

Child Care Choices, a Program of the Mental Health Association, Frederick Community College, the Interagency Early Childhood Committee (IECC), and the Frederick County Judy Center present: A Learning Day for Child Care Providers

# Learning Day *2021*



Saturday, November 13, 2021  
7:30am – 4:00pm  
Frederick Community College

## Personal and Professional Tools for these Extraordinary Times

Learning Day 2021: Resilience-Personal and Professional Tools for these Extraordinary Times, is a full-day event designed to enhance the professional development of child care providers. The opening session, *“I CAN’T BELIEVE WE ARE STILL DEALING WITH THIS!”: Strategies for Enhancing Resilience for Professionals, Children and Families*, presented by James and D’Lisa Worthy, will explore tools for professionals and the children and families they serve, to practice self-care, self-regulation and other tools that build resilience in a fun and uplifting environment. Every participant will be encouraged to engage in activities that have immediate application in their daily routines as well as ways to assist children and their families to engage in these activities. Specific attention will be focused on strategies for exceling in an ever-changing world and the pandemic that has become a part of our new normal!

Learning Day 2021 will also feature workshop selections in the Child Development, Professionalism and Special Needs Core of Knowledge areas, as well as a variety of child-related informational exhibits. This Learning Day was made possible due to collaboration between the Frederick Community College, Interagency Early Childhood Committee (IECC), The Frederick County Judy Center and Child Care Choices, a Program of the Mental Health Association. Workshops will be held on the campus of Frederick Community College (FCC). Breakfast and lunch are included in the registration fee.

## About the Opening Session Presenters: James and D’Lisa Worthy

This Dynamic Duo combined, have over 60 years of service to children and their families! D’Lisa has been a national Educator, Special Education Consultant and Trainer as well as guided the Mental Health service systems for Maryland’s young children and families. James is a nationally recognized consultant in the fields of Responsible Fatherhood and Healthy Relationship & Marriage education. Together they have served over ten thousand of Maryland’s families with direct services and trained thousands of professionals around the country. However, this couples’ proudest achievements are their 26 year marriage and their three incredible sons, Jaylen (20), Donovan (18) and Amari (15).

## Early Bird Registration Pricing of \$40 Ends Friday, October 22nd!

### Morning

**M-1 *Calm & Cozy: How to Regulate So your Kiddos Can Too* - Eleanor Bentz, LCSW-C, Early Childhood Mental Health Therapist.** Come learn how stress affects your body and connections with others. We will model and practice new techniques to use with the kiddos in your life to help everyone feel calmer and able to address their emotions. **1hr. Child Development and 1hr. Professionalism**

**M-2 *The Brain Architecture Game* – Michele Stottlmyer.** Environments that promote safety and trust, both at home and in your programs, help young children heal from traumatic experiences by restoring a feeling of control and predictability. Learn through a hands-on experience how adverse childhood experiences affect the development of the brain by playing the Brain Architecture Game. **2hrs. Child Development**

**M-3 *Your Role as a Quality Team Member* – Bunny Egerton, M.Ed., PHR.** When everyone pulls together, work stress goes out the window! In this workshop you will "look in the mirror" to see what actions you can take to reduce anger, stress and gossip, resulting in a team that works as a team. Learn about three skill sets you bring to work every day and how to avoid the 10 team killing sins. It's all about you! **2hrs. Professionalism**

**M-4 *Addressing Social Emotional Needs of Children, Families and the Workforce during a Pandemic*— Ashley Fehringer, MPH.** The SEFEL Pyramid Model is a national model that serves as a framework for promoting and supporting infant and early childhood mental health and social emotional development. But how do you translate this support for social emotional development when the once-familiar family child care landscape has had to suddenly shift to accommodate for the still uncertain COVID-19 context? **2hrs. Child Development**

**M-5 *Strategies to be More Present in your Personal and Professional Life*— Lisa Gottlieb, LCSW-C.** The pandemic has underscored the need for self-care. Being present as much as you can by practicing mindfulness is critically important as you care for yourself, your families and the children in your program. This workshop will explore strategies to help you achieve mindfulness and ways to address the challenges in being fully present. **2hrs. Professionalism**

**M-6 *Visual Communication Tools: Steps for Easier Learning*— Margie Powell.** Delve into the use of "visuals," a universally used strategy proven to support children's abilities to comprehend and process information more easily, follow (appropriate) directions with greater ease, and strengthen relationships. Help children shift to feel and be more competent, reduce challenging behavior, be more joyfully engaged, and develop self-regulation skills. Participants will learn the steps to design a visual for a child or group of children. **1hr. Child Development and 1hr. Special Needs**

### Afternoon

**A-1 *Calm & Cozy: How to Regulate So your Kiddos Can Too* - Eleanor Bentz, LCSW-C, Early Childhood Mental Health Therapist.** Come learn how stress affects your body and connections with others. We will model and practice new techniques to use with the kiddos in your life to help everyone feel calmer and able to address their emotions. **1hr. Child Development and 1hr. Professionalism**

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**A-4 *Addressing Social Emotional Needs of Children, Families and the Workforce during a Pandemic*— Rachel Vannatta, PhD, LCPC.** The SEFEL Pyramid Model is a national model that serves as a framework for promoting and supporting infant and early childhood mental health and social emotional development. But how do you translate this support for social emotional development when the once-familiar family child care landscape has had to suddenly shift to accommodate for the still uncertain COVID-19 context? **2hrs. Child Development**

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**PRE-REGISTRATION IS REQUIRED**

Learning Day 2021: Resilience-Personal and Professional Tools for these Extraordinary Times

**Saturday, November 13, 2021**

Registration deadline: **Wednesday, November 3, 2021**

Registration fee: **\$50 (NO refunds/credits)**



**Mail-in Registration Form**

Payment is required at time of registration. Registrations must be mailed, emailed or faxed. Registrations will **not** be taken by phone.

Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/ZIP: \_\_\_\_\_

County: \_\_\_\_\_ Email: \_\_\_\_\_

I am a: Center director \_\_\_\_\_ Center staff member \_\_\_\_\_ Name of center/school: \_\_\_\_\_

Family child care provider \_\_\_\_\_ Potential family provider \_\_\_\_\_ Other \_\_\_\_\_

Please indicate special accommodations or needs: \_\_\_\_\_

**Training Sessions**

All participants will attend the opening Presentation. Training sessions are assigned as registrations are received. Placement is not guaranteed, but every effort will be made to meet your training needs. **Class sizes are limited; early registration is recommended.** Class confirmations will be emailed on November 8<sup>th</sup>.

**Step 1: Choose** three classes for each training session. In the spaces below, write the letter and number (e.g. M-1, M-2, M-3) of your 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> class choices for each training session.

	1 <sup>st</sup> Choice	2 <sup>nd</sup> Choice	3 <sup>rd</sup> Choice
10:45-12:45 Session	_____	_____	_____
	1 <sup>st</sup> Choice	2 <sup>nd</sup> Choice	3 <sup>rd</sup> Choice
2:00-4:00 Session	_____	_____	_____

Each attendee will be registered for the Keynote Presentation.

**Step 2: Indicate** payment method below. **\_\_\_\_\_ \$40 Early Bird fee by 10/22/21 or \_\_\_\_\_ \$50 Regular Fee after.**

\_\_\_\_\_ Check or money order (payable to Child Care Choices) \_\_\_\_\_ Cash \_\_\_\_\_ MasterCard or VISA

Master Card/Visa Account#: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date: \_\_\_\_\_/\_\_\_\_ CVV \_\_\_\_\_

Billing address (if different): \_\_\_\_\_ Signature \_\_\_\_\_  
(Credit Card statements will indicate **Frederick County Mental Health** as the merchant.)

**Step 3: Return** this form with payment to: Child Care Choices, 226 S. Jefferson Street, Frederick, MD 21701  
OR **fax** to Child Care Choices at 301-695-4826 OR **email** to scarter@fcmha.org.

**NO refunds/credits**  
A confirmation letter will be emailed along with directions to the location.  
You will receive an information packet at sign-in on the morning of Learning Day.

Frederick Community College makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. If you have accommodation needs or questions, please call 301-846-2408. To request a sign language interpreter, please visit <http://fcc-interpreting.genbook.com>. If you have interpreting related questions, please email [Interpreting@frederick.edu](mailto:Interpreting@frederick.edu). Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. To guarantee accommodations, requests must be made at least five workdays in advance of a scheduled event.



**Registration Deadline  
Wednesday, November 3, 2021**

**\$40 Early Bird Pricing  
Expires Friday, October 22<sup>nd</sup>**

## Learning Day 2021 Conference Agenda

<b>7:30-8:15 a.m.</b>	Sign-in & Boxed Continental Breakfast/Exhibits
<b>8:15-8:30 a.m.</b>	Welcome/Opening Remarks-JBK Theater
<b>8:30-10:30 a.m.</b>	Keynote Presentation-JBK Theater
<b>10:30-10:45 a.m.</b>	Break
<b>10:45-12:45 p.m.</b>	Morning Training Session (choose one class and two alternates)
<b>12:45-2:00 p.m.</b>	Networking Boxed Lunch/Exhibits
<b>2:00-4:00 p.m.</b>	Afternoon Training Session (choose one class and two alternates)

Participants receive up to 6 clock hours of Core of Knowledge and may submit certificate to MSDE Credentialing for 1 Professional Activity Unit.

Masks are required at all times except when eating or drinking.

Frederick Community College prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment.

Child Care Choices is a member of the Maryland Child Care Resource Network with funding from the Maryland State Department of Education through Maryland Family Network.



Funding provided by the Maryland State Department of Education  
A Member Agency of the Maryland Child Care Resource Network with  
A Program of the Mental Health Association

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