

## **NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions**

**April 29, 2009**

**9:00 a.m. – 10:30 a.m.**

### **Optimal Use of Screening Instrument: Linking Assessment, Educational Plans, and Classroom Instruction**

This session will focus on the translation of data generated from screening instruments into learning activities in the classroom and goals and objectives for the individual child. Examples will be provided using the Battelle Developmental Inventory, 2nd Edition, a screening instrument that is commonly used in Head Start. Participants will learn how to measure the child's progress using change-sensitive scores.

### **Brain Building: Experiences that Foster Synaptic Growth from Birth to Five**

This session will highlight curriculum development strategies that successfully access and build on children's prior knowledge while promoting and enhancing thinking skills. Participants will learn strategies designed to motivate children to make connections within their world through engaging learning topics. Participants will increase their understanding about the theoretically and research-based justification for building a curriculum rooted in facts and ideas with which the child has likely had experience.

### **You Got It! Teaching Social and Emotional Skills**

Young children with social-emotional delays are more likely to have challenging behaviors. This session will discuss the instruction of key social skills, including friendship, problem-solving, and anger-management skills. Participants will learn strategies and instructional activities for teaching social and emotional skills directly.

### **Communication Intervention Methods for the Preschool Classroom**

Children in Head Start receive developmental screenings within the first 45 days of enrollment in the program. In this session participants will discuss the adequate communication skills of the preschool child, as well as signs that may indicate a communication weakness. Participants will also learn strategies that can be used with children to target communication skills.

### **Father Involvement and Children's Brain Development**

The foundational research-based knowledge that supports a link between father involvement and school readiness in the context of brain development provides new opportunities to plan, develop, and implement father involvement initiatives in early childhood education and care. This session will give participants the opportunity to exchange ideas and strategies for supporting fathers as they build their capacity to influence their children's development.

### **Bring Quality Health Services to Head Start Children**

In this session the presenters will share a successful model they developed to bring medical, dental and mental health services to Head Start children. Participants will be given tips on how to establish and sustain collaborative partnerships aimed at delivering health services to children. Specific steps taken by clinics to leverage community resources and how families can be taught to navigate health care systems to ensure coverage of their young children will be discussed.

### **Lead Poisoning Prevention in Homes, Schools and Early Childhood Centers: EPA Renovation Rule**

This session will discuss the federal law regarding renovations in early childhood facilities and the considerations required when hiring contractors to complete renovations. Participants will be given the tools to protect children from lead hazards in a facility and will learn about the importance of children being tested for lead.

### **Special Plenary: Helping Children Understand and Express Feelings: Introduction to KK and Friends (2-Hour Session)**

Journey with KK in concert as she introduces you to her baker's dozen of delightful Feeling Friends characters that symbolize the array of primary feelings that are considered universal to humanity. The Feeling Friends thrive in the ideal climate in which honesty, truth, mutual respect, appropriate timing, and expression come together to create a sense of security and acceptance of feelings for oneself and others.

### **Updating Hearing Screening Practices for Children 0-3 Years of Age**

Otoacoustic Emissions (OEA) hearing screening, used extensively in newborn screening programs, is the most effective screening method that can be used with children ages 0-3. Participants will be provided with information on how OAE screening is conducted and the resources available to help programs update their hearing screening practices.

### **Let's Get Physical! Growing Healthy Bodies and Brains**

This session will teach participants how to reinforce healthy food choices and increase moderate-to-vigorous physical activity through engaging, hands-on activities using inexpensive equipment, music, and homemade play props. Discover what research has taught us about brain development and its connection to movement, food, and cognitive development.

### **The Importance of Heart: A New Approach to Social and Emotional Learning**

This session will examine a new approach to teaching social and emotional skills that is based on recent scientific discoveries showing a dynamic relationship between the heart and brain. This relationship has significant implications for education, especially in helping children learn how to generate positive emotional states that can lead to improved learning, performance, and behaviors.

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### **Understanding the Psychological Process of ADHD Preschoolers**

This session is designed to educate families and teachers about the importance of understanding the psychological processes that affect learning in preschool children diagnosed with Attention Deficit Hyperactivity Disorder. Participants will learn about characteristics of ADHD, comprehensive assessment, and multimodal interventions used in the diagnosis of ADHD.

### **The Best New Books for Preschool Children**

This session will look at the importance and benefits of reading aloud to young children. Participants will discuss what makes a good children's book and how to conduct a story time with young children. Participants will be exposed to the best new preschool books of the past year.

### **Preschool Vision Screening: Circle Time Problems May Be Related to Vision, Not Behavior**

Did you know that some inappropriate behaviors of children might be related to problems with vision? This session will examine vision-related behaviors and provide information about vision problems in young children that can lead to permanent vision impairment if not detected and treated early, preferably before age 5.

### **Effective Strategies for Dealing with Challenging Conversations with Families**

Building partnerships with families is essential to the well-being of children. Too often, however, we lose the sense of partnership and family centered practice that leads to more successful outcomes during challenging conversations with families. This session will focus on strategies for building connections with families even in the midst of difficult situations.

### **CDA General Information**

This session will provide an overview of the CDA Assessment System's eligibility and documentation requirements, as well as a review of the six stages of the national credentialing process.

### **Brain Development and Learning through Physical Movement and Play : The Mind Body Link**

This session will focus on our rapidly increasing knowledge about brain development and what the research recommends in terms of creating early childhood curricula and environments in which play through physical movement is intentionally planned. Participants will explore classroom strategies that promote the conditions essential to learning through the integration of the hard-wired foundational brain functions.

### **Using Data to Make Decisions**

The use of data is an essential element of the "manager's toolkit" in a high-performing Head Start program. Through this workshop, participants will gain a better understanding of data-driven decision making, practice using relevant data to identify problems and generate solutions, and come away with a tool they can use to apply this framework to their own programs.

### **Special Plenary: Confidentiality (2-Hour Session) T**

This session will discuss how to keep confidential information from unauthorized persons and what's involved in assuring that ethical standards are adhered to. The session will emphasize the importance of respecting the value of all individuals regardless of race, religion, sex, or national ancestry.

### **Integrating Nature into Outdoor Playscapes**

Early childhood educators will leave this session with a better understanding of natural play as well as the educational and behavioral value of integrating nature into outdoor play. Participants will be shown examples of ideal natural play spaces and will leave armed with resources to help them create a plan for transforming their own play spaces through structured planning, fundraising, and implementation.

### **Empowering Parents, Teachers, and Children to get Ready for Kindergarten!**

Many states report that children are not entering school ready to learn and succeed. This action-packed session is designed to empower parents, children, and teachers to get children ready for Kindergarten! Learn the seven things that parents and children need to know and that every early childhood teacher needs to share! Let's all get ready for Kindergarten!

### **The Art of Overcoming**

The art of overcoming is a process that combines the elements of desire, hope, persistence, patience, and preparation. This session will help participants learn strategies for becoming more solution-driven, building efficient teams, and becoming more focused on achieving better outcomes.

### **Collaboration Between Private Head Start Grantees and Public School Systems: One Grantee's Journey**

This session will discuss how the collaborative environment was successfully enhanced between a Louisiana Head Start grantee and three public school districts. Three classroom models will be presented and discussed. The session will also examine ways to prevent common problems from arising.

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### **Managing Multiple Funding Streams: When to Cost Allocate**

Head Start programs are experiencing a need to provide full-day/full-year services to children and families. To meet those needs, many programs must use funding from other funding streams. This session will provide information to assist programs in making decisions regarding the development and implementation of a cost allocation plan. Participants will learn how to develop a budget based on the methodology (ies) that best represent the cost of their centers.

### **The Decision Making Process for 21st Century Program Management in Head Start**

This session will examine decision-making concepts, how to frame a problem systematically, and how to apply good problem solving techniques. Participants will learn seven steps to decision making viewed from a Head Start perspective.

### **Beyond Modeling: Building Parenting Skills During Home Visits**

Home visitors will learn a new strategy for improving parenting skills and motivating parents to support their child's development. Participants will also have the opportunity to explore the limitations associated with using modeling as a primary teaching strategy.

### **Creating and Maintaining Safe, Fun, and Challenging Outdoor Environments**

There is a clear need for children to be more active. In order to help address the challenge of childhood obesity, early childhood professionals must understand the importance of outdoor play and the need for establishing creative, fun, and challenging environments for the children in their programs. Participants will discover a balanced approach to proper maintenance and how creating equipment logs can help control costs, keep areas safe, and motivate children to play.

### **Getting a Head Start on a Dental Home: The American Academy of Pediatric Dentistry's Head Start Dental Home Initiative**

This session will focus on the AAPD Head Start Dental Home Initiative as it relates to oral health access and the establishment of good oral health practices for Head Start children. Participants will gain an understanding of the goals and activities for the initiative and strategies for creating local partnerships.

### **Strategic Planning in Early Care and Education Programs**

Participants will learn about the strategic planning process, including how to conduct a complete program/agency review. They will also engage in discussions related to goal setting and will be given strategies for assembling a Strategic Planning Team, promoting the open flow of ideas, and organizing and writing a strategic plan.

### **Role of the Policy Council**

This session will help participants gain a better understanding of the Head Start regulations and revised Head Start Program Performance Standards in order to reinforce and support the role and responsibilities of the policy council. The focus will be on the role of the policy council as established in the Program Performance Standards and common problems that come up.

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### **Evaluating an Employee's Performance**

This session will focus on the importance of conducting accurate employee performance appraisals. Participants will discuss various legal issues and suits that have resulted from inaccurate performance appraisals. They will also learn how to prepare a performance appraisal and present it to an employee, and will discuss the value of having employees complete a self appraisal as well as a performance survey for supervisors.

### **Start Now to Prepare Your Baby For a Lifetime of Learning**

Participants will learn helpful knowledge about brain functions, other basic neuroscience concepts, how to best provide children with appropriate stimulation that will facilitate healthy brain development. This session will also examine interactive methods that can be used to teach parents important concepts to support development.

### **Zula Ready, Set, Science! Simple Machines**

Participants will be presented with a dynamic model for implementing science and math in preschool using a multi-disciplinary approach that fulfills both national and state standards. The session will explore common science misconceptions, foundational concepts of scientific inquiry for young children, and hands-on activities for exploring simple machines.

### **Calling All Parents: The Truth About Media Today**

This session will address the cognitive, social, and emotional effects of the mass media on children. Research on how the media affects children's cognitive and social development will be presented. Participants will gain a better understanding of the positive and negative effects of the media and the importance of properly filtering media.

### **Improving Oral Health in Head Start through Community Partnerships**

Participants will be given hands-on information to help them establish an oral health care plan for Head Start families and staff. In addition, practical ideas will be offered on how to establish collaborative partnerships and referral networks, and participants will be given resource information related to prevention and education in oral health.

### **Let's Get Physical! Growing Healthy Bodies and Brains**

This session will teach participants how to reinforce healthy food choices and increase moderate-to-vigorous physical activity through engaging, hands-on activities using inexpensive equipment, music, and homemade play props. Discover what research has taught us about brain development and its connection to movement, food, and cognitive development.

### **Child Assessment: Using Data to Plan and Individualize**

In addition to being a Head Start mandate, using child assessment data to inform practice is an essential component of meaningful, individualized curriculum planning. This session will help teachers and education supervisors to more effectively analyze assessment data, use that data to plan and individualize, and get families more deeply invested in child outcomes.

### **Why Won't They Change?**

Change isn't easy, but it is unavoidable. During this session, participants will learn about strengths-based coaching, which is a practical approach to supporting adults through change that can fundamentally transform the way we work with others toward sustained quality improvements in care and education. Participants will have the opportunity to try out techniques that they can use right away in their own programs!

### **One Size Doesn't Fit All: Using Coaching to Individualize Professional Development and Improve Program Quality**

A growing trend in the field of early childhood education is the use of coaching to improve teacher quality and, ultimately, child outcomes. In this session, participants will gain a deeper understanding of their role as a coach, practice effective coaching skills, and learn how to individualize feedback for teachers.

### **Soar to New Heights! Successful Approaches and Strategies for Achieving Optimal Oral Health for Head Start Participants**

Head Start staff consistently cite oral health issues as one of their foremost challenges. During this session, participants will learn about available resources and how they can implement preventive strategies in order to achieve optimal oral health for pregnant women, infants, and children enrolled in Head Start.

### **Using Resources to Enhance Your Parent Involvement Component**

This session is designed to explore and examine how procuring donated items from corporations can enhance a program's parent involvement component. Participants will be shown various samples of donated items that are gender specific, age appropriate and politically correct. During the session, there will be a discussion about parent and staff challenges in regards to community outreach.

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### **Update on Federal Laws and Regulations**

In this session, Attorney Ted Waters and CPA Howard Gesbeck will discuss changes to federal laws and regulations relating to Head Start and Early Head Start programs. In addition, the presenters will share insights on important issues that affect the management and administration of these programs.

### **Father's Presence Matters**

A father's presence can help a child's overall well being in so many ways. Lack of a father-child relationship places a child at risk cognitively, socially, and emotionally. This session will explore the risk factors that are often present and enable those who work with children to better understand how to address their needs. Participants will have a chance to learn how father involvement affects a child's development and how to effectively increase father involvement.

### **The Family Development Credential: Proven Skills for Frontline Family Workers — Round Table Discussion**

This session will help participants understand how the FDC curriculum teaches workers to "power with" families rather than "power over" them, creating a true partnership with families and resulting in improved family service.

### **Sticks and Stones May Break My Bones, but Words will Make Me Greater**

This empowering session will provide a dynamic learning experience for all Head Start members, including directors, teachers, and parents. This is an excellent opportunity to learn how to promote vocabulary development and create enriched learning environments that promote future reading success. Participants will take part in meaningful hands-on activities that are entertaining, informative, and relevant.

### **Understanding Child Abuse and Neglect and Implications for Prevention**

This session will take a close look at child abuse and neglect. Topics will include historical, social, political, and cultural variables that influence and define abuse, as well as the parent/caretaker variables that are often associated. Participants will explore various infant/toddler syndromes that encompass abuse and identify factors of vulnerability and resiliency.

### **Early Learners are Self-Disciplined in a Person-Centered Classroom**

This interactive session will focus on creating a climate that is person-centered with the goal of supporting student self-disciplined. By establishing a "we" environment, a person-centered classroom creates a balance between what teachers want and the efforts and needs of the students.

### **Raising Media Savvy Kids: How Teachers, Parents, and Caregivers Can Work Together**

Media and technology are evolving at a dizzying pace, bringing opportunities and challenges that are unique to this generation. During this session, participants will learn about the impact this has on children and how to forge partnerships with parents to raise healthy children in a 24/7 media world.

### **A Practical , Painless Monitoring System For Your Home Visitation Program**

During this session, program managers and directors will be given practical tools for monitoring home visits. The system that will be presented offers an easy to manage paper trail for Head Start reviews. The system includes how to structure and conduct ongoing supervision that is focused on building the skills needed to meet Head Start Program Performance Standards.

### **Play Nicely and Work Hard! Effective Strategies to Help Children Learn to Play and Work Well With Others**

Classroom learning is often interrupted because of behavior and social problems. Come learn teaching approaches that address Head Start's mental health Program Performance Standards and help children express feelings, develop self-control, care about others, and solve problems. Puppets, music, and examples from the model program *Al's Pals: Kids Making Healthy Choices* will be shared.

### **Developing the Leader Within: The 5 Cs of Leadership Development**

Create organizational ownership, buy in, and concrete strategic direction using the five Cs of leadership development! Support your organization's leadership team by truly enhancing all of the major areas of importance that pertain to character development, competence, consistency, and creating cohesive teams of committed professionals.

### **Together We Can! Head Start and Early Reading First Achieve Excellence and Close the Achievement Gap**

This session is designed for directors, grant writers, and other leadership staff. The session will provide participants with a working knowledge of the Early Reading First program and how it is designed to support the current Head Start priorities of bringing research-based, effective practice to those who gain the most from it. This session will define and demonstrate how the requisite components of ERF are directly connected to Head Start objectives and how excellence can be achieved while maintaining and enhancing the comprehensive aspects of Head Start.

### **Moving to Cooperative Play: Illinois Head Start's Experience with the Early Learning Council**

This session will teach participants about the Illinois experience from the Head Start perspective, including process, challenges and successes. Participants will also be presented with lessons learned, and resources will be shared to help other state Head Start communities successfully navigate this process.

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**Supporting Children in Reaching Their Highest Potential: Certified Teachers in Your Classrooms Without Cost to Your Head Start**

This session will share an innovative collaboration used in Houston, Texas, for school districts, Head Start programs, and licensed child care centers. Participants will learn how this collaboration helps children receive a structured pre-kindergarten curriculum and certified teachers in their classrooms. Information on how to provide these optimal services without cost will be shared.

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**2:00 p.m. – 3:30 p.m.**

### **Improving Communication Skills**

The focus of this session will be on the development of effective communication skills. Participants will learn how to become a better communicator and how to train their staff or colleagues to successfully share information. This session will include a group exercise on communication

### **Optimal Use of Screening Instrument: Linking Assessment, Educational Plans, and Classroom Instruction**

This session will focus on the translation of data generated from screening instruments into learning activities in the classroom and goals and objectives for the individual child. Examples will be provided using the Battelle Developmental Inventory, 2nd Edition, a screening instrument that is commonly used in Head Start. Participants will learn how to measure the child's progress using change-sensitive scores.

### **Art Smart: Using the Feldman Approach of Art Criticism in the Early Childhood Classroom**

In this session participants will learn how to use open-ended questions to foster rich discussions in the classroom. This session will also give participants the tools to empower children to describe, analyze, interpret, and judge the visual arts all while building critical thinking skills and fostering social-emotional growth.

### **Developing Meaningful Family Involvement to Enhance the Preschool Experience — Roundtable**

Parent involvement is one of the major predictors of student success in school and later in life. Learn how an integrated Head Start, pre-K, and special education public preschool programs and activities to facilitate the meaningful involvement of families in preschool learning experiences.

### **Sign Language: A Passage to Literacy**

Participants will learn how to use American Sign Language to enhance language and literacy through the use of stories, songs, and games. Participants will learn more than 125 words that they can use to enhance children's reading skills, support daily routines, and enhance classroom behavior.

### **Bring Quality Health Services to Head Start Children**

In this session, the presenters will share a successful model they developed to bring medical, dental, and mental health services to Head Start children. Participants will be given tips on how to build and sustain collaborative partnerships. There will be a discussion about specific steps that can be taken to leverage community resources and teach families how to navigate health care systems to ensure coverage of their young children.

### **Father Involvement and Children's Brain Development**

The foundational research-based knowledge that supports a link between father involvement and school readiness in the context of brain development provides new opportunities to plan, develop, and implement father involvement initiatives in early childhood education and care. This session will give participants the opportunity to exchange ideas and strategies for supporting fathers as they build their capacity to influence their children's development.

### **Care For Their Air: Protecting Head Start Children With Smoke-Free, Asthma-Friendly Environments**

Children's exposure to second hand smoke and asthma triggers can cause heart disease, cancer, bronchitis, pneumonia, SIDS, and death. The office of Head Start and EPA are partners in helping families reduce health risks and take control. This interactive session will provide participants with useful information, tools, and strategies to avoid problems.

### **Updating Hearing Screening Practices for Children 0-3 Years of Age**

Otoacoustic Emissions (OEA) hearing screening, used extensively in newborn screening programs, is the most effective screening method that can be used with children ages 0-3. Participants will be provided with information on how OAE screening is conducted and the resources available to help programs update their hearing screening practices.

### **Circle Time Fun and Transitional Tricks! Developmentally Appropriate Practices for Mixed-Age Groups**

This hands-on, participatory session will examine a variety of techniques and strategies for presenting music, movement, rhythm instruments, songs, finger plays, stories, puppets, and creative activities. Have fun, get inspired, and take home loads of new ideas to make your group time and transitions more enjoyable for all children.

### **Lead Poisoning Prevention in Homes, Schools, and Early Childhood Centers: EPA Renovation Rule**

This session will discuss the federal law regarding renovations in early childhood facilities and the considerations required when hiring contractors to complete renovations. Participants will be given the tools to protect children from lead hazards in an early childhood facility and learn about the importance of having children tested for lead.

### **Autism Spectrum Disorders: Recognize the Signs in order to Provide Effective Early Intervention Services**

This session will educate participants on the importance of recognizing the signs of the Autism Spectrum Disorders diagnosis in order to provide early intervention with effective instructional practices. Participants will learn the signs of typical developmental milestones for children ages 3 months to 3 years and the signs that may indicate atypical development.

## **NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions**

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**2:00 p.m. – 3:30 p.m.**

### **Transition Activities**

This session will discuss the importance of transition activities in the program day and provide methods for implementing proven transition activities. Participants will gain an understanding of the ease of planning and using engaging transition activities.

### **Preschool Vision Screening: Circle Time Problems May Be Related to Vision , Not Behavior**

Did you know that some inappropriate behaviors of children might be related to problems with vision? This session will examine vision-related behaviors and provide information about vision problems in young children that can lead to permanent vision impairment if not detected and treated early, preferably before age 5.

### **CDA Advisor Training**

This session will help participants understand the role and responsibilities of the advisor in the CDA Assessment System and how to complete the Candidate's CDA Assessment Observation Instrument.

### **Brain Development and Learning through Physical Movement and Play : The Mind Body Link**

This session will focus on our rapidly increasing knowledge about brain development and what the research recommends in terms of creating early childhood curricula and environments in which play through physical movement is intentionally planned. Participants will explore classroom strategies that promote the conditions essential to learning through the integration of the hard-wired foundational brain functions.

### **Using Data to Make Decisions**

The use of data is an essential element of the "manager's toolkit" in a high-performing Head Start program. Through this workshop, participants will gain a better understanding of data-driven decision making, practice using relevant data to identify problems and generate solutions, and come away with a tool they can use to apply this framework to their own programs.

### **Empowering Parents, Teachers and Kids to get ready for Kindergarten**

Many states report that children are not entering school ready to learn and succeed. This action-packed session is designed to empower parents, children, and teachers to get children ready for Kindergarten! Learn the seven things that parents and children need to know and that every early childhood teacher needs to share! Let's all get ready for Kindergarten!

### **Questions and Answers with Ted and Howard**

Attorney Ted Waters and CPA Howard Gesbeck will answer questions relating to Head Start. Waters and Gesbeck have been working with Head Start and Early Head Start programs for a combined total of more than 55 years, and they will use this experience to answer your questions. Whether you have questions about the board , policy council, or administration of a program, they will provide practical solutions that will point your program in the right direction so that you will know how to be in compliance with Federal Head Start requirements.

### **The Seven Steps to Promotion in the Workplace**

Being promoted is about positioning! This is an ideal session for those who seek career advancement. By reviewing the top reasons why people are not promoted, the value of soft skills, and other critical factors, participants will explore the elements not often talked about that can hinder job promotion.

### **Stress Management**

Participants of this session will learn about the various kinds of stress, how to identify individual stressors, and effective strategies for handling stress and time management. This session will also discuss the consequences of not monitoring or addressing stress, such as heart attacks, strokes, and high blood pressure.

### **Language Stimulation: Awakening Your Child's Mind, Language, and Creativity During the Intrauterine Process and After Birth**

The purpose of this session is to provide participants with information, strategies, and techniques for providing language stimulation to their child during the intrauterine stages and after birth.

### **Collaboration Between Private Head Start Grantees**

This session will examine the ways the collaborative environment was promoted between a Louisiana Head Start grantee and three public school districts. Three classroom models will be presented and discussed. The session will also look at ways to prevent common problems from arising.

### **Understanding the Choices in Life that Influence Happiness**

This session will highlight numerous factors that contribute to satisfaction and happiness in life, including how you think and the lifestyle choices you make. Participants will be shown tools to help families and staff evaluate their current life satisfaction and happiness and fun activities that can be used with any group to promote a healthy lifestyle.

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### **A Guide to Crisis Management**

When a crisis occurs, we are faced with incomprehensible uncertainty. The aftermath might include serious injury, loss of life, damaged property and reputation, litigation, or even the loss of business. The best time to think about how to handle a crisis is well before it happens. Preparation is key. Participants will be introduced to the key elements of a crisis management program and will learn the importance of establishing key accountabilities within a center that are necessary for effectively managing a crisis.

### **Financial Monitoring: The Key to Accountability**

The *Improving Head Start for school Readiness Act of 2007* requires that a Head Start program develop and implement an effective and efficient financial monitoring system. This session will provide participants with information for developing monitoring procedures and analyzing the results of their monitoring activities.

### **Developing the Leader Within: The 5 Cs of Leadership Development**

Create organizational ownership, buy in, and concrete strategic direction using the five Cs of leadership development! Support your organization's leadership team by truly enhancing all of the major areas of importance that pertain to character development, competence, consistency, and creating cohesive teams of committed professionals.

### **Special Plenary Session: Getting a Head Start on a Lifetime of Oral Health (2-Hour Session)**

This session will focus on oral health care strategies, including healthy habits, professional dental care, snacking, and nutrition. Participants will gain an understanding of preventive oral health practices and the dental home, as well as an understanding of the relationship between good oral health and healthy development.

### **Parent Issues**

This session will give participants the tools to understand what motivates parents to complain or have issues with the early childhood program and how to best deal with those complaints and concerns. The session will help participants view parent handbooks as an integral part of the communication between families and the agency and better understand how to effectively use the parent handbook.

### **Using Your Personnel Policy Manual as an Effective Personnel Management Tool**

The focus of this session is on the development and revision of a personnel policy manual. The focus will be on the legal impact of topics such as recruitment and hiring, at-will employment status, performance appraisal, hours of work, and hiring, termination, and disciplinary policies. Participants will gain an understanding of the role of the board of directors, parent policy council, and staff in the development and implementation of the policy manual.

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### **Connecting, Sharing, and Learning: Using the ECLKC Resources to Support Program Planning and Fiscal Accountability**

Accountability is a key issue in the current discussion about the future of Head Start. With the current emphasis on planning and accountability in the new Head Start Act, this session will focus on the Office of Head Start's ECLKC, a wealth of online resources designed to improve program quality. Participants will better understand regulations and requirements for implementing a systems approach to program planning and fiscal accountability. They will also learn strategies that can be used to locate resources and use the many features of ECLKC.

### **Performance Management for Head Start Success**

An effective Human Resource Information System (HRIS) is often the most critical difference between an under-performing and Gold standard certified Head Start program. This session will provide administrators and human resource professionals with proven ready-to-use compliance tools to ensure that their program is operating at maximum efficiency.

### **The Final Frontier for Student Achievement: Father and Family Involvement**

This session is intended to help participants get maximum results for their time and effort in order to achieve higher levels of academic success. Making parents more of a partner in this effort is vital to our efforts toward academic improvement. Come discover ways that you can make your parent involvement program improve achievement and be cost effective.

### **Autism Spectrum Disorders: Recognize the Signs to Provide Effective Early Intervention Services**

This session will educate participants on the importance of recognizing the signs of the Autism Spectrum Disorders diagnosis in order to provide early intervention with effective instructional practices. Participants will learn the signs of typical developmental milestones for children ages 3 months to 3 years and signs that may indicate atypical development.

### **Assessment Made Easy**

Participants of this session will learn the importance of assessment and what the teacher's role is in the assessment process. This session will also provide information about the basis of assessment and strategies for conducting effective assessments.

### **A Healthy Child is a Better Student: Combining Classroom Lessons with Nutrition and Physical Activity Education**

During this session, a nutrition curriculum designer will share information on a dynamic, classroom-based model for integrating nutrition and physical activity into the academic day. Learn how simple lifestyle modification principles can affect your student's alertness as well as your own.

### **Family Outcomes: Determining Key Indicators to Evaluating Family Success in Head Start**

This session will assist grantees in enhancing family services, family outcomes, and parent involvement. Topics will include a strength-based approach to family services, enrollment, waiting list trend data, community statistics, state pre-K data, and using PIR and monitoring data to support family outcomes after families have left the program.

### **My Peers Elected Me to Serve... Help!**

This session will provide information to support the program governance staff in its role in the governance structure. Come learn how to make every decision count.

### **Identifying the Academic Success of Head Start Teachers with TSU HS CAPP**

The replication of successful professional development programs discussed in this session is intended to provide encouragement and mentoring to teachers who are interested in pursuing their professional goals. The benefits identified by higher education institutions, Head Start partners, children, and families will reinforce the value of early childhood professional development for agencies, communities, states, and the nation.

### **Calgon, Take Me Away! Maintaining Excellence Under Pressure**

This interactive session is designed to teach effective strategies for identifying and dealing with the stressors in our daily lives. Participants will learn to view stress factors from a different perspective. The session will include group discussions and stress-relieving laughter activities.

### **Afraid to Truly Love: Addressing Relationship Challenges in Abused and Neglected Children**

Fear of abandonment is a serious mental health concern for children who have been abused and neglected. This session will discuss this fear, its causes, and how it affects children's social-emotional development. The presenters will identify ways Head Start programs can address these challenges and, as a result, improve child's social-emotional development and ability to learn.

### **Using Data for Effective Program Planning and Management**

Data analysis has become increasingly important in making planning and management decisions in Head Start. This session is designed to help program staff use data to inform decisions regarding curriculum, professional development, program compliance, and more.

## **NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions**

**April 30, 2009**

**9:00 a.m. –10:30 a.m.**

### **Effective Classroom Strategies for Including All Children in Head Start**

Head Start programs are required to provide services to children who have special needs. This session will address ways that Head Start programs can effectively support all children. Participants will learn effective ways to support the participation of children with disabilities and other special needs in daily activities and routines. Using a variety of didactic and interactive techniques, this training will provide practical, easy to use classroom strategies for meeting children's individual developmental needs.

### **ChildPlus.net: An Overview of the New Agency Management Software from ChildPlus — Roundtable**

This session will discuss ChildPlus.net, the new user-friendly program management software available for Head Start programs. Participants will learn how to navigate ChildPlus.net and use the site as a monitoring tool.

### **The Power of You**

This session will describe a system of self-empowerment and provide a cycle of program delivery that can be used as the foundation of an effective fatherhood or male involvement program. Participants will gain a new perspective and leave equipped with a strategic plan for program implementation.

### **Sing, Dance, and Play: English and Spanish are Part of a Child's Day!**

This high-energy session (presented in English) will provide participants with songs, games, and fun ideas for bringing Spanish and English together in the classroom. Participants will learn about the many benefits of learning a second language during the first five years of life, including the improvement of early reading skills.

### **The Eyes Have It! The Role of Observation in Early Childhood Classrooms**

This session is intended to explore the importance of developing and using observation skills throughout the day in early childhood classrooms. Observing and recording accurate information about the experiences of both individual children and the classroom as a whole provides valuable information for intentional and purposeful planning. Participants will also explore how observation data can be used to build partnerships between schools and home and to identify needed collaborations.

### **Increase Learning with the Power of Music**

This session will introduce and demonstrate new songs and activities to help educators meet school readiness standards. Participants will learn fun song and movement activities designed to improve learning and memory skills.

### **Building Successful Family and Community Partnerships**

This session will give the participants a variety of strategies for engaging the parents and the community in providing comprehensive services to children and families. In order to accommodate different learning styles, this 90-minute presentation will consist of a lecture, small-group activity, role-playing, and question and answer period. Participants will also have the opportunity to share what they are currently implementing in their programs and receive recommendations on how to enhance what they have.

### **Special Plenary — Key Factors for Sustaining Head Start Best Practices: Ensuring Long-Term Success (2-Hour Session)**

This session will help participants better understand the debate over accountability and sustained gains. Participants will also consider the benefits of authentic assessment and best practices and learn what research reveals about the impact of instructional practices on how and what children learn.

### **Hip-Hop to Rock: Developing Critical Early Reading Skills**

Singing along with culturally relevant rhythms to children songs and stories can help build important early reading skills. Experiences such as these can be used to motivate children to learn how to read while building connections in their developing brains. Participants will learn how to integrate songs into reading activities and how to integrate singing and reading activities into other content areas.

### **Safe Transport of Head Start Students with Special Needs: Beyond Driving**

Participants will discuss the relationship between negative student behaviors among Head Start students with disabilities and bus safety. This session is designed to give education and transportation professionals new insight into training needed to ensure that students with disabilities are transported safely and ready to learn.

### **Managing Multiple Funding Streams: When to Cost Allocate**

Head Start programs are experiencing a growing need to provide full-day/full-year services to children and families. In order to meet those needs, many programs must use additional funding streams. This session will give participants information they can use in making decision regarding the development and implementation of a cost allocation plan. Participants will also learn how to develop a budget based on the methodology (ies) that best represent the cost of their centers.

### **The Literature Based Content Approach**

The literature based content approach to curriculum and documentation is a dynamic teaching and documentation strategy that integrates literature and other content areas. Participants will learn how to extract subject matter from literature books and more.

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**April 30, 2009**

**9:00 a.m. –10:30 a.m.**

### **Over the River and Through the Woods**

The teacher's role in promoting social-emotional skills will be discussed, and participants will learn about tools for building relationships that help children develop a sense of belonging, self-esteem, confidence, and independence. The session will also include a discussion about establishing and implementing rules for guidance and nurturing positive attitudes.

### **Discovering Temperaments**

This session will focus on how our temperament traits affect the way we interact with others. Participants will learn the nine identified temperament traits and how to identify the temperamental differences of children in order to better meet their individual needs .

## NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions

April 30, 2009

11:00 a.m. – 12:30 p.m.

### **Stress Management for the Early Care and Education Professional**

Stress is a major health issue in family and work environments. This session will review the symptoms and causes of stress and will discuss stress management skills that can be shared with parents and staff.

### **Emergency Preparedness Program: Product Implementation**

Participants of this session will discuss different emergency scenarios and the issues involved. Participants will learn strategies for setting up an emergency preparedness program.

### **Self Confidence and Decision Making: It Begins with a Seed**

This session will give participants the tools to increase their self-confidence and gain the courage and determination needed to achieve their goals. There is a seed in you that is waiting to bloom and become the best person possible.

### **How to Have Parent Involvement Programs Without Kidnapping Children and Making Them Sing**

This humorous, interactive session will show participants how to bring parents into their centers and engage, educate, and encourage them. Come learn how to have simple, inexpensive yet effective parent and family programs that will increase parent involvement.

### **Math and Me**

Let's make learning math fun! Through children's literature and interactive hands-on experiences, educators will be given the opportunity to explore a variety of math concepts. Strategies and activities that encourage critical thinking and problem solving will be offered. The training method will include a combination of lecture, small group discussions, and hands-on activities using high-quality children's literature.

### **Helping Children Thrive in a Media-Saturated World**

Learn how and why the media is so powerful in shaping children's attitudes, values, and behaviors. This research-based session will explore the effects of video games, the Internet, and television on children's health and development. Participants will learn practical strategies for taking advantage of the opportunities media offers while minimizing the risks to children.

### **The Amazing Alphabet**

Learn how to incorporate phonics, phonemic awareness, and the alphabet into your lessons. Ideas will be shared on how the alphabet can be incorporated into the classroom across the curriculum. Participants will have the opportunity to learn new ideas, share their own ideas, and come away with practical information to use in their classroom.

### **Preparing for Emergencies the Sesame Way!**

Join *Sesame Street* to get ready! This interactive session will provide resources that will help programs prepare families for emergencies. Participants will learn easy ways to use free bilingual multiple media tools (in English and Spanish) to creating a preparedness plan.

### **My Peers Elected Me to Serve... Help! (Spanish Session)**

This session will provide information to support the program governance staff in its role in the governance structure. Come learn how to make every decision count.

### **Multiple Intelligences in the Preschool Classroom**

This session is designed to familiarize participants with the multiple intelligences perspective and how it can be integrated into the Head Start classroom. By learning how to determine each child's dominant intelligence(s) and using curriculum activities that accommodate different intelligences, teachers can better meet the needs of all learners.

### **Structure and Relationships: Major Components in the Classroom**

Participants of this session will explore the teacher's role in the classroom, how to apply the components of classroom management, how to link classroom management and community/relationship building, and the stages, models, and benefits of involved in co-teaching.

### **Transitions Made Fun and Easy with Music**

Participants in this session will learn how to support each child's learning using strategies such as experimentation, observation, play, and exploration. The session will discuss opportunities for creative expression using music, movement, and dialogue.

### **Using NHSA *Dialog* as a Research-to-Practice Tool for Head Start Administrators**

This session will introduce participants to the *NHSA Dialog* by outlining the overall purpose, focus, and content of the journal. The purpose of each section of the journal will be described, and sample articles from each section will be discussed. Several strategies for accessing and using research articles in administrative decision making will also be offered.

## **NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions**

**April 30, 2009**

**11:00 a.m. – 12:30 p.m.**

### **Increase Learning with the Power of Music**

This session will introduce and demonstrate new songs and activities to help educators meet school readiness standards. Participants will learn fun song and movement activities designed improve learning and memory skills.

### **Managing Aggressive Behaviors**

This session will provide participants with effective intervention strategies that can be implemented in their program. Participants will learn how to identify factors that lead to anger and aggression in children and specific classroom prevention and intervention strategies for dealing with anger and aggression.

### **Families and Schools: We Can't Spell Success Without U**

The primary purpose of this session is to remind educators of their professional responsibilities to strengthen relationships with parents, create safe and family-friendly schools, and provide high-quality classroom experiences that involve parents as partners in the learning process.

### **Embracing a New Alphabet Instruction Paradigm in order to Give Children a Head Start**

This session will help address the concern that English alphabet letters are abstract, meaningless, and confusing to children. Learn how to transform these abstract symbols into something that is meaningful using a research-based, inter-sensory process that stimulates visual-auditory-motor responses and integrates them into beginning reading-writing-spelling activities for successful early literacy development.

### **Moving Past Praise: Supporting Children with Encouragement**

This session will allow participants to identify the unintended consequences of praise on preschool children and will allow them to explore ways to incorporate three encouragement strategies in their everyday routine in the classroom. Participants will be given the opportunity to practice the encouragement strategies and develop a plan for using them in their own early childhood program.

### **Head Start State Collaboration Office and State Head Start Association Partnerships: New Directions**

This session will inform participants of the Office of Head Start's expectations regarding the HSSCO and its relationship with state Head Start associations. There will be a discussion on partnership-building strategies that are currently be used in identified states. A roundtable format will create an open forum for discussions about existing partnership issues, challenges ,and solutions.

### **From the Ground Up: Building IMH For a Rural EHS Program**

This session examines the three components of IMH (relationship, reflection, and concrete assistance) and how they form a cohesive MH service delivery within a rural Hawaii Early Head Start program. Participants will be give the opportunity to "fix" a program with MH findings and individually evaluate their own programs for strengths and challenges.

## **NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions**

**April 30, 2009**

**2:00 p.m. – 3:30 p.m.**

### **HRIS for Head Start Compliance**

This session will allow participants to gain strategic insight into cutting-edge, technological HR advances and proven application techniques. Participants will receive ready-to-use Head Start compliance tools for building an effective HRIS system. Participants will also learn quantitative measurements that can be used to validate effectiveness of current or future HRIS systems.

### **Curriculum Management System**

Curriculum is an important element of the Head Start experience. The written curriculum plan, as defined in the program performance standards, is the road map to school readiness. Success in providing high-quality service to children, however, is linked to the overall curriculum management system.

### **Understanding the Psychological Process of ADHD Preschoolers**

This session was designed to educate families and teachers about the importance of understanding the psychological processes that affect learning in preschool children diagnosed with Attention Deficit Hyperactivity Disorder. Participants will learn about the characteristics of ADHD, comprehensive assessment of children with ADHD, and interventions used in the diagnosis of ADHD.

### **Painless Parent Teacher Conferences**

This session will provide a win/win strategy for parent conferences. Participants will also learn to be particularly aware of the needs of parents during these meetings.

### **A Healthy Child is a Better Student: Combining Classroom Lessons with Nutrition and Physical Activity Education**

During this session, a nutrition curriculum designer will share information on a dynamic, classroom-based model for integrating nutrition and physical activity into the academic day. Learn how simple lifestyle modification principles can affect your student's alertness as well as your own.

### **Expanding Infancy: Implications of HS Reauthorization on EHS Programs — Roundtable**

Head Start reauthorization allows grantees to convert slots from Head Start to Early Head Start. Programs must think strategically about converting slots using SA, CA, Head Start Federal Review, and PIR data. Programs can begin analyzing data on services provided to pregnant women, infants, and toddlers in order to rule out slot conversion.

### **Identifying the Academic Success of Head Start Teachers with TSU HS CAPP**

The replication of successful professional development programs discussed in this session is intended to provide encouragement and mentoring to teachers who are interested in pursuing their professional goals. The benefits identified by higher education institutions, Head Start partners, children, and families will reinforce the value of early childhood professional development for agencies, communities, states, and the nation.

### **Calgon, Take Me Away! Maintaining Excellence Under Pressure**

This interactive session is designed to teach effective strategies for identifying and dealing with the stressors in our daily lives. Participants will learn to view stress factors from a different perspective. The session will include group discussions and stress-relieving laughter activities.

### **Water Table Talk, Books About Blocks: Linking Science and Math with Language and Literacy**

This session will present best practices for integrating science and math with language and literacy in the early childhood classroom. Participants will explore how to plan a curriculum that addresses multiple elements of the Head Start Child Outcomes Framework, such as building vocabulary skills using science activities and literature to address math concepts.

### **I've Fought Fewer Fires Since Recognizing I was the Arsonist**

This session will help participants understand that love is more than an emotion, the importance of forgiveness, and how to keep work issues in perspective. Participants will also learn how to reframe life's experiences to become not merely a survivor of workplace conflict but someone who can skillfully navigate this sometimes difficult terrain.

### **Working with Challenging Behaviors: What to Do When Nothing Else Works!**

This presentation is a survival program intended to give educators the information and skills they need to cope with children's challenging behaviors and to teach young children appropriate ways to behave. Come learn how you can make a real difference in the lives of children and their families.

### **E-Rate Funding: Tips and Strategies for Your Head Start's Success**

This session will discuss how Head Start programs can benefit from the federal E-Rate program, what qualifies as E-Rate eligible products and services, the E-Rate timeline, documentation requirements, and the program's policies and procedures. The session will also emphasize to Head Start programs why their participation in the E-Rate program should be viewed as an ongoing process and how it can be used as an opportunity for self-assessment.

## **NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions**

**April 30, 2009**

**2:00 p.m. – 3:30 p.m.**

### **Structure and Relationships: Major Components to Efficiently Run a Classroom**

Participants of this session will explore the teacher's role in the classroom, how to apply the components of classroom management, how to link classroom management and community/relationship building, and the stages, models, and benefits of involved in co-teaching.

### **The Power of You**

This session will describe a system of self-empowerment and provide a cycle of program delivery that can be used as the foundation of an effective fatherhood or male involvement program. Participants will gain a new perspective and leave equipped with a strategic plan for program implementation.

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### **The Eyes Have It! The Role of Observation in Early Childhood Classrooms**

This session is intended to explore the importance of developing and using observation skills throughout the day in early childhood classrooms. Observing and recording accurate information about the experiences of both individual children and the classroom as a whole provides valuable information for intentional and purposeful planning. Participants will also explore how observation data can be used to build partnerships between schools and home and to identify needed collaborations.

### **Meeting the Diverse Needs of Young Children**

This session will engage participants using a multi-sensory, hands-on learning approach to teaching a variety of strategies, which include the use of American Sign Language and music, that support the diverse needs of young children. Participants will leave with practical strategies and modifications that can be used to support diverse learners.

### **Taking Stock of Your Technology: Effective and Proactive Assessment of Technology Solutions**

There are many reasons for an organization to take stock of its technology solutions, including budget concerns, senior management turnover, and regulatory changes. Participants will learn how these periodic assessments, if properly performed, can be an effective method for determining the extent to which your technology solutions are supporting your organization's objectives. Participants will also learn more about methods and tools they can use to begin assessing and improving their use of technology.

### **Building Successful Family and Community Partnerships**

This session will give the participants a variety of strategies for engaging the parents and the community in providing comprehensive services to children and families. In order to accommodate different learning styles, this 90-minute presentation will consist of a lecture, small-group activity, role-playing, and question and answer period. Participants will also have the opportunity to share what they are currently implementing in their programs and receive recommendations on how to enhance what they have.

### **Hip-Hop to Rock: Developing Critical Early Reading Skills**

Singing along with culturally relevant rhythms to children songs and stories can help build important early reading skills. Experiences such as these can be used to motivate children to learn how to read while building connections in their developing brains. Participants will learn how to integrate songs into reading activities and how to integrate singing and reading activities into other content areas.

### **The Use and Misuse of Student Information for Head Start Personnel**

Participants will explore parameters for sharing student information under federal law. The presenters will discuss practical approaches that enable providers to have the information needed to carry out their responsibilities safely and efficiently without compromising the children's privacy interests.

### **Special Plenary Session: Head Start and High/Scope: A Match Made in Heaven (2-Hour Session)**

This session will identify strategies for incorporating the principles of the High/Scope curriculum into the Head Start program as well as ways to integrate the Head Start component areas into High/Scope's daily routine and content areas.

### **Financial Monitoring: The Key to Accountability**

The *Improving Head Start for School Readiness Act of 2007* requires that a Head Start program develop and implement an effective and efficient financial monitoring system. This session will provide participants with information for developing monitoring procedures and analyzing the results of their monitoring activities.

### **Sense of Wonder: Science for Young Learners and Their Teachers**

Come learn about a national demonstration project that resulted in the development of activities to help Head Start teachers bring a "sense of wonder" about science to young learners and their teachers and parents. Participants will explore activities for engaging preschool children in the science of their everyday world.

## NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions

May 1, 2009

9:00 a.m. – 10:30 a.m.

### **Write On! Fostering Early Writing Interests and Abilities**

This session will help participants become better acquainted with the stages of early writing development and will explore a variety of ways that they can foster early writing interests and abilities in children. A number of the activities that will be highlighted will include the use of children's books.

### **Walking Through the NAEYC Code of Ethics Supplement for Administrators — Roundtable**

This session will enable participants to better understand the historical perspective, conceptual framework, content and context of the *NAEYC Code of Ethics and Supplement for Administrators*. Participants will be given the opportunity to use case studies to practice the application of the Code of Ethics to issues and dilemmas faced by program administrators on a day-to-day basis.

### **Up Your Attitude: The Power of a Positive Attitude**

Participants will learn how they can choose to have a positive attitude each and every day. The session will emphasize how negativity destroys productivity and how your attitude impacts creativity and learning.

### **Rocking, Rhythm, and Rhyme**

Early literacy entails much more than just reading. Rocking, Rhythm and Rhyme will show participants how to make music, movement, and language an integral part of any program. Literacy starts long before the ABCs or 123s. Participants will receive a free reproducible literacy kit that will help involve parents in improving family literacy outcomes.

### **Teaching Children Social Skills: from Theory to Practice**

This session will focus on the need and importance of teaching young children social skills that have lifelong benefits. Specific skills that can be taught and how language can be incorporated into daily conversations and connections will be discussed. The session will also look at practical, hands-on materials that can be used for implementing these skills in the classroom.

### **Empowering Head Start Programs to Plan and Manage Systems that Influence Cultural Diversity**

This session is designed for directors, managers, and coordinators who plan and manage inclusive environments. There will be an interactive discussion about system barriers, personal belief systems regarding diversity, and program policies and practices.

### **Parenting and Educational Excellence to Save Our Children, Save Our Schools**

This session will explore the importance of and relationship between high-quality parenting skills and children's success in school. It will highlight how effective parenting can be in improving children's academic success and increasing children's self-image, pride, and confidence in their ability to learn and be successful.

### **The Peaceful Classroom: Preventing and Responding to Aggressive Anger**

All children can learn to develop peaceful responses to feelings of anger. This session is designed to help early childhood professionals use environmental and guidance techniques to support children who exhibit aggressive behavior when they are angry. Participants will learn about the stages of anger, guidance techniques that can be used to prevent aggression, how to support an angry child before aggression occurs, and peaceful tools that can be used to effectively avoid or reduce angry outbursts.

### **What You Focus on You Get More Of: 7 Cooperative Class Book Projects that Support Conscious Discipline While Encouraging Helpful Behaviors**

Young children think in pictures. Seven structures from Conscious Discipline including as active calming, ways to be helpful, class jobs, and I-love-you rituals will be presented as cooperative class bookmaking projects as a way of creating visual guides that document and reinforce positive behaviors.

### **Our Stories, Our Connectedness: Building Leadership Together**

This session will highlight effective strategies that can be used to develop strong parent and staff partnerships and provide participants with a forum for candid discussion about the challenges and benefits of parent leadership in action. Participants will learn how to use stories and core values to build relationships and will discover practices that encourage parent engagement and leadership within program.

### **Step into the Splash Zone: Activities with the Monterey Bay Aquarium and Head Start**

Monterey and Santa Cruz County Head Start have partnered with the Monterey Bay Aquarium to provide opportunities for staff, children, and their families to learn about and appreciate ocean life. Participants will learn about this unique relationship and experience some of the activities that have made this program successful.

### **Early Literacy Outreach: A Model for Professional Development**

This session will discuss the methods and content of a professional development program for teachers that uses best practices to teach them about early literacy. Participants will be given the opportunity to compare and augment their current early literacy practices and strategies for including parents as partners.

## NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions

May 1, 2009

9:00 a.m. – 10:30 a.m.

### **Strategic Partnerships: The Key to Capacity Building**

This highly interactive session will give participants an opportunity to learn new strategies for forming strategic partnerships and effective collaborations. By identifying what makes a Head Start program unique, participants will learn how to build its capacity by involving community partners. This session will benefit those who wish to increase their program's visibility in the community and stretch their Head Start dollars.

### **Walking in Their Shoes: Understanding the Parental Perspective When Concerns Arise**

Participants will examine strategies for helping families who have a difficult time accepting or acting on a developmental or health concern identified in their child. There will be an emphasis on how early childhood professionals can respect families' individual reactions, how to support families in the decisions they need to make, and how these steps can be included in the FPA.

### **Prenatal Beginnings to Age 5: Nurturing and Protecting the Developing Brain**

In this session, participants will learn how to support healthy early brain development while examining how the brain is wired using a three-step process. Participants will also learn the effects of adverse factors such as stress, neglect, exposure to toxins, and injury to the developing brain, and how to reduce and prevent these harmful consequences.

### **Innovative Classroom Strategies to Combat Childhood Obesity**

This session will shift the focus from treatment of childhood obesity to the causes and prevention of this growing problem. Dr. Rosser will present resources and strategies for addressing this important issue and will help unravel the mystery that surrounds this disease. Participants will learn to recognize early signs, commence intervention, and be exposed to exergaming video techniques/solutions that can be incorporated into the Head Start experience.

### **Using Parent-Child Interaction Games to Strengthen Family Partnerships**

Family child care providers are in a unique position to build strong, positive relationships with families. This partnership is an essential factor in how children experience family child care. This session will focus on how family child care providers can strengthen partnerships with families using a set of parent-child game-like interactions.

### **Instructional Opportunities in Preschool Classrooms: Best Practice in Practice**

This session is designed to help teachers and administrators learn knowledge and skills needed to implement and evaluate Instructional and Caring Contacts (ICC) in the early childhood classroom. ICCs are a collection of research-supported instructional strategies. Participants will learn to identify and incorporate ICC strategies in classroom settings and to evaluate the use of ICC strategies.

### **Promoting Children's Social Emotional Health in Today's World**

Studies confirm that the social and emotional competence of young children is a more accurate predictor of academic performance in first grade than cognitive skills and family background! These days, children often face serious risks that can jeopardize their well being. This session will explore how children's social and emotional needs can be successfully supported in today's world.

### **Optimizing Outcomes: Using the 3 M's**

In this session, participants will learn how to design and integrate a comprehensive monitoring system that is guided by Head Start performance measures. They will also learn how to use quantitative and qualitative data to identify suitable benchmarks and goals.

### **Communication: Creating a Working Relationship with Families**

This session will teach participants the elements of effective communication and the effects of communication on the family partnership process. Participants will also learn how to communicate clearly and create relationships that will enhance family goal setting.

### **The Blueprint of a Successful Classroom**

In this session, participants will learn the clinical diagnosis that relates to adolescent behavior and real life solutions for real life situations. Participants will also discuss positive tips for improving teacher-parent interaction, implementing successful character education, and improving classroom control.

### **Building Blocks for Families: A Healthy Future**

Building Blocks for a Healthy Future offers free online tips and tools that can be used to reach out to families and create risk-resistant children. Discover how to access online lesson plans, family activities, discussion starters, and games to help families build confidence and skills in order to make positive, healthy decisions.

### **Information Security for Head Start Leaders**

Leaders in today's Head Start organization face many threats to the security of their information. Using common security issues as examples, this session is designed to help organizational leaders better understand what they need to do to maintain information security. Technical jargon, or "geek speak," will not be used.

## **NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions**

**May 1, 2009**

**9:00 a.m. – 10:30 a.m.**

### **Operating Efficiently: Tools for Process Streamlining**

The need for fiscal accountability and effective internal controls is more important than ever. At the same time, Head Start agencies have fewer resources available for business office operations. This session will introduce participants to methods and tools they can use to begin to assess and improve the processes used in their programs.

### **Generational Diversity: Four Generations Working Together**

Generational diversity is not new, but never before have four generations come together in the workplace. This session is designed to address the struggle organizations experience when it comes to hiring and retain qualified staff. Participants will gain a better understanding of the rich resources and opportunities four generations can bring to the workplace.

### **Plenary Session – Evidence Based Methods for Developing Pre-Reading and Communication Skills (2-Hour Session)**

Orthographic instruction (or printed cues) is a new learning approach that can be used to develop a strong literacy foundation while improving communication skills. Participants will be given the tools to improve reading and writing skills and academic success! The importance of early intervention with orthographic instruction will be discussed and classroom activities will be demonstrated.

### **Meeting the Developmental Needs of Boys**

This session will examine the developmental needs of boys and tools that can be used to understand their brain development. The session will discuss how educators can adapt environments and teaching techniques to make them responsive to the developmental needs boys.

## **NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions**

**May 1, 2009**

**11:00 a.m. – 12:30 p.m.**

### **101 Ways to Use a Word Wall... But Who's Counting**

This session will offer ideas and practical information on classroom management, early childhood education, early literacy, ESL/ELL, Head Start Program Performance Standards, instructional practices, pre-reading skills development, and correlations with state pre-K standards. Participants will learn new strategies for using the word wall in the Head Start classroom.

### **HRIS for Head Start Compliance!**

This session will allow participants to gain strategic insight into cutting-edge, technological HR advances and proven application techniques. Participants will receive "ready to use" Head Start compliance tools for building an effective HRIS system. They will also learn quantitative measurements that can be used to validate the effectiveness of current or future HRIS systems.

### **Autism, Asperger's, and Autism Spectrum Disorders: Diagnosing and Treating Young Children**

This session will explore criteria for Autism Spectrum Disorders, including autism and Asperger's disorder. Challenging communication and social-emotional behaviors can raise many questions for Head Start staff and parents. With young children, it is often difficult to know whether a particular child has unusual personality traits that are within normal limits or has a developmental disorder.

### **Quality Enhancement: Supporting Transformation through Evidence-Based Practice**

This educational session will examine results from three years of using QE STEP, a professional development model, to implement the CLASS in 72 Head Start and Early Head Start classrooms. The lessons learned, outcomes, and implementation data will be useful for implementing the program in Head Start classrooms nationwide.

### **Let's Get Physical with Zoo-phonics!**

Participants will learn how the Zoo-phonics Program teaches the alphabet using a cast of animal characters and a body movement that directly relate to the animal/letter and, therefore, give children meaningful ways of use the alphabet immediately and recognizing a word as a unit of print. You'll find out how Zoo-phonics uses the alliterative names of animals to teach letter sounds.

### **Homelessness in Head Start: Building Collaborations to Support Children and Families**

This session will focus on Head Start requirements regarding homelessness and how programs can serve homeless families more effectively through strong community collaborations. Participants will learn the best practices for serving homeless families and begin to develop a Homelessness Strategic Plan.

### **Wild Kids: Exploring Nature with Young Children**

This session will explore a new environmental education initiative from the Council for Environmental Education that early childhood educators can use with children ages 3-7 to explore the fascinating world of nature. Learn how children can participate in simple investigations to test observations and engage in dramatic play activities.

### **A Grand Stand for Literacy: Supporting Parents, Teachers, and Administrators in Their Instruction Using Literacy Traveling Trunks**

This session will empower parents, teachers, and administrators to take a grand stand for literacy! Using tools designed to ensure early literacy success and research-based activities, participants will examine how to make maximize their efforts and involvement in supporting early literacy development. The session will include the use of community resources (local libraries, story hour, resource rooms, resource persons, and authors).

### **Cooking with Papi: Sharing Your Passion with Children While Building Relationships that Last**

This session will provide ways in which parents can build relationships with their children while participating together in a variety of activities that are of interest to both the child and parent. Through these activities, children and parents will increase their desire to learn about a wide variety of topics and ideas.

### **Integrating Service Area Topics into the Curriculum**

Literacy-based active learning activities and experiences will be used to provide participants with practical ideas and strategies for integrating Head Start service area topics into the curriculum in order to improve Head Start outcomes.

### **The Pivotal Role of Emotions in Children's Learning, Behavior, and Relationships**

In this era of rising standards and increased stress among children, more educators are using ideas and practices from neuroscience to help children manage their emotions and be better prepared to learn. This session will explore how emotions affect the brain and body and numerous hands-on activities that can be used to address these issues in the classroom.

### **Adapting the Curriculum to Support Children with Special Needs**

This research-to-practice session provides basic knowledge and skills for creating and supporting inclusive classrooms. Participants will learn best practices for supporting children with special needs, working in collaborative groups to create a welcoming environment, and using hands-on experiences that help support learning.

## **NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions**

**May 1, 2009**

**11:00 a.m. – 12:30 p.m.**

### **Using Songs, Rhymes, and Chants to Foster Early Literacy Skills**

This lively session will teach participants how to use singing, chants, rhyming words, poems, and finger plays in ways that will have a lasting effect on early literacy development in young children. Participants will also discuss new brain research on language development and strategies for vocabulary enrichment.

### **Ask the *NHSA Dialog* Editor**

Participants will have the opportunity to learn about *NHSA Dialog*, a research-to-practice journal. The purpose, focus, and content of the journal will be outlined. Potential authors are encouraged to attend and ask the journal's editor questions about potential submissions. A publisher's report that includes details about the circulation and readership of the journal will be presented.

## **NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions**

**May 1, 2009**

**2:00 p.m. – 3:30 p.m.**

### **Write On! Fostering Early Writing Interests and Abilities**

This session will help participants become better acquainted with the stages of early writing development and will explore a variety of ways that they can foster early writing interests and abilities in children. A number of the activities that will be highlighted will include the use of children's books.

### **Soar Higher with Humor**

Participants in this session will learn how to use positive humor to promote creativity and learning as well as how to gain a better appreciation of the dramatic differences between laughter, humor, and play. This session will allow participants to discover their own humor profile and learn how to have more fun in life.

### **Empowering Head Start Programs to Plan and Manage Systems that Influence Cultural Diversity**

This session is designed for directors, managers, and coordinators who plan and manage inclusive environments. This interactive session will discuss system barriers, personal belief systems regarding diversity and program policies and practices.

### **The Peaceful Classroom: Preventing and Responding to Aggressive Anger**

All children can learn to develop peaceful responses to feelings of anger. This session is designed to help early childhood professionals use environmental and guidance techniques to support children who exhibit aggressive behavior when they are angry. Participants will learn about the stages of anger, guidance techniques that can be used to prevent aggression, how to support an angry child before aggression occurs, and peaceful tools that can be used to effectively avoid or reduce angry outbursts.

### **Parenting and Educational Excellence to Save Our Children, Save Our Schools**

This session will explore the importance of and relationship between high-quality parenting skills and children's success in school. It will highlight how effective parenting can be in improving children's academic success and increasing children's self-image, pride, and confidence in their ability to learn and be successful.

### **What You Focus on You Get More Of: Seven Cooperative Class Book Projects Support Conscious Discipline While Encouraging Helpful Behaviors**

Young children think in pictures. Seven structures from Conscious Discipline including as active calming, ways to be helpful, class jobs, and I-love-you rituals will be presented as cooperative class bookmaking projects as a way of creating visual guides that document and reinforce positive behaviors.

### **Our Stories, Our Connectedness: Building Leadership Together**

This session will highlight effective strategies that can be used to develop strong parent and staff partnerships and provide participants with a forum for candid discussion about the challenges and benefits of parent leadership in action. Participants will learn how to use stories and core values to build relationships and will discover practices that encourage parent engagement and leadership within program.

### **Step into the Splash Zone: Activities with the Monterey Bay Aquarium and Head Start**

Monterey and Santa Cruz County Head Start have partnered with the Monterey Bay Aquarium to provide opportunities for staff, children, and their families to learn about and appreciate ocean life. Participants will learn about this unique relationship and experience some of the activities that have made this program successful.

### **Early Literacy Outreach: A Model for Professional Development**

This session will discuss the methods and content of a professional development program for teachers that uses best practices to teach them about early literacy. Participants will be given the opportunity to compare and augment their current early literacy practices and strategies for including parents as partners.

### **Strategic Partnerships: The Key to Capacity Building \$\$**

This highly interactive session will give participants an opportunity to learn new strategies for forming strategic partnerships and effective collaborations. By identifying what makes a Head Start program unique, participants will learn how to build its capacity by involving community partners. This session will benefit those who wish to increase their program's visibility in the community and stretch their Head Start dollars.

### **Walking in Their Shoes: Understanding the Parental Perspective When Concerns Arise**

Participants will examine strategies for helping families who have a difficult time accepting or acting on a developmental or health concern identified in their child. There will be an emphasis on how early childhood professionals can respect families' individual reactions, how to support families in the decisions they need to make, and how these steps can be included in the FPA.

### **Prenatal Beginnings to Age 5: Nurturing and Protecting the Developing Brain I**

In this session, participants will learn how to support healthy early brain development while examining how the brain is wired using a three-step process. Participants will also learn the effects of adverse factors such as stress, neglect, exposure to toxins, and injury to the developing brain, and how to reduce and prevent these harmful consequences.

## **NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions**

**May 1, 2009**

**2:00 p.m. – 3:30 p.m.**

### **The Use of Video Games as Teaching Tools in the 21st Century Head Start Classroom**

When compared globally, American students rank low in scholastic performance in reading, science, and math. By using a modern, engaging, interactive learning strategy that taps the collateral learning assets found in video games, Dr. Rosser will show participants how to harness the intellectual potential of our children and stimulate Head Start retention.

### **Taking the Routine Out of Routines for Infants and Toddlers**

Routines are important for infants and toddlers. One-on-one time spent easing a child through hellos and good-byes, soothing a child to sleep, diapering and toileting, feeding, and dressing helps children learn to trust and feel secure. Routines also nurture children's curiosity and guide them as they learn to understand their world. This session will discuss daily routines and how they promote development and learning.

### **Instructional Opportunities in Preschool Classrooms: Best Practice in Practice**

This session is designed to help teachers and administrators learn knowledge and skills needed to implement and evaluate Instructional and Caring Contacts (ICC) in the early childhood classroom. ICCs are a collection of research-supported instructional strategies. Participants will learn to identify and incorporate ICC strategies in classroom settings and to evaluate the use of ICC strategies.

### **Promoting Children's Social Emotional Health in Today's World**

Studies confirm that the social and emotional competence of young children is a more accurate predictor of academic performance in first grade than cognitive skills and family background! These days, children often face serious risks that can jeopardize their well being. This session will explore how children's social and emotional needs can be successfully supported in today's world.

### **The Melding Pot: Combining Strategies from Second Step and DECA Programs to Enhance the Early Childhood Curriculum**

This session will focus on the need for promoting pro-social behaviors such as empathy, relaxation, problem-solving and protective factors of initiative, self-control, and attachment. Participants will be given the opportunity to become more familiar with using violence prevention and resiliency programs to create a nurturing environment within their Head Start program.

### **No More Big, Bad Bullies**

The act of bullying often begins in preschool and can have devastating consequences on the overall development of a child. With proper teacher intervention, however, bullying can be stopped and even prevented. Participants will learn how to recognize bullying behaviors in their preschool classrooms and practice age-appropriate strategies for stopping such behaviors.

### **Optimizing Outcomes Using the 3 M's**

In this session, participants will learn how to design and integrate a comprehensive monitoring system that is guided by Head Start performance measures. They will also learn how to use quantitative and qualitative data to identify suitable benchmarks and goals.

### **Adapting Curriculum to Support Children with Special Needs**

This research-to-practice session provides basic knowledge and skills for creating and supporting inclusive classrooms. Participants will learn best practices for supporting children with special needs, working in collaborative groups to create a welcoming environment, and using hands-on experiences that help support learning.

### **Not Just Icing on the Cake: Harnessing the Power of Music and Movement**

This session will look at why the power of music in early childhood is often overlooked and misunderstood. The focus will be on music's ability to enhance and support learning and strengthen bonds at school and at home. Participants will learn to understand why music is more than just an educational add-on and how to make music a main course in early childhood offerings.

### **Communication: Creating a Working Relationship with Families**

This session will teach participants the elements of effective communication and the effects of communication on the family partnership process. Participants will also learn how to communicate clearly and create relationships that will enhance family goal setting.

### **The Blueprint of Parenting**

Participants will learn how to build their child's self-esteem and be given the tools to teach their children how to set goals. This session will explore how to talk about and teach good decision making skills to children.

### **Special Plenary – Federal Early Education Initiatives: First 100 Days and Beyond (2-Hour Session)**

The first 100 days of a new presidential administration and Congress bring renewed federal interest in early education. A discussion of new initiatives with national and state early education policy readers will allow participants to gain a better understanding of these federal initiatives and the opportunities and challenges associated with them.

## **NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions**

**May 1, 2009**

**2:00 p.m. – 3:30 p.m.**

### **Building Blocks for Families: A Healthy Future**

Building Blocks for a Healthy Future offers free online tips and tools that can be used to reach out to families and create risk-resistant children. Discover how to access online lesson plans, family activities, discussion starters, and games to help families build confidence and skills in order to make positive, healthy decisions.

### **Information Security for Head Start Leaders**

Leaders in today's Head Start organization face many threats to the security of their information. Using common security issues as examples, this session is designed to help organizational leaders better understand what they need to do to maintain information security. Technical jargon, or "geek speak," will not be used.

### **Operating Efficiently: Tools for Process Streamlining**

The need for fiscal accountability and effective internal controls is more important than ever. At the same time, Head Start agencies have fewer resources available for business office operations. This session will introduce participants to methods and tools they can use to begin to assess and improve the processes used in their programs.

## **NHSA's 36<sup>th</sup> Annual Conference – Educational Sessions**

**May 2, 2009**

**8:00 a.m. – 9:30 a.m.**

### **Creative Team Building**

This session will help participants to learn how to effectively communicate, convey respect toward others, offer praise, give positive feedback, and hone their team-building skills. Participants will also learn how to celebrate a job well done as well as six new skills that promote mutual respect and team unity.

### **Quality Enhancement: Supporting Transformation through Evidence-Based Practice**

This educational session will examine results from three years of using QE STEP, a professional development model, to implement the CLASS in 72 Head Start and Early Head Start classrooms. The lessons learned, outcomes, and implementation data will be useful for Implementing the program in Head Start classrooms nationwide.

### **Using Parent-Child Interaction Games to Strengthen Family Partnerships**

Family child care providers are in a unique position to build strong, positive relationships with families. This partnership is an essential factor in how children experience family child care. This session will focus on how family child care providers can strengthen partnerships with families using a set of parent-child game-like interactions.

### **Knock, Knock. Can We Come In? Strategies for the Successful Inclusion of Young Children with Disabilities**

Using lecture, discussion, and videos, this session will present various approaches and strategies for planning and implementing inclusion practices in Head Start. Discussion will include two specific models of support, the use of one-to-one paraprofessionals, and issues and strategies related to teamwork, collaboration, and conflict resolution.

### **2007 Head Start Reauthorization: Implication and Opportunities for Curriculum, Professional Development, and Collaboration**

This session will identify current initiatives for addressing the Head Start reauthorization priorities regarding curricula and assessment, professional development, promoting linkages with other child and family agencies, and identifying opportunities for collaborative planning and shared resources.

### **Assessment and Treatment of Speech and Oral Motor Skills: Practical Tips and Tricks**

Participants will learn about various speech and language tests available to use with young children. Find out what you should be looking for in the assessment of oral motor skills and more about the development of oral motor skills in children. Participants will be given several hands-on examples of group activities that can be used in the classroom to facilitate the development of oral motor articulation skills.

### **Stickers or Just Because: Intrinsic Motivation and Building Self-Regulation**

Children who are dependent on receiving stickers or stars as a reward for completing tasks may experience difficulty developing the ability to self-regulate, build self-esteem, and adopt positive attitudes toward learning. In this session, participants will actively explore the importance of mastery versus the use of a reward system in developing intrinsic motivation in young children.

### **Head Start and Yoga: A Perfect Fit**

In this session, participants will learn how yoga can be used to address ADD/ADHD, sensory integration dysfunction, and special needs. Participants will be given the opportunity to engage in yoga as a child would, with partners, songs, games, and meditation. They will learn how to adapt yoga for the classroom and integrate it into their curriculum, discovering how to make yoga fun and safe and how to empower children and keep them focused.

### **Play Your Way to Early Literacy Development**

This interactive session will offer creative activities for developing skills that lay the foundation for literacy success in children of all abilities. Participants will learn the developmental stages of writing readiness and letter formation and will acquire effective teaching strategies for creating multi-sensory activities that facilitate pre-writing success.

### **Understanding the Impact of Homeless Shelters on Young Children and Their Families**

The early years are essential in setting the course of a child's life. Unfortunately, homeless during these important early years can complicate children's mental and physical development. In this session, participants will explore what life is like for these young children and how they can create supportive environments to address children's needs.