentionally build relationships that are responsive, consistent, and nurturing. You will analyze respectful communication and develop strategies to nurture a sense of belonging. Leave with attainable strategies to build positive relationships with children through your everyday practices.

[EMILY VANTASSEL, EARLY CHILDHOOD MENTAL HEALTH CONSULTANT, BRIGHTSIDE UP](#)

OCFS: 1, 3 | CBK: 1, 4 | ELG: D1, D3 | CDA: 1, 3 | SAC: 2

## ORGANIZANDO EL PROGRAMA

Aprenda a organizar entornos de aprendizaje para bebés, niños pequeños y niños en edad preescolar para optimizar el juego, la participación y el aprendizaje. Discuta cómo el almacenamiento, los materiales abiertos, los niveles de ruido y los centros de interés pueden contribuir a un espacio bien administrado que reduzca los comportamientos desafiantes.

[ALFRED FELICIANO AND LUZ PEREYRA, EARLY CHILDHOOD TRAINER AND EARLY LEARNING SPECIALIST FAMILY EDUCATOR BRIGHTSIDE UP](#)

OCFS: 1, 3 | CBK: 1, 4 | ELG: D2 | CDA: 1 | QSNY: CE1, HE1 | ECERS-3: 3

## INTERACTIONS AND ROLES (ECERS-3)

Develop strategies to individualize interactions that promote children's engagement using three key quality indicators: hands-on, appropriate for group and individual needs and concepts brought out of play. Explore interactions and identify concepts that can be discussed with children in interest centers areas. You will also learn how to create activities using concepts and classroom materials and displays that promote teacher-child interactions.

[RAQUEL SADDLEMIRE, DIRECTOR OF EDUCATION AND DEVELOPMENT, BRIGHTSIDE UP](#)

OCFS: 1, 3 | CBK: 4 | ELG: D1, D3 | CDA: 1, 2, 3



# MID MORNING 10:15AM - 12:15PM sessions

## ATTUNEMENT

As caregivers, we spend our days responding to the needs of others. As we work at building relationships with families, administrators, and co-workers, there is one key relationship at the heart of our work, the ones we build with children. High-quality interactions enrich relationships with children through our ability to tune in, understand, and respond. Join us to uncover this process as we explore the benefits of responsiveness and attunement on children's social development.

[NORA O'HANLON, INFANT TODDLER MENTAL HEALTH CONSULTANT, BRIGHTSIDE UP](#)

OCFS: 1, 3 | CBK: 1, 4 | ELG: D3 | CDA: 3, 4, 8 | SAC: 5, 12

## PLAYFUL ENGAGEMENT WITH FAMILIES

Caregivers observe children's development and respond based on these observations to build interest, skills, and relationships. The loving bond families create with their children through these responsive interactions is the critical foundation for supporting early development. Discover a framework for planning environments and activities that support families' observations and understanding of their children's abilities, needs, and feelings. Learn how to use this framework for planning playful family engagement experiences that will support family-child relationships.

[DEANNA CLEMENTS AND JENNA RUTH, INFANT TODDLER SPECIALISTS, BRIGHTSIDE UP](#)

OCFS: 3 | CBK: 2 | ELG: D3 | CDA: 11 | QSNY: C6

## BRIGHTSIDE UP KITCHEN: KNIVES, DIPS AND DRESSINGS

The Ages and Stages Questionnaire (ASQ) can help determine what typical development is and what might be considered at risk for a delay. Resources and materials for communicating concerns with families will be shared. Ways to use the Ages and Stages Questionnaire to support lesson planning and engagement will also be discussed.

[BONNIE SCHULTZ AND JEAN BOTTILLO, REGISTERED DIETITIANS, BRIGHTSIDE UP](#)

OCFS: 1, 3 | CBK: 5 | ELG: D2 | CDA: 1

## SCIENCE AND NATURE

There are four science subjects that children can explore in their play: life science, physical science, earth and space science, and ecology. Learn to set up a science area that will generate interest in exploring these areas and encourage observation, questions, and other ways of exploring the world around us.

[EMILY CUCCIO, EARLY CHILDHOOD TRAINER, BRIGHTSIDE UP](#)

OCFS: 1, 3 | CBK: 1, 4 | ELG: D1, D5 | CDA: 2 QSNY: CPI 6 | ECERS-3: 22

## FRIENDSHIP SKILLS

Making friends seems like something children just do; however, it is a complex social skill we all learn. When taught intentionally, building healthy friendships is a skill that will serve children for a lifetime. Join us to investigate a variety of friendship skills highlighted in the Pyramid Model and different ways to encourage children to practice friendship skill building. In small groups, we will exercise our own skills using books, puppets, and activities designed to help children practice being good friends. We will also explore the inevitable conflicts that arise in groups and review some problem-solving steps and solutions.

[COLLEEN STERLING, EARLY CHILDHOOD EDUCATION COORDINATOR, BRIGHTSIDE UP](#)

OCFS: 1 | CBK: 1, 4 | ELG: D3 | CDA: 3 | QSNY: CPI 6

## JUEGO CON BLOQUES

Los bloques son una parte valiosa del juego de la primera infancia, ya que fomentan la independencia, el desarrollo cognitivo y la cooperación. La simple actividad de jugar con bloques puede enseñarles a los niños formas, tamaños, clasificación y conciencia espacial. Muchos factores afectan la experiencia de un niño con los bloques, pero es la influencia y el apoyo del adulto lo que puede convertirse en el componente más crítico del juego con bloques. Discutiremos cómo los maestros pueden motivar a los niños a construir bloques y el papel del maestro en fomentar un sentido de cooperación entre los niños en el área de bloques.

[ALFRED FELICIANO, EARLY CHILDHOOD TRAINER, BRIGHTSIDE UP](#)

OCFS: 1, 3 | CBK: 1, 4 | LG: D1, D5 | CDA: 2 | QSNY: CPI 6 | ECERS-3: 20

## CONFLICT RESOLUTION IN CHILD CARE PROGRAMS: TOOLS FOR ADMINISTRATORS

This training is designed for childcare program administrators, directors, family day care owners, and group family owners. If you have ever had a conflict with a teacher or a parent that left everyone with a sour taste in their mouth, this training is for you! Emotions can run high when managing the safety and care of children. This training will provide practical conflict resolution skills that administrators can use immediately, as well as provide information on community resources that are available when you need extra help resolving a situation. Conflict is inevitable, so come learn the tools to manage it more peacefully.

[REBECCA PISCIOTTA, INFANT TODDLER MENTAL HEALTH CONSULTANT, FAMILY OF WOODSTOCK, INC.](#)

OCFS: 3 | CBK: 2, 6, 7 | CDA: 6

