

Session 1: Under the Covers

Session 2: Supporting the Development and Well-Being of Infants and Toddlers

Session 3: Self-regulation: The Number One Skill Needed For School Success

Session 4: Stewards of Children: Preventing, Recognizing & Responding to Child Sex Abuse

Session 5: Going Green

Sessions will be filled on a first-come, first-served basis depending on when your registration form is received. We will make every effort to place you in the session of your choice. Please indicate below the numbers of your top three Break-Out Session choices.

1st Choice _____

2nd Choice _____

3rd Choice _____

An equal opportunity/affirmative action employer – Services provided on a nondiscriminatory basis.

**30th Annual
Early Childhood
Fall Conference**

**Conscious
Discipline[®]**

**Saturday
November 9, 2013**

Dempster Hall
(College of Business Building)
814 North Henderson Avenue
Southeast Missouri State University

Registration Deadline: Oct. 18, 2013

.5 CEU available the day of the seminar for an additional \$15 fee. Contact Workshop On Wheels for more information.

Workshop On Wheels' 30th Annual Early Childhood Fall Conference is scheduled for Saturday, November 9, 2013. It will be held in Dempster Hall on Southeast Missouri State University's Cape Girardeau Campus.

If you would like to attend, please complete both sides of the registration form. Complete one registration form per person. You may send your registration forms in together. You must present your MOPD ID (Missouri Professional Development ID) to receive credit hours for the conference. If you need more information on MOPD IDs, please visit <https://www.openinitiative.org>.

Make checks payable to **Workshop On Wheels** and send your check or money order along with your registration from to the following address:

**Workshop On Wheels
One University Plaza, MS 2350
Cape Girardeau, MO 63701**

Additional registration forms can be found on our website:

www5.semo.edu/wow

For more information, contact:

Workshop On Wheels
573-986-6800 or
800-811-1127
wow@semo.edu

This seminar is sponsored by:

**Workshop On Wheels
Southeast Missouri State University**

Funding provided by:

Funding provided by Missouri Department of Elementary & Secondary Education, Family & Consumer Sciences Education, Early Childhood Section; and Southeast Missouri State University.

*** * * * TOTE BAGS * * * ***

Tote bags will be distributed to the first 100 participants with a paid registration.

Name _____ Organization _____

Address _____ City _____ State _____

Phone _____ MOPPID _____ Email Address _____ Amount Enclosed _____

Registration Fee: \$15 (lunch included) Make checks payable to: **Workshop On Wheels**

Registration Deadline : October 18, 2013 Mail To: Kyla Biester, Project Coordinator

(Lunch cannot be guaranteed for those registering after October 18th) Workshop On Wheels

One University Plaza, MS2350

Cape Girardeau MO 63701

Are you a (please circle): Parent/Guardian Child Care Provider Elementary School Teacher

Child Care Director/Administrator Other

*** Please check the break-out session that you would like to attend on the back of this form. ***

BREAK-OUT SESSIONS 4-5

Session 4: Stewards of Children: Preventing, Recognizing and Responding to Child Sex Abuse
Presenter: Melissa Rawlings
Training Presenter for Regional Healthcare Foundation

Research has demonstrated that the effects of child sexual abuse can be severe and devastating to an individual's psychological, emotional, and physical well-being. Child sexual abuse is related to significant problems with academic performance, friendships, family relationships, physical health, and a range of mental health difficulties including both emotional and behavioral problems. The goals of this training are: to raise participants' awareness about the prevalence of childhood sexual abuse, educate adults in recognizing signs of child abuse, help participants to plan how to respond to allegations of child sexual abuse, and teach the steps necessary to prevent child sexual abuse in workplaces and communities.

Session 5: Going Green
Presenter: Shannon S. Green, M.S.Ed
Doctoral Student and Instructor, Early Childhood Education, Southern Illinois University

Do you want to learn more about "Going Green" in the early childhood classroom? This interactive session will guide participants in learning more about what "Going Green" really means and how it benefits children's development-- academically and beyond. Participants will take home some simple ways to bring earth-friendly thinking into the educational setting (whether home or school-based) through recycling and reusing, community relationships, problem based learning, connecting with nature, and even some basic economics activities. "Going Green" is fun, easy, and more than you ever knew it was!

BREAK-OUT SESSIONS 1-3

Session 1: Under the Covers
Presenter: Diane Miesner, M.A.T.
Preschool Educator/Director St. Andrew Preschool
 Snuggle up and read a good book and then go deeper under the covers to enjoy enrichment activities. Music, art, cooking, games, class books and more will be shared for a number of favorites including Clifford, Pete the Cat, The Hungry Caterpillar and Llama, Llama just to name a few.

Session 2: Supporting the Development and Well-Being of Infants and Toddlers
Presenter: Cindy Howell, Early Childhood Specialist, Child Care Aware® of Southern Missouri
 How do you affect the healthy brain development of infants and toddlers? Did you know that infants and toddlers are affected by stress too? This workshop will explore how the five Rs: Relationships, Routines, Respect, Repetition, and Responsive interactions influence a child's developing brain. Also, participants will learn about strategies to support the emotional well-being and mental health of infants and toddlers .

Session 3: Self-regulation: The Number One Skill Needed for School Success
Presenter: Velda McKenzie, Conscious Discipline® Certified Instructor
 Forty percent of young children are missing the #1 needed skill for school success – self regulation. How adults respond to children's emotional upset will foster or inhibit a child's ability to learn self regulation. In this session, you will be introduced to the "feeling Buddies." Children who self-regulate are able to manage their emotions, make and sustain friendships, focus their attention, follow rules and control their behavior contributing to a safe and successful teaching environment. Participants will learn the five step process to self-regulation and how to create an interdependent self-regulatory center in the classroom. This program allows children to practice self-regulation in real life situations and teaches them to use the same process to manage their own thought, feelings and actions.

SCHEDULE

8:00am	Registration
9:00am	Keynote begins
10:15am	Break
10:30am	Keynote continues
12:00pm	Lunch
12:30pm	Break-out session
2:45pm	Door prizes
3:00pm	Closing

KEYNOTE SPEAKER

Velda McKenzie, Conscious Discipline® Certified Instructor

Becoming Brain Smart
 Conscious Discipline is a comprehensive self-regulation program that integrates social-emotional learning and discipline. It provides the seven powers for conscious adults to help child care providers see conflict differently and the seven basic skills of discipline that empower teachers to respond to conflict in such a way that life skills are taught. Conscious Discipline is a researched-based program proven to increase academic achievement, decrease behavior problems and improve the quality of relationships. In this presentation, participants will learn: Brain states and their relevance to behavior, four Brain Smart principles that help us change for the better, Conscious Discipline Brain State Model Tools to help us manage our emotions, tools to help children manage their emotions and how and why connection is the core of discipline.