

2024 EARLY LEARNING & CHILDCARE CONFERENCE

IGNITE

FUEL YOUR WHY

ELIGIBLE FOR PD &
RELEASE TIME FUNDING

SNACKS, LUNCH, &
REFRESHMENTS PROVIDED

VENDORS, DOOR PRIZES, &
EXCLUSIVE SWAG BAGS

 SATURDAY MARCH 16, 2024

 8:00 AM - 4:30 PM

 COAST HOTEL CONFERENCE CENTRE
526 MAYOR MAGRATH DR S
LETHBRIDGE, AB



KEYNOTE SPEAKER

**SURPRISE
GUEST**

MOTIVATIONAL SPEAKER,
AUTHOR, AND ENTERTAINER



BREAKOUT SPEAKERS

**LAUNA CLARK
&
ALICIA FINGAL**

EARLY CHILDHOOD
PROFESSIONALS



BREAKOUT SPEAKER

DAVE VERHULST

CO-FOUNDER AND DIRECTOR
OF CANMORE FOREST PLAY



BREAKOUT SPEAKER

CINDY GOLDHAWK

PEDIATRIC OCCUPATIONAL
THERAPIST AND PERINATAL
MENTAL HEALTH COACH



BREAKOUT SPEAKER

**MARK
SCHEFFELMAIR**

REGISTERED SOCIAL WORKER
AND BEHAVIOUR CONSULTANT

250 SEATS
AVAILABLE

DIGITAL CERTIFICATES TO BE
ISSUED UPON COMPLETION

REGISTER NOW AT:

[WWW.SAPDC.CA/CONFERENCE
/PREVIEW/188](http://WWW.SAPDC.CA/CONFERENCE/preview/188)

IGNITE

FUEL YOUR WHY

PROUDLY PRESENTED BY:
THE CHILDCARE DIRECTORS ASSOCIATION OF SOUTHWEST ALBERTA

Event Schedule

8:00 AM	Doors Open, Registration, & Refreshments
8:30 AM	Opening Remarks
9:00 AM	Keynote Session
10:30AM - 10:45AM	Break
10:45AM - 12:00PM	Keynote Resumes
12:00PM - 1:15PM	Lunch Break & Indigenous Performers
1:30PM - 3:30PM	Breakout Sessions
3:45PM - 4:30PM	Refreshments, Survey, Networking & Door Prizes



SPEAKER INTRODUCTIONS

Keynote Speaker: Surprise Guest!

How to Educate, Empower, and Enjoy Children in Our Care by Joining in on the Rule Breaking

Our surprise speaker has presented more than 2500 times over the last 30 years to audiences that have included leaders of all varieties—from Fortune 100 companies as well as countless associations and non-profits. He attributes his success to the willingness to break rules and will share his stories and insights about tapping the power of intelligent deviance. Success, innovation, and excellence always arises by engaging in some form of intentional rule breaking. Today's most influential educators, professionals, and caregivers challenge the hidden rules in our culture that compromise human connection and potential. Strategic rule breaking is an essential component of true contribution and a task that must be assumed by all members of an excelling organization. In this session you'll walk away knowing what rules to break, and how to usefully rise above them.

Dave Verhulst – Forest Play: Curiosity Inspired Learning

Dave believes the natural world is one of our most powerful teachers and mentors. Through sharing stories and experiences in the landscape, he helps children and adults develop a strong connection with themselves and nature. In 2011, he co-founded Forest Play in Canmore based on Forest School models and the 8 Shields Mentoring Model. Dave's session will provide participants with the opportunity to experience what it is like being part of a program that intentionally works towards building these attributes through the 8 Shields Mentoring Model. Participants will leave with games, songs, activities and strategies they can use to help children build a connection with nature.

**Please note, Forest Play, has a capacity of 50 participants, so register early to avoid missing out!*



SPEAKER INTRODUCTIONS

Launa & Alicia- Practicing Self-Compassion in the Classroom

In times of stress, we often are told to "take care of ourselves." In reality, WHEN? HOW? When we are with children, what seems like every minute of our every workday? This session addresses the role of self-compassion in the classroom in real-time. We will explore strategies and narratives you can implement when working with the children.

Objectives:

- Understand types and tools to support self-compassion as you are the tool of your trade
- Reflect on how barriers to self-compassion show up for you



Launa Clark (she/her) - Launa is currently located in Calgary and comes to the team with a depth of experience in adult education, curriculum development, and community engagement. Her expertise comes from teaching post-secondary and supporting provincial initiatives within human services sectors. Launa holds a Bachelor of Professional Arts in Human Services, an Early Child Development Diploma, and multiple related certificates in brain science, mental health, and creativity assessment. The heart of Launa's work is based on her strong commitment to helping people be the best they can be for the people they care about.

Alicia Fingal (she/her) - Alicia has an undergraduate degree in Psychology from York University and a diploma in Early Childhood Education. Previously, she worked as a supervisor of a childcare centre, mentoring educators by supporting learning and development. She comes with over 10 years of experience working with families and children, specializing in behaviour management, child development, and staff training. Alicia is currently leading the Imagine team as they develop training related to culturally sensitive childcare due to be released fall of 2024.



SPEAKER INTRODUCTIONS

Cindy Goldhawk - Self Care for Educators



Cindy has been a Pediatric Occupational Therapist for over 24 years. She has worked with thousands of children with neurodiversity (children with ADHD, ASD, Learning Disabilities, spina bifida, Down Syndrome, Cerebral Palsy) and their families! Her FAVORITE (cue happy dance!) is helping children to see their strengths and to believe in themselves, be more confident and skilled in the areas that are important to them, and to understand their brains and bodies better.

Unfortunately, burnout is becoming the norm in childcare. Children with greater needs, parents with high expectations, labor shortages, sensory overload, and often a personality profile of being very caring, the physical and mental load of working in childcare is REAL. Learn ways to prevent/avoid the slippery slope into burnout in order to enjoy a long career in child care and how to come back from it if you are already there. Leave with a few quick and simple “mental health micro-moments” that you can use to regulate yourself throughout the day. Self-regulation comes before co-regulation! Come prepared to reflect on the last year - the good, the bad and the ugly - and to set goals for a more resilient and enjoyable future in child care.

Mark Scheffelmair – Increasing Inclusive Practices: Promoting an Environment of Growth for All

Mark is a registered social worker who completed his Bachelor of Social Work through the University of Calgary and his Child and Youth Care Counselling diploma at Medicine Hat College. He works from a strength-based and person-centered approach to assist individuals in creating specialized plans ensuring open communication and collaborative goal setting is a focus throughout the process. Mark specializes in inclusive practices, and his session will offer ways to create environments that are responsive for all.



FAQ

Q: How do I register?

A: You can use the following link to register for Ignite 2024:

<https://www.sapdc.ca/conference/preview/188>

Q: What is the cost?

A: The conference fees are \$200/person. This includes snacks, refreshments, lunch, and an exclusive conference swag bag. Ignite 2024 has been approved for PD and release time funding.

Q: What are breakout sessions?

A: When you register, you will have the chance to choose a speaker who most resonates with you for an afternoon of learning. There are 4 different options, and will be held in various rooms at the Coast Conference Centre. *Please note, Forest Play, has a capacity of 50 participants, so register early to avoid missing out!*

Q: What kind of vendors will be there?

A: We are excited to share that we have a large variety of local vendors available for leisurely shopping during break times. Some vendors will accept cards, but most payments will be by cash or e-transfer.

Q: Where do I park?

A: The Coast Hotel has an onsite parking lot, or there is a large amount of on-street parking surrounding the venue.

Q: What if I have food restrictions?

A: Please note any food restrictions or allergies on your registration form and we will do our best to ensure alternatives are available.

Q: I am a Director, is there a Director's session available this year?

A: Yes! We have an exclusive members-only, wine and cheese directors evening on March 15th. If you are interested in attending, please email us for more information.