

Making CONNECTIONS



ANNUAL CONFERENCE

October 11, 2021 | 8:00a-4:00p | Hilton Garden Inn | 235 Hoosick St., Troy

Agenda

CHECK IN: 7:15AM

MORNING SESSIONS: 8:15–10:15AM

MID-MORNING SESSIONS: 10:30AM–12:30PM

LUNCH: 12:30–1:45PM

AFTERNOON SESSIONS: 1:45–3:45PM

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 [HTTPS://WWW.ECETP.PDP.ALBANY.EDU/INDEX.ASPX](https://www.ecetp.pdp.albany.edu/index.aspx)

ADDITIONAL INFORMATION

6 hours of training | 0.6 CEUs

Buffet lunch

Vendors



**MEMBERS SAVE ON
REGISTRATION FEES
JOIN ONLINE AT
BRIGHTSIDEUP.ORG**



Morning Sessions

8:15am - 10:15am

INFANT

IDENTIFYING DEVELOPMENTAL DELAYS USING THE AGES AND STAGES QUESTIONNAIRES

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.

[KATHLEEN HARLAND, DIRECTOR OF INFANT TODDLER SERVICES, BRIGHTSIDE UP | OCFS: 1, 3 | CBK: 1](#)

TODDLER

TO HUG OR NOT TO HUG: LET THE CHILD DECIDE

Use the NYS Early Learning Guidelines to dive into the development of healthy sexuality in young children and early concepts around bodily autonomy and consent, exploring gender identity, and embracing diversity in individual and family relationships. Engage in thoughtful and respectful discussion while examining strategies to support self-exploration and developing self-identity.

[SARA ALLEN-TAYLOR, INFANT TODDLER SPECIALIST, CHILD CARE COORDINATING COUNCIL OF THE NORTH COUNTRY | OCFS: 1, 2, 3 | CBK: 1](#)

PRESCHOOL

EMOTIONAL LITERACY

Emotional regulation means better cooperation with fewer temper tantrums and emotional outbursts. Helping children identify and regulate their emotions fosters resiliency and self-control. Walk away with simple strategies to teach children how to talk about their emotions and identify triggers.

[PHILOMINA ASAMOAH, EARLY CHILDHOOD MENTAL HEALTH CONSULTANT, BRIGHTSIDE UP](#)
[KIM POLSTEIN, DIRECTOR OF MENTAL HEALTH SERVICES, BRIGHTSIDE UP | OCFS: 1, 3 | CBK 1](#)

HANDS AT PLAY

A quality program offers children many opportunities to explore and develop fine motor skills. Preschoolers benefit from daily experiences with developmentally appropriate fine motor activities to build the confidence and skills they will need for handwriting, computer keyboarding, science experiments, and complex art projects. We will review teaching strategies, materials, and activities to promote fine motor development.

[AFUA SARFO, EARLY CHILDHOOD EDUCATOR AND COACH, BRIGHTSIDE UP](#)
[RAQUEL SADDLEMIRE, DIRECTOR OF EDUCATION AND DEVELOPMENT, BRIGHTSIDE UP](#)
[OCFS: 1, 3 | CBK: 1, 4](#)

SCHOOL-AGE

BOXING AWAY YOUR WORRIES

Help children cope by acknowledging and understanding their worries with two hands-on activities. Together we will discuss the value of addressing children's fears and practice how to help children manage their anxieties in a developmentally appropriate manner. Using the materials provided, learn how to adapt these activities for home or the classroom.

[BARBARA MITCHELL, LMHC, MENTAL HEALTH CONSULTANT, BRIGHTSIDE UP | OCFS: 1 | CBK: 1](#)

EN ESPAÑOL

COMUNICACIÓN CON LAS FAMILIAS

Aprenda estrategias para fortalecer sus habilidades de comunicación con las familias para crear coherencia entre el programa y el hogar. Averigüe si sabe escuchar y aprenda técnicas para mejorar las habilidades de escucha activa y cree un plan eficaz para abordar esas conversaciones difíciles y delicadas.

[ANDREA ADRIAN, CDA PD SPECIALIST, GROUP FAMILY DAYCARE OWNER, EHS | OCFS: 3, 4, 5 | CBK: 2](#)

HEALTH

SAFE SLEEPING PRACTICES FOR INFANTS

There are practices to help reduce the risk of suffocation and sleep related infant death. Sleep position, environment, and bedding are a few of the topics that we will cover relating to safe sleep practices for babies. We will also address the reason for each suggested safe sleep practice. In the end, we will all sleep a little better knowing how to set our babies up for successful safe sleep.

[DESIREE MYERS, RN, HEALTH CARE CONSULTANT, BRIGHTSIDE UP](#)

[BARB VICKERY, RN, HEALTH CARE CONSULTANT, BRIGHTSIDE UP | OCFS: 4 | CBK: 5](#)

DIRECTOR

SUPERVISION AND MANAGEMENT TECHNIQUES

As a child care center, school-age, or legally exempt group director, you have responsibilities to all the stakeholders in your program. You take on many roles which require you to guide and implement the vision and mission of the program. Learn to identify techniques to assist you in leading your program to provide quality care to children.

[JACKIE FARMER, EARLY CHILDHOOD EDUCATOR, BRIGHTSIDE UP | OCFS: 3 | CBK: 6](#)

Mid-Morning Sessions

10:30am - 12:30pm

INFANT

CARING SPACES

Freedom to explore independently, responsive caregiving, and developmentally appropriate materials and experiences are key components of quality infant and toddler environments. Join us as we look at the Caring Spaces endorsement and its three tiered approach to measuring quality in infant and toddler environments. We will discuss these respectful practices and how you can work towards implementing them in your program.

ASHLEY MURRAY, INFANT TODDLER SPECIALIST, FAMILY OF WOODSTOCK CHILD CARE CONNECTIONS | OCFS: 1, 3 | CBK: 1, 4

TODDLER

MUSIC PLAY FOR TODDLERS: BALANCING ACTIVITY AND SKILLS DEVELOPMENT

The toddler years are about balancing quiet and busy activities, maintaining good sleep hygiene, and developing strong bodies that are always on the move. Toddlers can be messy to work with, however; music is a simple, clean, and creative outlet that can calm the most unsettled mind or, alternatively, disrupt the most peaceful moment. Learn how and when to incorporate music and movement into your day and take away ideas that build language, rhythm, and fun into every day play.

ANN FRASER, INFANT TODDLER SPECIALIST, CHILD CARE COORDINATING COUNCIL OF THE NORTH COUNTRY | OCFS: 1, 2, 3 | CBK: 1, 4

PRESCHOOL

VISUALIZING A POSITIVE DAY

In highly productive programs, children transition from one activity to the next with little redirection. Learn how to use a visual schedule to help children become more independent, feel safe, and focus on learning. Evaluate your schedule to ensure child success and the development of self-regulation skills. You will understand how to teach your schedule to children and visualize a positive day.

JESSICA ORELLANA, MENTAL HEALTH CONSULTANT, BRIGHTSIDE UP | OCFS: 1, 3 | CBK: 1, 4

MINI MATHEMATICIANS

Explore what developmentally appropriate math experiences should look like in a prekindergarten classroom. Using the Early Learning Guidelines as a guide, we will discover how to provide experiences that support comparing and categorizing, number sense and quantity, patterning, and spatial sense and geometry. You will also receive a packet of ideas to take back and make for your classroom.

TINA ROSE TURRIGLIO, ED.D. | OCFS: 1, 3 | CBK: 4

SCHOOL-AGE

MAPS

Making maps combines art, world building, and knowledge about our own communities. Places we have visited and those we haven't with a sense of exploration and imagination. Join us as we consider opportunities you can concoct in just a few minutes or produce over the course of months to encourage these investigations.

[LAUREN COHEN AND CHRIS STACK, THE WONDER ROOM | OCFS: 1 | CBK: 1, 4](#)

EN ESPAÑOL

REGULACIONES

Familiarícese con las regulaciones requeridas por el estado de Nueva York y obtenga una comprensión clara de su función para adherirse a ellas. Trabaje en grupos pequeños para ubicar regulaciones específicas y evaluar escenarios del mundo real. Nota: esta capacitación se puede realizar para todos los tipos de programas, incluidos los centros de cuidado infantil, los programas para niños en edad escolar y el cuidado infantil familiar / grupal.

[ERIKA LENZ, REGISTRATION COORDINATOR, BRIGHTSIDE UP | OCFS: 7 | CBK: 7](#)

HEALTH

FOOD ALLERGIES AND ANAPHYLAXIS

Using case studies and group discussions we will learn how to care for children with allergies and respond to allergy emergencies. We will examine Elijah's Law and take a closer look at why these regulatory changes are so important.

[RACHEL MANDEL, RN, CHILD CARE HEALTH CONSULTANT, BRIGHTSIDE UP](#)

[MAGGIE HARTIG, MS, RD, CDN, CLC, GROWTH & NUTRITION EDUCATOR, BRIGHTSIDE UP](#)

[OCFS: 2 | CBK: 5](#)

DIRECTOR

PROVIDING PERFORMANCE FEEDBACK

Discuss and understand the definition of three types of performance feedback: positive, corrective, and developmental. Particular attention will be given to differentiating corrective from developmental feedback and to the challenges associated with each. Guidelines for preparing for, delivering, and documenting feedback conversations will be given. We will have an opportunity to practice these skills using case scenarios during our session.

[TODD MOHRMANN, PRESIDENT, DYNAMIC TRAINING INC. | OCFS: 5 | CBK: 7](#)

SPECIAL SESSION FOR FAMILY/GROUP CHILD CARE

HOW STABILIZATION GRANTS AND 2021 TAX CHANGES AFFECT FAMILY CHILD CARE PROVIDERS

Tom Copeland will join us via videoconference to help us understand all the new tax changes affecting family child care providers for 2021. This will include how to treat the Child Care Stabilization Grants on your tax return, SBA forgivable loans, new child tax credit, what's deductible in the era of COVID, calculating your Time-Space percentage if you have been closed, and more.

[TOM COPELAND, THE NATION'S LEADING TRAINER, AUTHOR, AND ADVOCATE FOR THE BUSINESS OF FAMILY CHILD CARE CARE | OCFS: 5 | CBK: 7](#)

Afternoon Sessions

1:45pm - 3:45pm

INFANT

BUILDING ADULT RESILIENCE

Reflect on stressors in life and how they affect our effectiveness in working with children and families. Learn strategies to beat burnout by examining what it means to be resilient. Identify and build a support system and learn techniques to help feel refreshed and in control.

[REBECCA DELGUIDICE, IT MENTAL HEALTH CONSULTANT, BRIGHTSIDE UP](#)

[BARBARA MITCHELL, IT MENTAL HEALTH CONSULTANT, BRIGHTSIDE UP](#) | OCFS: 1, 3 | CBK: 1, 6

TODDLER

IDENTIFYING DEVELOPMENTAL DELAYS USING THE AGES AND STAGES QUESTIONNAIRES

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.

[KATHLEEN HARLAND, DIRECTOR OF INFANT TODDLER SERVICES, BRIGHTSIDE UP](#) | OCFS: 1, 3 | CBK: 1

PRESCHOOL

BRIDGING YOUR DAY

Children move from activity to activity at various times of the day; some transitions are quick, some are slow, and some depend on the individual child. A brief, engaging transition helps children to move from one activity to the next with intent. We will explore how effective transitions can help reduce challenging behaviors and enhance the learning experience. We will also discuss and practice strategies for transitioning between activities and develop a plan to support successful transitions.

[COLLEEN STERLING, EARLY CHILDHOOD EDUCATOR, BRIGHTSIDE UP](#) | OCFS: 1, 3 | CBK: 4

LINKING LANGUAGE AND LITERACY

Explore the relationship between oral language and literacy skills for preschool children. Learn how to create a print rich environment, how to teach about letters in developmentally appropriate ways, and how to provide age appropriate pre-writing experiences. You will leave with a packet of ideas to take back and make for your own program.

[TINA ROSE TURRIGLIO, ED.D.](#) | OCFS: 3 | CBK: 4

SCHOOL-AGE

ALONE, IN PAIRS, AND IN GROUPS

School-age children have individual interests and passions that deserve their focus and attention. They also have a strong need for interaction with peers, both one on one and in larger groups. We will use a case study approach to explore each of these situations. We will talk about setting up your space and creating the social environment to make spending time in each circumstance comfortable, enriching, and fulfilling.

[LAUREN COHEN AND CHRIS STACK, THE WONDER ROOM](#) | OCFS: 1 | CBK: 1, 4

EN ESPAÑOL

MANOS EN EL JUEGO

Un programa de calidad ofrece a los niños muchas oportunidades para explorar y desarrollar la motricidad fina. Los niños en edad preescolar se benefician de las experiencias diarias con actividades de motricidad fina apropiadas para el desarrollo que ayuden a desarrollar la confianza y las habilidades que necesitarán para escribir. Actividades tales como usar el teclado en la computadora, experimentos científicos y proyectos de arte complejos. Revisaremos las estrategias, los materiales y las actividades de enseñanza para promover el desarrollo de la motricidad fina.

[RAQUEL SADDLEMIRE, DIRECTOR OF EDUCATION AND DEVELOPMENT, BRIGHTSIDE UP](#) | OCFS: 1, 3 | CBK: 1, 4

HEALTH

LEARN TO LIKE VEGETABLES

All foods were once new. How do people develop a taste for new foods? Take an inventory of vegetables and the ways you might like them prepared. Examine how seed-to-plate, sensory exploration, objective description, simple cooking and respect for all polite opinion allows children to experience vegetables and increase acceptance.

[BONNIE SCHULTZ, RD, EWPH, BRIGHTSIDE UP](#) | OCFS: 2 | CBK: 5

DIRECTOR

USING A COACHING STYLE OF SUPERVISION

Become a coach to your staff! Being a coach is different than being a supervisor. Think of the coaches who work with gymnasts, actors and vocalists -- watching, listening, sharing observations, skills, resources, acknowledging the positive things that are happening and collaborating on approaches to problem areas. Learn how coaching differs from traditional supervision, when coaching is and isn't appropriate and the key skills for effectively coaching your staff. You'll also have an opportunity to practice.

[TODD MOHRMANN, PRESIDENT, DYNAMIC TRAINING INC.](#) | OCFS: 5 | CBK: 7

SPECIAL SESSION

EXPLORING THE PYRAMID MODEL

The Pyramid Model is a framework of evidence-based practices that support and enhance social and emotional development in young children. Together, we will explore the Pyramid Model including what it is, how it supports social and emotional development, decreases challenging behavior, and what you need to get started implementing this model in your program.

[KIM POLSTEIN, DIRECTOR OF MENTAL HEALTH SERVICES, BRIGHTSIDE UP](#) | OCFS: 1, 3 | CBK: 1



REGISTER ONLINE

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 cancel at least 1 week prior to the training date and does not attend.

Payment at the member rate is available when your membership is current or when membership payment is made along with the registration fee.

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

MAKING CONNECTIONS 2021 REGISTRATION FORM

NAME

PROGRAM NAME

PROGRAM ADDRESS

CITY STATE ZIP

COUNTY

DAYTIME PHONE

EMAIL (FOR REGISTRATION CONFIRMATION)

BRIGHTSIDE UP MEMBER: YES

NO

BECOME A BRIGHTSIDER TO SAVE INSTANTLY | VISIT BRIGHTSIDEUP.ORG

WILL YOU GET A FLU SHOT?

YES (bring your insurance card with you)

NO

SESSION	FIRST CHOICE	SECOND CHOICE (In case your first choice is full.)
Morning 8:15 - 10:15 AM		
Mid-Morning 10:30 AM - 12:30 PM		
Afternoon 1:45 - 3:45 PM		

SAVE TIME BY REGISTERING ONLINE

REGISTRATION FEE

REGISTER BY FRIDAY, OCTOBER 1: \$110 (\$130 NON-MEMBERS)

PAYMENT OPTIONS

Total enclosed: \$ _____

- Check/money order made payable to Brightside Up | CHECK MEMO: MC CONFERENCE 2021
- Educational Incentive Program (EIP) Scholarship, once your EIP is approved, call Brightside Up to register
- Credit card (please visit brightsideup.org to pay by credit card)

FOR OFFICE USE ONLY

Date: Amount:

Method: Ch #:

CONTACT US WITH
QUESTIONS AT 518-426-7181
PLEASE SEND PAYMENT AND
FORM TO: BRIGHTSIDE UP
91 BROADWAY, MENANDS,
NY 12204



BRIGHTSIDE UP, INC.
91 Broadway, Menands, NY 12204
Return service requested

Non-Profit Org.
U.S. Postage
PAID
Permit No. 896
Albany, NY

FREE FLU SHOTS

10:00 am - 1:30 pm

(WITH INSURANCE CARD/WHILE SUPPLIES LAST)