

# REGISTRATION GUIDE

LEARN TO THRIVE  
NOT JUST SURVIVE

19<sup>TH</sup>  
ANNUAL UMBRELLA  
CONFERENCE

Saturday, March 6, 2004

UMBRELLA CENTRAL DAY CARE SERVICES

*Keynote Speech*  
*Exciting Workshops*  
*Scrumptious Lunch*  
*Networking Opportunities*  
*Key suppliers on hand*  
*Umbrella Central Day Care Services AGM*



## KEYNOTE SPEAKER

**M**ike Moore is an international motivational speaker and writer on the benefits of humour in our lives. He's like a whole team of entertainers—a speaker, humourist, musician, cartoonist and storyteller! You will leave his presentation feeling entertained, informed and ready to bring about positive change.

Mike tells us that, of all the workshops and seminars he does on human potential and performance motivation, the most frequently requested topics are those related to the role of humour in reducing stress, improving morale and promoting wellness at home, at work and at play. But still the problem grows. While we will never be able to alter the fact that working in today's economy is stressful, we can begin to lessen the negative impact of stress if we tackle the problem on two fronts.

First: we as individual workers have to involve ourselves in a program of personal stress reduction and control. Second: directors and supervisors must do everything possible to make the workplace as stress free as possible. It is in the best interest of every centre to care about the health and well-being of its employees.

Basic Equation:

HIGH STRESS + LACK OF CARING = LOW MORALE = BURNOUT.

Put humour, appreciation and praise in your program! Don't miss Mike Moore's keynote. He has a Personal Stress Management Program to help everyone cope, lighten up and learn to thrive, not just survive!!

Mike Moore is a recognized authority on the power of therapeutic humour in human wellness and relationships. His many speaking engagements throughout North America have convinced him that humour and laughter form a universal language that entertains, heals and unites us all.



## QUICK FACTS ABOUT THE CONFERENCE

**Date** Saturday, March 6, 2004

**Time** 9:00am - 4:00pm. Doors open at 8:00am

**Location** Birchmount Park Collegiate,  
3663 Danforth Ave, Scarborough.

**Registration** Please review this GUIDE, make your choices, and send in the registration FORM before February 13, 2004.

VIEW THE COMPLETE LIST  
OF WORKSHOPS INSIDE!

### For more info, contact:

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## About Umbrella

Umbrella Central Day Care Services is an innovative, non-profit, charitable corporation that assists communities in setting up, administering and offering quality programs for young children. We are involved in consultation and education in many areas of Ontario to promote financially accessible quality child care.

Umbrella has grown to be a viable operation, providing essential cost-saving administrative services, resources, research, education, and support for the whole day care community. Together, we share in the caring.

## MORNING WORKSHOPS

Mike will explore how we can realize the physical and social benefits of humour in our personal and professional lives. He'll offer practical and effective strategies.

MIKE MOORE is a popular motivational speaker, humourist and cartoonist whose work has appeared in newspapers and magazines throughout the USA and Canada. Mike is this year's conference keynote speaker.

### M-2. OUR STRENGTH IS OUR STAFF! A SUCCESSFUL MODEL FOR HIRING GREAT STAFF

Effective interviewing and orientation is essential for hiring qualified and committed staff. Learn how a group interview process saves time and provides many, many benefits for hiring staff working in child care centres and school age programs of all sizes. The successful group interview process will be shared in detail as well as a format for effective staff orientation. Participants receive an information package which outlines the complete group interview process and the effective orientation outline and schedule.

View HOLLY GERRIT's bio under workshop listing A-6.

### M-3. SEPARATION ANXIETY, YOURS more than THEIRS.

Healthy emotional attachment is a fundamental for young children. As teachers we come to sincerely love the children in our care. When they move on, little attention is paid to how we, as teachers, FEEL. This workshop will examine some fundamentals of attachment in relation to how they affect staff. With exercises, theory and resources, we'll outline some ways to make these transitions easier for all concerned.

PAT CAMPBELL has taught "Supervision and Staff Development" in the Day Care Management program at George Brown College for the past 6 years. As a therapist, early childhood and family life educator, she has designed and supervised programs for children and families in daycare family resource centres, schools and hospitals. She runs her own consulting firm "Caregiver Care" which delivers on-site training to childcare staff and boards.

### M-4. LITERACY AND MATH IN KINDERGARTEN

In Child Care we have the ideal opportunity to help children develop important literacy and math skills. These early skills play a tremendous role in a child's success in school. This workshop will give participants an overview of the progression of skills in math and literacy development. Participants will have the opportunity to learn fun and exciting hands-on activities to develop these skills. Participants will explore the benefits of using phonics in the classroom to build reading and writing skills, and self-esteem. Participants will also receive resources to take home at the end of the workshop.

KAREN MONAGHAN's passion for teaching young children and her interests have led her to pursue a degree in Drama in Education, an ECE diploma, and training in Signed English. She has been teaching Junior and Senior Kindergarten for four years at N'sheemaehn Child Care Centre.

### M-5. BURNOUT – AN ECE REALITY

This workshop is for those who are working with children and are feeling the stress of our most rewarding yet challenging choice of careers. Come out, lift your spirits, have some laughs and share with others who are feeling the same. The purpose of this workshop is to find ways for us to deal with or eliminate the stressors in our everyday life so we can enjoy a positive healthy work environment.

DENISE KILBRIDE has worked 20 years in the field of Early Childhood Education, holding varied positions in centres with diverse populations including: inner city, rural communities and the private school system. She also coordinated the opening of a new innovative flexible part-time childcare centre at York University. Denise's training in the Performing Arts enhances the fun, interactive style of her workshops.

### M-6. BUILDING BETTERS BOARDS — MANAGING RISK

The term "risk management" is not one we hear too frequently when talking about volunteer Boards of Directors in preschools and childcare centres. However, minimizing risk and liability to the corporation and its board is what risk management is all about. The Ontario Corporations Act stipulates that the Board of Directors is legally responsible for administering the affairs of the corporation. Understanding the roles and responsibilities of the Board is the key to managing risk.

JOY LERMAN is the Professional Development Coordinator for Toronto & District PCPC, who has worked as a facilitator/trainer in the field for over ten years. She provides workshops for professional staff, Boards of Directors, and parents. Joy has an extensive background in administration with experience in working with adult education. Her interactive style provides workshops that are creative, dynamic, and energetic.

### M-7. OUTDOORS: THE ULTIMATE PLAYGROUND

Explore this fun, creative and adaptable new resource that has 50 outdoors games for children 6 - 12 years. This attractive and durable toolbox will stimulate your desire to "take it outside". Participants will have hands-on experience of playing some of the games from the resource that was developed by Toronto Public Health.

DIANE LITVACK, RN, BScN is a Public Health Nurse for Toronto Public Health. MICHELLE SIMPSON, BScN, RN is a Public Health Nurse for Toronto Public Health. They are both team members working on the development of "Rainbow Fun, A Physical Activity Program for Young Children" and "Outdoors: The Ultimate Playground". They provide training and implementation for this outdoor programme.

### M-8. MUSIC AND MOVEMENT FOR TODDLERS AND PRESCHOOLERS

This hands-on workshop provides both theoretical background and practical suggestions for establishing a high-quality, age-appropriate music and movement program for toddlers and preschoolers. Participants will receive a handout. Audio tapes of the material will be available.

SUSAN PURDY is a music educator with many years experience teaching babies and young children. A former faculty member of The Royal Conservatory of Music, she holds a B.A. in theatre and music and an Advanced Certificate in Early Childhood Music Education from Ryerson and The R.C.M. In addition, Susan is certified in both the Orff and Kodaly approaches to music education. Susan operates her own music studio, The Music Room, and works as an artist/educator for Learning Through the Arts.

### M-9. DRAMA WORKSHOP FOR THE CLASSROOM TEACHER

Discover how to nurture children's powerful impulse to make-believe! Classic acting and improv games enhance imagination, self-expression, communication, focus, and children's ability to think on their feet. Learn movement activities that target agility, coordination, and control, and encourage voice confidence and projection with fun diction and breathing exercises. Very hands-on: come prepared for a lively session . . . no matter what stage you're at!

PAT BEAVEN has been an ECE for over 20 years. She has worked as an actor in regional theatres across the country, and currently teaches drama to both children and adults for Arts Express and flow fitness studios.

### M-10. WORKING WITH FAMILIES

This interactive workshop will explore strategies to help centres develop collaborative relationships, and improve communication with their families. Topics to be covered include: how to communicate so that parents will listen; development of a comprehensive approach to dealing with difficult families; how to assist families in identifying and accepting special needs in their children.

TERRI CARR is an experienced facilitator who has been working with families with young children for more than 10 years. She has both an E.C.E.

and M.S.W. and has had extensive experience leading workshops for both parents and providers.

### M-11. COMPUTERS IN CHILD CARE

Everywhere we look we see computers. Are you aware that more parents are requesting computer education for their young children and many are looking to day cares for this service? Come and experience everything you need to give your centre a taste of technology. We will help

### Registration Information

- Registration is on a first-come, first-served basis.
- Registration is transferrable. **You must let us know.**
- If it becomes necessary to cancel your registration, a written request must be submitted to the Umbrella office by February 13, 2004. No refunds will be issued after the February 13, 2004 deadline.
- Workshop preferences cannot be guaranteed, but everything possible will be done to honour your choices. Umbrella reserves the right to cancel a workshop if there is insufficient registration.
- If a receipt is required, enclose a stamped self-addressed envelope.
- No confirmation of your registration will be sent. When you arrive at the Conference, please check in at the registration desk where you will receive your registration package.

### Door Prizes!!

*Draws will be held during lunch, for the many prizes generously donated by suppliers to the Child Care Community.*

### Silent Auction!!

*Be sure to bring some cash or your chequebook so you can bid on the many exciting silent auction items. Always suspenseful and lots of fun!*

*Mike Moore knows that humour and laughter form a universal language that entertains, heals and unites us all.*



you determine what computer(s) to buy, explore the programs to put on it, and give strategies to effectively utilize the equipment you own.

MOE SCOTT holds a degree in education and a specialist in computers in education. He is currently a provincial teacher trainer for the Elementary Teachers Federation of Ontario, and a past president of a provincial computing organization. He has worked in the daycare system and taught in the school system. He is also the Founder and CEO of Epoch Mentoring.

### M-12. TRAUMA IN THE WORKPLACE

In this workshop, you will gain an understanding of workplace trauma. You will learn to identify different forms of trauma and the impact of a critical event. You will also explore and assess the needs and responses to a workplace trauma. The workshop will be highly interactive with participant discussion and group exercises.

BARB HIFF is a certified Traumatologist from the Traumatology Institute at Florida State University. Currently in private practice specializing in trauma, loss, debriefing and compassion fatigue, Barb's professional experiences includes work in community mental health, crisis centres, disaster programs and business management. She has developed and facilitated numerous workshops and training programs for mental health and community caregivers.

### Conference Schedule

8:00 am	Registration, Coffee
9:00	Mike Moore, Keynote Speaker
10:15	Morning Workshops
12:15	First Lunch
1:00	Second Lunch
2:00	Afternoon Workshops
4:00	Umbrella AGM

### Annual General Meeting

*All Member Centres and members are invited to participate. Please contact the Umbrella office for more information.*

## AFTERNOON WORKSHOPS

This workshop will offers dozens of suggestions for music and drama activities for school-age children, and will help you plan meaningful arts experiences for your after-school daycare program. Each participant will receive a handout.

View SUSAN PURDY's bio under workshop listing M-8.

### A-2. ACCULTURATED FAILURE TO THRIVE

This child wellness workshop will deliver insight into popular but potentially harmful child rearing styles and explain how disciplined, holistic and loving child rearing may eventually allow them to play outdoors. The expected outcome is for you to feel empowered, confident and competent in providing the leadership needed to foster a healthier and happier future for our children.

DAVID TOMAS has taught over 6,000 fitness and lifestyle classes to approximately 25,000 children since 1990. His unique *Wellness Curriculum* includes Infant Massage, Play/Touch Therapy, Aerobic Nursery Rhymes, "Adventurobics" and "I'm Original", a 22 minute Aerobic rock music video. He has recently produced a book called *The Heart of the Turn* which

contains over 90 choreographed events, a detailed explanation of his wellness curriculum and ways to incorporate it into your organization.

### A-3. THE BIG PAIN, ... ONE IN EVERY WORKPLACE

You know who it is!!! It's the person who says "no" to any new idea, who's quick to leave, who calls in sick often, who doesn't help clean up, who gossips, or who brings ALL of their personal problems to the staff room! Getting rid of them is usually not a legal option. Ignoring them seldom works. Containing them seems impossible. Managing them is an art. This session, through exercises and communication/management techniques, will explore some ethical strategies that might just work. Bring stories of your biggest "pain" and become an artist.

See PAT CAMPBELL's bio under M-3.

### A-4. WINGS OF DISCOVERY: SCIENCE, IT'S CHILD'S PLAY!

Children are natural scientists, always asking questions about the world around them. What does science look like through their eyes? This hands-on workshop will introduce science activities from the new Let's Talk Science initiative Wings of Discovery, a science-based program for young children. In this workshop you will get a chance to try many experiments and we will send you home with a handout including the experiments we

tried and more ideas on how to integrate science into your setting. The program builds a child's knowledge and important life skills, by engaging their innate curiosity of how the world works.

LET'S TALK SCIENCE is a not-for-profit organization that strives to improve Science literacy through leadership, innovative educational programs, research and advocacy. Wings of Discovery is Canada's only comprehensive Science-based program for children to age 5.

#### A-5. SEVEN WAYS TO SIMPLIFY YOUR LIFE

In this interactive workshop we will explore how participants can take control and make changes to simplify their lives, both at work and at home. Giving consideration to and taking action on the contents of this workshop will lead to a life with more balance, less stress and more joy.

ANNE MacIVER is an Early Childhood Educator with more than 20 years in the field. She has a full time management position in child care as well as teaching part time at Centennial College and leading workshops in a variety of topics.

#### A-6. CREATING A YOUTH FRIENDLY PROGRAM (9-13 year olds)

As school age children reach early adolescence, programming becomes very unique. The staff become the facilitators and the children plan "their" program. The key elements shared in this workshop are: understanding the needs of this age group, using a social contract as a base for responsibility, creative program planning techniques which involve the children in planning for their school age program... such as the "Program Explosion Chart" and "Challenge Based Programming". Transferring leadership from the staff to the children will also be discussed. Participants will receive a complete package including samples of the creative planning techniques, how to initiate a social contract and how to build a sense of community.

HOLLY GERRITS has been the Manager for the London School Age Program (London Children's Connection) for 15 years. She currently manages 62 before and after school programs in London. She developed the curriculum for the "School Age Child Care Post Diploma Certificate" courses at Fanshawe College and teaches these courses through continuing education. Holly has presented for conferences across Ontario and in the USA.

#### A-7. DON'T WORRY BE HAPPY!

Does your staff seem to be in a slump? Do the children resemble robots going about their daily routines? Are the families in your centre anxious to talk to you each day? If you answered yes to one or more of these questions this is the workshop for you. Many of us go through our days forgetting to laugh while getting caught up in work related issues. Laughter has proven to help the human spirit in so many ways. You will leave this workshop with a package of at least 20 easy ways to bring a SMILE to your centre and help motivate the staff, children and families.

CHERIE DALE has been caring and learning with young children for over ten years. Currently she is the Resource Educator at Kids Haven Community Childcare. She is an ECE and has a Special Needs Certificate.

#### A-8. SIGN LANGUAGE FOR PRESCHOOLERS

Come and uncover the benefits of Sign Language for hearing children. Discover fun and interactive ways to incorporate Signed English in your preschool classroom. By learning signed words, names, and the alphabet, you will discover how Sign Language can improve hearing children's listening, attention, language, and fine-motor development. Participants will explore how to incorporate Sign Language throughout their preschool programs such as circle, transitions, and learning experiences. You will actively learn signs for familiar songs and games. This workshop will give you a foundation to further develop your sign vocabulary. Signed English dictionaries will be available for purchase. Participants will also receive resources to take away at the end of the workshop.

Read KAREN MONAGHAN's bio under workshop M-4.

#### A-9. EFFECTIVE EVALUATIONS — PERFORMANCE MANAGEMENT

Evaluations are essential tools for childcare centres and preschools to ensure we are providing high quality programs. Effective evaluations for staff are key to successful centres. This interactive workshop will look at the evaluation process itself, working with staff portfolios, and implementing effective evaluations. We will discuss how to do successful staff evaluations. How to create a working environment that promotes and rewards participation and teamwork and innovative ways to keep staff motivated. Participants are asked to bring copies of their current evaluation forms to share and compare, and will walk away with new ideas to energize their whole staff evaluation process.

Read JOY LERMAN's bio under workshop M-6.

#### A-10. UNDERSTANDING THE PLAYGROUND SAFETY STANDARDS

We will discuss the CSA Standard (i.e. is it law versus voluntary, how many CSA standards there are, compliance requirements, etc.), playground injury, how the CSA inspection tool kit gets used (with demonstration using probe kit & safety test panel), non-commercial play equipment such as toys, tricycles, rolling, rocking equipment, etc. and offer some purchasing guidance for your playground.

BRYAN BELAIR has over 30 years experience in the playground and play equipment field. He is a certified playground inspector in both the U.S. and Canada with experience selling, manufacturing, installing, repairing and maintaining playground equipment. Along with his son Scott, he inspects equipment for compliance with the CSA Standards, under the company Playscape Inspection & Consulting Service, (PICS).

#### A-11. MOVIE MAKING & ANIMATION WITH KIDS

This will be an exciting interactive workshop that will include script development, using a video camera and developing basic animation skills. You'll have fun learning how to incorporate these projects into your existing School-Age program. This workshop is for programs that could have access to a video camera when making a production at their centre.

PAUL CONSTANT has been in the field for 15 years and is currently the program co-ordinator at St Lawrence Co-Operative Daycare. He has taught workshops for groups such as The Creche, Etobicoke Childrens Services and Umbrella. Paul's main focus through his workshops is to encourage adults to make a difference with a positive attitude in their work with children.

## CONFERENCE LOCATION

Birchmount Park Collegiate Institute, Scarborough, Ontario  
3663 Danforth Avenue

TTC. (416-393-4636) Ride Cliffside 20 from Main Station to Danforth and Birchmount; walk 200 metres east.

