

Winter Spring 2020 Professional Development Workshops For Early Childhood Educators

www.msvu.ca/earlychildhoodworkshops

**Child and Youth Study: Bachelor of Arts, Master of Arts, Early Childhood Administrator Certificate, Professional Development Workshops –
be part of something BIG!**

Intervention • Inclusion • Diversity. Our Children. Our Youth. Our Community.



Funding for these workshops is made possible through the
Early Childhood Development Agreement
coordinated by Early Childhood Development Services,
Nova Scotia Department of Education and Early Childhood Development



Mount Saint Vincent University
166 Bedford Highway
Halifax, NS, B3M 2J6
Child and Youth Study Department



Early Childhood Administrator - Continuing Education Course



September — May

This program has been approved by the Early Years Branch of the Department of Education and Early Childhood Development as an option to complete Action 10 of the *Affordable, Quality Child Care: A Great Place to Grow June 2016* https://www.ednet.ns.ca/sites/default/files/affordable_child_care.pdf which requires all directors to have either a diploma or degree plus post-diploma training in leadership/management by 2021.

Hear what participants are saying about the program:

“The overall programme exceeded my expectations because of the level of professionalism that was attained throughout the course”

“I have rekindled my commitment to the field of early childhood education and development and have a renewed determination to make a difference”

“I became more confident in my profession and myself”

“This program has allowed me to see where I am able to take my career.”

“I have always been a hard worker but this course showed me that I was able to accomplish a lot more than I ever thought myself capable of...”

“The skills we learned were not only relevant to a career in child and youth but to any field.”

“I feel more confident in my ability to manage groups of people “

“I would recommend this programme to any early childhood educator who wishes to aspire to a Directors position... I believe all of us should be required to take the course...”

“The exercises and assignments are not overly difficult and they are relevant to the field, which makes it much easier to work through.”

“The amount of growth I experienced personally and professionally during the past year because of the

For more information Please visit our website;
<http://www.msvu.ca/administratorcourse>



Early Childhood Administrator - Continuing Education Course



Who: Early learning and childcare program administrators or educators.

What: Developing leadership skills, knowledge and competency in administering and managing early learning and childcare programs.

When: September - May (two days a month; Friday & Saturday, 9am-4pm)

Where: Mount Saint Vincent University.

Why: You will develop competence in leadership and management training. Through a mixture of lectures, presentations, guest speakers, discussions, workplace based assignments and individual and group work, participants will develop skills to effectively manage and lead early learning and childcare programs.

Modules Include:

Management & Leadership
Managerial Communication
Human Resource Management
ECE Policy Development
Financial Management
Marketing Child Care Programs
Advocacy & Professionalism
Strategic Planning
Risk Management
Curriculum Design Implementation & Evaluation
Computer Application

Tentative Module Dates 2020-2021 Sessions

Orientation Reception;

Friday Sept. 11, 2020 9am-4pm

Sept. 18 & 19, 2020

Oct. 23 & 24, 2020

Nov. 13 & 14, 2020

Dec. 4 & 5, 2020

Jan. 22 & 23, 2021

Feb. 19 & 20, 2021

March 19 & 20, 2021

April 16 & 17, 2021

May 14 & 15, 2021

Graduation TBA

Tuition is **\$1,200 plus \$160 for course materials**. A Continuing Education Certificate will be awarded upon successful completion of the course. For more information, please contact:

Rhonda Rees
Professional Development Coordinator
Department of Child and Youth Study, Mount Saint Vincent University
(902) 457-6313 rhonda.rees@msvu.ca

Applications are available at
<http://www.msvu.ca/administratorcourse>

This course qualifies for the Nova Scotia Department of Education and Early Childhood Development reimbursement Continuing Education Program.

Early Childhood Education Assistance & Continuing Education Programs

The Nova Scotia Department of Education and Early Childhood Development, Early Childhood Development Services, has a recruitment and retention strategy to encourage more individuals into the field, and to assist those already in the early child care sector to deliver quality licensed child care services in Nova Scotia.

They offer two programs to provide financial support; the Early Childhood Education Assistance program offers a debt reduction incentive, and the Continuing Education Program offers reimbursement for continuing education courses offered through the early childhood training institutions in Nova Scotia. For more information on these programs, please visit their website:

<http://www.ednet.ns.ca/earlyyears/pd/>

ALL REGISTRATION IS ONLINE

Please visit our website www.msvu.ca/earlychildhoodworkshops and follow the links to register for workshops.

CONFIRMATION & CANCELLATION POLICY:

Participation is not confirmed until payment is received. Confirmation receipt will be sent by email upon receipt of payment.

All fees are non-refundable but you may allow an alternate person to attend in your absence. Please allow 48 hours advance notice if making a substitution, otherwise a \$10.00 administration fee is required for a revised certificate of attendance.

CERTIFICATES:

A Certificate of Attendance (including number of workshops contact hours) is given out for all workshops or workshop series.

Participants must attend the full scheduled workshop session in order to receive a certificate.

PARKING: All campus parking is "paid" parking from Monday to Friday, including evenings. Please visit our website below for pricing and parking regulations.

<http://www.msvu.ca/en/home/aboutus/safety-security/parking/default.aspx>

MEALS:

A light lunch is included with all full day workshops

Workshop information & online registration is on our website:
www.msvu.ca/earlychildhoodworkshops

Capable, Confident and Curious – Nova Scotia's Early Learning Curriculum Framework workshops

*There is no charge for the Nova Scotia's Early Learning Curriculum Framework workshops.
A light lunch is included*

Registration is open to support the delivery of our Nova Scotia Early Learning Curriculum Framework to centre Leaders & Staff.

For more information on, & to register for upcoming workshops please visit our **workshop page**.

Please Note: *We strongly recommend that someone from your centre has taken the "Program Leaders Session" before program staff can register for these sessions.*

Please visit the Early Years Professional Development Committee website www.eypdc.ca for more information on these sessions & to register at any of the locations across Nova Scotia.

Mount Saint Vincent University will be offering the following sessions here on campus:

****We recommend that individuals complete the modules in sequence whenever possible. ****

Session 1 (Pedagogical Leadership & The Image of the Child – Modules 1 & 2)

Program Leaders – 2 day Session for Directors & Pedagogical leaders (2 Staff per Centre)
Saturday April 4, AND Saturday April 18, 2020 9 am to 4 pm, McCain 301/302

Session 2 (Exploring our Early Years Practices & The Learning Environments – Modules 3 & 4)

Program Leaders – 2 day Session for Directors & Pedagogical leaders (2 Staff per Centre)
Saturday March 21 AND Saturday April 4, 2020 9 am to 4 pm, McCain 105/106

Session 3 (Reflective Practice & Observation for Decision-Making Purposes – Modules 5 & 6)

Program Leaders – 2 day Session for Directors & Pedagogical leaders (2 Staff per Centre)
Saturday April 18 (McCain 105/106) AND Saturday April 25, 2020 9 am to 4 pm, Evaristus Hall room 103

Session 4 Pedagogical Documentation – Module 7 Only (Module 8 dates to be announced Fall 2020)

Program Leaders – 1 day Session for Directors & Pedagogical leaders (2 Staff per Centre)
Saturday May 23, 2020 McCain 105/106) 9 am to 4 pm (Seton Academic center 404/405)

Session 4 Pedagogical Documentation – Module 7 Only (Module 8 dates to be announced Fall 2020)

Program Staff - 1 Day Session for Educators; Educators whose director or pedagogical leader has participated in the 2-day training are invited to sign up for the 1-day training session.

Saturday May 23, 2020 9 am to 4 pm, McCain 301/302

To register for these MSVU Nova Scotia Curriculum Framework Training sessions please visit our online brochure and follow the registration links

www.msvu.ca/earlychildhoodworkshops

Curriculum Resource Centre / Lending Library

Our Curriculum Resource Centre (CRC) is located in Seton Academic Centre and serves primarily Education and Child and Youth Study students at the Mount. In addition to a wide selection of books (including many indigenous titles, picture books and young adult novels), journals, DVDs and resource kits, students are also able to borrow a variety of audio visual equipment including iPads, Chromebooks, laptops, MP3 recorders and digital cameras/video cameras. A selection of paper, markers, foamies, paint, clay, folders, and glue guns are available for use. Access to laser printers, a photocopier, a laminator, binder and a die cut machine are available for a small fee to cover materials.

The CRC is now accessible to early childhood educators and the community, who are able to visit or borrow materials once they have approved access via the Mount main library. All resources except for audio visual equipment can be borrowed by the community.

Food and drinks are allowed, and the CRC has Wi-Fi, a charging station for electronic devices and earbuds available for purchase.

Please visit our link for more information <http://libguides.msvu.ca/crc>

Winter Spring 2020 Workshops at a Glance

PLEASE NOTE: A light lunch is included with all full day workshops!

- **The Art of Cooking with Kids: Building Food Literacy in Early Childhood** 3 PD hours *Presenter: Elaine Horne Duarte, RD (Two dates)* Saturday March 28, 2020 9am– 12 noon **OR** Saturday June 6, 2020 9am–12 noon
- **Inspiring Spaces & Environments** bus tour 6 PD hours *Presenter: Liz Hicks (Two dates)* Saturday April 4, 2020 9am – 4 pm **OR** Saturday May 9, 2020 9am – 4 pm
- **Working with Parents** 2.5 PD hours *Presenter: Amy Sullivan* Tuesday April 7, 2020 6 pm—8:30 pm
- **Music & Movement in the Classroom** 5 PD hours *Presenter: Trena Gallant* Saturday April 18, 2020 9am –3pm
- **Embracing Culture & Diversity in the Early Childhood Classroom.**6 PD hours *Presenter: Kathy Black* Saturday April 25 9am –4pm
- **Learning Environments: Embracing Today, Excited for Tomorrow** 6 PD hours *Presenter: Olha Khaperska* Saturday May 2, 2020 9 am-4 pm
- **The Impact & Long Term Effects of Bullying In Early Childhood** 6 PD hours *Presenters: Colin Morrison & Karen Carey* Saturday May 9, 2020 9am - 4pm
- **Challenging Behaviors & Mental Health** 6 PD hours *Presenters: Colin Morrison & Karen Carey* Saturday May 23, 2020 9m - 4pm
- **Mindfulness in Early Childhood Education- Connections to the Nova Scotia Early Learning Framework** 4 PD hours *Presenter: Lisa Harrietha-Benson* Saturday June 6, 2019 9am-1pm

Inspiring Spaces & Environments - Bus Tour

2 dates

Date: Saturday April 4, 2020 OR Saturday May 9, 2020 Time: 9 am - 4 pm Cost: \$85 (*includes box lunch*) Total PD hours: 6 hours Location: Evaristus Hall room 304 both dates Presenter: Liz Hicks

Description: This full-day workshop (lunch included) will introduce the participants to principles of inspiring spaces & a chance to talk with Centre Staff about their values in the classrooms & listen to a presentation from Staff that will feature their thought processes about their environments as well as explain & talk about their passions for their practice. Discussions & ideas on ways in which environments could inspire children, parents & the community will occur before the tour & during the tour.

Mawio'mi Child Care Centre, 80 Mawio'mi Place, Dartmouth, NS B2Y 0A5 <https://www.nscece.ca/lab-schools/mawio%E2%80%99mi-child-care-center/> for 47 children for 4 months to 5 years of age. "Mawio'mi Child Care Centre is a non-profit childcare centre located at the Dartmouth Ivany Campus of the Nova Scotia Community College. We are a demonstration site for students who are enrolled at the Nova Scotia College of Early Childhood Education & provide priority placement for students & staff of NSCC. We believe in providing families with high quality child care for their children & in doing so, we support children in their growth & development."

Halifax Grammar School, Jnr Primary Programs, 945 Tower Road, Halifax, NS B3H 2Y2 - <https://www.hgs.ns.ca/academics/prep-school> The centre is licensed for 40 from age 3 years – 5 years.

"... follows the Emergent Curriculum model, with a team approach to teaching & learning... The nurturing academic development begins with our Junior Primary teachers. Students are encouraged to ask questions & to explore newly discovered ideas. In a warm, supportive Prep School environment, the children receive the individual attention they need to journey confidently through the Prep School."

Willow Creek Children's Centre, 1702 Sackville Dr, Middle Sackville, NS B4E 3A9 - <http://www.willowcreekcc.ca/> This Centre is licensed for 96 children serves children from 5 months to 12 years of age. "Willow Creek Children's Centre recognizes the importance of working together with our families, our staff & the community of Middle Sackville to provide quality care to our children. Resources are drawn from existing relationships as well as those newly forged. We are bigger than our four walls & work to make our centre a place where community members are welcomed, & experiences are shared."

We go in all weathers & so you do not miss the outdoor spaces please be prepared for rain, etc.

(participants will be provided with a box lunch, & will be bussed to the centres, departing & returning to MSVU)

Objectives:

- Increased understanding of what makes an environment inspiring
- Demonstrated how intentional design of environments are important to children's development
- Provide strategies to take & apply these ideas to your own environment

Presenter Biography: Liz Hicks has over 31 years working within the early childhood field, as an elementary school teacher, administrator of & teacher in a part-day program for 23 years, 5.5 years as an inclusion facilitator for Partnerships for Inclusion, part time faculty with NSCECE, & she is also a private consultant working with various Centres in H.R.M providing professional development in a variety of topics, environmental & inclusion rating scales, & program coordination. Her passion is to help educators (& administrators) find & develop their potential, so they can help children find & develop their potential.

The Art of Cooking with Kids: Building Food Literacy in Early Childhood

2 dates

Date: Saturday March 28 **OR** Saturday June 6, 2020 **Time:** 9am– 12 noon **Cost:** \$40 **Total PD hours:** 3 hours **Location:** Rosaria Room 401 **Presenter:** Elaine Horne Duarte, RD, Provincial Project Manager, Nutrition, Dairy Farmers of Canada

Description: *The Art of Cooking with Kids* workshop is a half-day workshop that promises to be a fun-filled, interactive & educational morning. This session was designed for early childhood educators & directors working in childcare centres attended by three to five-year olds. Learn about best feeding & eating practices, key nutrients for childhood growth & development, how to use cooking to promote childhood development & food literacy skills. Best of all, prepare & sample yummy recipes from *The Little Chef's Big Book of Recipes!*

A copy of *The Little Chef's Big Book of Recipes* book will be provided to centres who have staff in attendance. This educational cookbook developed for early childhood education & is valued at over \$70. Attendees will also receive resources that can be used for food & nutrition activities in your classrooms.

Presenter Biography: A graduate of MSVU's Bachelor of Applied Human Nutrition program, Elaine Horne Duarte is a Registered Dietitian with the Maritime Team of Registered Dietitians at Dairy Farmers of Canada. Elaine has been facilitating The Art of Cooking with Kids workshop across Nova Scotia & within the ECE programs at Nova Scotia Community Colleges since 2014. Elaine has an established background supporting schools & childcare centres in the topic of food & nutrition. Her first-hand experience using best feeding practices & cooking at home with her 3-year-old brings real-life experience to her work.

The Maritime Team of Registered Dietitians at Dairy Farmers of Canada develops programs & resources to help educators teach about food & nutrition. Go to TeachNutrition.ca to learn about their programs & resources.

Working with Parents

Date: Tuesday April 7, 2020 **Time:** 6 pm– 8:30 pm **Cost:** \$30 **Total PD hours:** 2.5 hours **Location:** Evaristus Hall Room 304 **Presenter:** Amy Sullivan

Description: Do you find some parents challenging at times? Are you unsure how to assist parents experiencing challenges? This 2.5 hour workshop provide participants with an opportunity to explore various parenting styles; Jelly fish or Brick Wall, and the potential impact this has on children. Based on this information it will give you a greater understanding of the importance of our role as the educator. We will work through some typical scenarios to find solutions with the new knowledge we have gained. There are three main objectives to this workshop; to increase our awareness of various parenting styles, to reflect on our role as the educator and to apply this knowledge in our practice.

Presenter Biography: Born & raised in Atlantic Canada, **Amy Sullivan** thrives in the Maritime environment. With her two teenagers, she lives happily on the shore of St Margaret's Bay, enjoying hiking local trails & exploring other Nova Scotian locales.

After 15 years in early childhood education, in 2016 Amy successfully completed a program qualifying her as a Registered Professional Counsellor. Since then, she received instruction & training in Critical Incident Stress Managements with Paul Mackenzie & Vision Therapy training with Dr. Angela Dobson working with patients diagnosed with Traumatic Brain Injury. Currently, Amy is the Co-Director at a local Early Learning Center in Tantallon. Amy has also worked assisting women recently released from institutions, individuals with psychiatric diagnoses living in group home settings & with individuals living in low income accommodations. Through her private practice, *Life Counselling Services*, Amy provides individually tailored multidimensional support for her clients. For a wider audience, Amy developed & facilitates workshops in Early Childhood Education, & in the broader topics, Compassion Fatigue, Stress Reduction Techniques & Caregivers' Series; support for caregivers.

Music and Movement in the Classroom

Date: Saturday April 18, 2020 **Time:** 9 am-3 pm **Cost:** \$65 **Total PD hours:** 5 hours **Location:** Evaristus Hall room 401 **Presenter:** Trena Gallant

Description: Are you tired of the same old songs, stories & finger plays? Could you use some new ideas to help ease children into their day, & transition from activity to activity? Join Trena for a fun & interactive day of learning & sharing, & leave feeling inspired, & ready to incorporate new songs, stories, & activities into the rhythm of the day. Participants will be given an opportunity to practice & rehearse material, & to explore ways to make it their own. This class is appropriate for those working with infants up to preschoolers, as activities can be adapted to all ages.

Objectives: Participants will identify the importance of using songs, stories & rhymes to ease daily transitions for children, Participants will create a list of activities & a sample lesson plan that they can incorporate into their curriculum, Participants will identify ways in which they can adapt material for various ages & abilities

Presenter Biography: *Trena Gallant* is a DONA Approved Birth & Postpartum Doula Trainer, Lamaze Program Director, Infant Massage Instructor, & is trained in Parent-Child Mother Goose. Her passion for birth & babies began at a very young age, when she helped care for the many foster children who her parents welcomed into their home. Trena has worked in numerous childcare settings, &, after graduating with her B.A., moved to Hong Kong where she had the opportunity to train with a variety of international educators & worked in a Waldorf kindergarten. Since returning to Canada, Trena began pursuing her education in birth & postpartum, & has been offering support & education to families for the past 14 years. Her most influential teachers continue to be her partner & their four amazing children.

Embracing Culture and Diversity in Early Childhood Environments

Date: Saturday April 25, 2020 9am-4pm **Cost:** \$85 **Total PD hours:** 6 hours

Location: Evaristus Hall room 401 **Presenter:** Kathy Black

Description:

Quality early childhood environments reflect their families and cultures. This workshop will provide the tools, ideas and inspiration to offer a rich cultural experience for your children and families. As educators it is our role to help children of different cultural backgrounds feel included and important members of our communities. You will discover how to introduce different cultures and ways of life to all the children in our care. In the afternoon, participants will have an opportunity to explore materials to inspire them to create and extend the cultural understanding of the children in their setting. Through these activities, participants will gain an understanding of how to bring the world into the classroom, for the children to explore. Participants will also create their own learning materials to take away for their classroom.

Leah Buffet the owner of *Montessori House of Learning* will be joining me to share her creative ideas on how to incorporate cultural activities into the early childhood environment.

Presenter Biography: *Kathy Black* has been in the field of Early Childhood Education for over 30 years. In the beginning of Kathy's career, she was an Early Childhood Educator caring for children 4 months to 12 years of age. Kathy shifted from the classroom to take on the role as an Early Childhood Development Consultant & then later a Licensing Officer with the Nova Scotia Provincial Government. Throughout the years, Kathy has kept her passion for early childhood education by teaching educators in the province through her workshops, seminars & conferences. Kathy recently began a new journey & is now enjoying her role as faculty in the Early Childhood Education program at NSCC Akerley campus.

Learning Environments: Embracing Today, Excited for Tomorrow

Date: Saturday May 2, 2020 **Time:** 9 am-4 pm **Cost:** \$75 **Total PD hours:** 6 hours **Location:** Evaristus Hall room 401
Presenter: Olha Khaperska

Description: This full-day workshop will focus on the effects our environments have on children & adults. We will explore how our learning environments can support (or sometimes hinder) our sense of well-being. We will discuss creating a classroom culture through predictable routines & expectations, with the focus on communicating to children our trust & respect. We will analyze how we can predict & manage behaviours & children's energy levels throughout the day using a flexible schedule.

Participants will be invited to examine their existing physical environments & reflect on the visual messages they are sending to children, their families, & the larger community. In addition, we will consider the impact of the overall classroom layout & how it helps us maximize opportunities for group & individual play with the focus on creating new learning centres that promote the skill set for the future.

Objectives: 1) To take a critical look at our environments with the focus on their physical components; 2) To analyze the "invisible" emotional environment that is reflected in the classroom culture & classroom management approaches; 3) To plan impactful positive changes to learning environments & teaching practices using a SMART goals template.

Presenter Biography: *Olha Khaperska* is a learning environments consultant behind Beautiful Classrooms, a service that helps teaching teams implement positive changes in their classroom design and layout. She has been working as an Early Childhood Educator since 2013 and recently she enjoys delivering workshops on learning environments and curriculum as well as facilitating NS Learning Framework sessions. Olha has a degree in Management, an ECE diploma, and an Early Childhood Administrator Certificate. She currently works with an amazing group of 4-year-old children as a Lead ECE in the Pre-Primary program.

The Impact and Long Term Effects of Bullying In Early Childhood

Date: Saturday May 9, 2020 **Time:** 9am-4pm **Cost:** \$75 **Total PD hours:** 6 hrs **Location:** Evaristus Hall room 401
Presenters: Colin Morrison & Karen Carey

Description: The Impact & Long Term Effects of Bullying in Early Childhood Description: Research confirms bullying is not a new phenomenon, that it's been happening for a long has humans have misused their power to intimidate, abuse & hurt those who are weaker. Bullying can affect everyone, including those who are bullied, those who bully, & those who witness bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, & suicide. The goal of our presentation is to explore & educate attendees on: How Bullying Has Changed over Time, The types of Bullying, How Kids Signal Distress, The Long-Lasting Scars of Bullying; Ways Educators Can Help Youth manage Bullies as well as Intervention & Prevention(s). Objectives: To understand the extent, seriousness, & dynamics of bullying, To provide skills to enable educators to recognize & respond effectively to early bullying behavior, To provide skills to actively intervene, prevent & stop bullying

Presenter Biographies: *Colin Morrison* has over 20 years' experience working with children, youth & families in the mental health field. Colin has served primarily as youth care worker & case coordinator for families & children in the Child & Family Day Treatment Program at the IWK. He has extensive experience in developing & implementing skill groups with children, particularly in the area of emotional regulation, & providing supportive counselling to families. Colin is currently completing a Master of Social Worker degree at Dalhousie University, & is working on a thesis related to male childhood sexual abuse, & the impacts of "toxic masculinity" on men's help seeking behaviours. He has a keen interest in trauma focused therapy, attachment theory, men's health, & issues affecting the LGBTQ+ community. *Karen Carey* has over 15 years' experience working with children, youth & families as a social worker, youth care worker, case coordinator, in home support worker & direct care practitioner. Through evidence based & best practice methods, Karen is a strong advocate for the children, youth & families. Although Karen has strong roots in attachment theory, systems theory, positive parenting, trauma & resilience; her personal philosophy is to promote mental, physical & emotional health/wellbeing through a solution focused & social learning model.

Together Colin & Karen have seen positive & long lasting benefits for children AND families when they are provided education, strategies, guidance, empathy & support. They see effective communication & open collaboration as the key ingredients in supporting positive futures for the children & families under their care.

Challenging Behaviors & Mental Health

Date: Saturday May 23, 2020 **Time:** 9am-4pm **Cost:** \$75 **Total PD hours:** 6 hrs **Location:** Evaristus Hall room 401
Presenters: Colin Morrison & Karen Carey

Description: Research shows that one in five Canadians have a mental health problem. This means that almost 20% of students deal with some type of mental health issue - making it difficult for them to learn, thrive, or behave appropriately. This workshop will address several mental health issues - including ADHD, Oppositional Defiance, Autism, and Anxiety & Complex Trauma/Traumatic Stress – & discuss the behavioral challenges they may present. Through group discussion, videos, media clips & firsthand experience; Karen & Colin will discuss various signs & symptoms of mental health disorders, brainstorm classroom intervention, & will discuss appropriate responses & interventions needed in working with early childhood mental health issues. Focus will be on how we build resilience through attachment/attunement as caregivers, teach better self-regulation to help with anger coping, & addressing lagging skills in social relationships. Additionally, conversations will be had around ways to end mental health stigmas in the classroom, & provide an overall understanding of how untreated mental health can impact both short & long term functioning & what we, as early childhood educators & advocates, can do to help. Objectives: An awareness of how mental health issues can present as behavior challenges in early childhood, An understanding of effective interventions, support techniques & resources in managing behavioral challenges, Ways in which we can address & combat stigma towards mental health issues in early childhood.

Presenter Biographies: *see page 11*

Mindfulness in Early Childhood Education- Connections to the Nova Scotia Early Learning Framework

Date: Saturday June 6, 2020 9am-1pm **Cost:** \$50 **Total PD hours:** 4 hours **Location:** Evaristus Hall room 304
Presenter: Lisa Harrietha-Benson

Description: Practicing mindfulness is a way to keep us focused on the present moment. Over the years there have been many studies completed documenting the benefits to mindfulness & showing links to reduced stress levels, increased focus & increased feelings of joy in life. Studies of mindfulness with children have shown these benefits as well as decreases in negative behaviors, increases in social skills & executive functioning & an increase in overall wellbeing. There has been an increase in “mindful schools” & sharing mindfulness practices with children in various parts of the world. “The premise of mindful education is that all human beings are born with the seeds of the most beneficial universal qualities, such as compassion, creativity, integrity, & wisdom. From this perspective the ideal education is to teach in such a way that fosters these beautiful latent qualities.

Daniel Rechtschaffen – Author of *The Way of Mindful Education* & founder of the Mindful Education Institute
With mental illness on the rise & the Mental Health Commission of Canada stating an estimated 1.2 million children in Canada having some type of mental illness, it is imperative children be introduced to skills for healthy minds, body & spirits at a young age. These tools can be introduced to children during the early years & they can build on them as they grow allowing them to have a tool kit by their side when things get rough.

In Nova Scotia, there is a curriculum framework that early childhood educators are expected to follow. How does mindfulness fit within this framework? How can educators introduce mindfulness techniques to children while meeting the goals & learning objectives outlined in the Early Learning Framework?

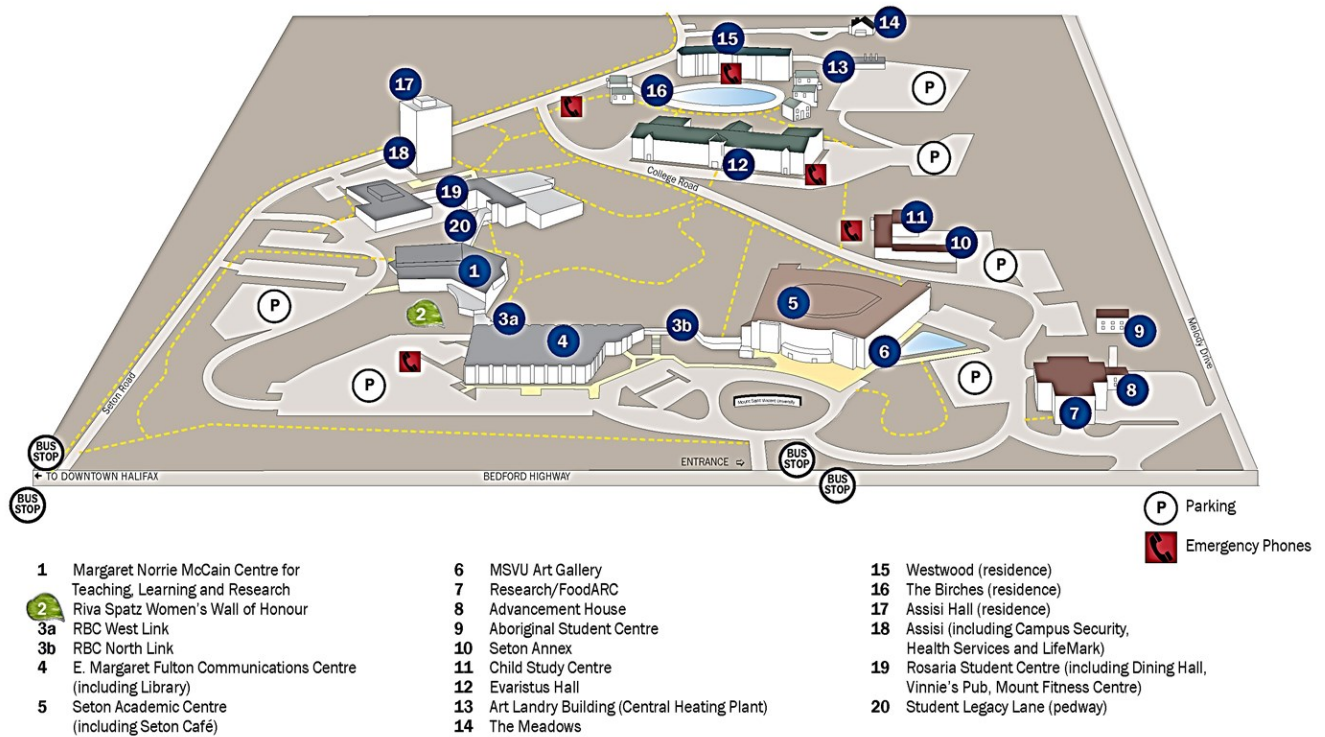
This workshop is designed to share mindfulness practices appropriate for children ages 2-6 with early childhood educators while connecting these exercises & practices to key learning goals such as wellbeing, discovery & invention, language & communication & personal & social responsibility within early childhood education curriculum. We will also review how mindfulness practices fit in with holistic teaching & principles of play based learning, inclusivity, equality & reflection all important factors to consider when implementing the early learning framework.

Presenter Biography: *Lisa Harrietha-Benson* has been working with children & youth for over fifteen years. She holds a Bachelor as well as a Master’s Degree in Child & Youth Study from Mount Saint Vincent University. Lisa became interested in mindfulness after attending an online course in mindful parenting. Over the past year & a half Lisa has taken time developing a regular mindfulness practice of her own including finishing a 6 week mindfulness course which focused on the mindfulness program from UCLA as well as a mindfulness teacher facilitation course & a course specifically created for mindful educators. Lisa has also obtained a certification in Kids Life Coaching. Lisa has become quite passionate about the importance of social skills as well as coping skills & helping children to become resilient. Lisa believes in whole person education focusing on the strengths of individuals. After overcoming quite a bit of anxiety & facing fears Lisa became very passionate about sharing mindfulness with others in particular with children in hopes that teaching skills early would lead to less stress later in life.

CAMPUS MAP

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 MountSaintVincentUniversity



ALL REGISTRATION IS NOW ONLINE

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For additional information or to receive a copy of
 our electronic brochure please contact:

Rhonda Rees
 Professional Development Coordinator
 Department of Child and Youth Study
 (902) 457-6313
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<http://www.msvu.ca/earlychildhoodworkshops>