

♡ Heart ♡ of the ♡ ♡ Provider ♡



Early Learning and Child Care Conference
October 22, 2022
Stettler United Church, 4820 51 St, Stettler, AB

Conference Welcome

We are thrilled to invite and welcome you to our Fourth annual Heart of the Provider Conference. There are many aspects to being a great provider and one of those aspect is engaging in ongoing development. We look forward to bringing you sessions that inspire, motivate and highlight the wonderful person you are.

Conference Schedule

8:30am - Registration

9:00am - Opening Remarks

9:15am - AM Session

10:45am - Coffee Break

AM Sessions 9:15am-10:45am

A1	A2	A3	A4	A5
Taxes – is that a write off?	For the love of food	Observing play with intention	The value of sleep	What to do when your kids don't listen

11:00am- Power Sessions 1

11:30am - Lunch

12:30pm- PM Session

PM Sessions 12:30pm-2:00pm

P1	P2	P3	P4
Get organized! Creating a calming & organized space	Mini Movers- music & movement for young children	Beautiful Oopsies: Exploring open ended & process oriented art	Occupational therapy education

2:00pm - Coffee Break

2:15pm- Power Sessions 2

2:45pm - Closing remarks, 50/50, raffle & prize draws

3:30pm - Finish

Encore 3:30pm-4:45pm

E1	E2	E3	E4
Reiki & grounding	Neurographic art	Self care- S.I.T	Find your creative confidence

Sessions

A1 Taxes- Is that a write off?

-Becky Scott

Taxes- everyone's favourite time of the year! This session will focus on what information you will need as day home providers to file your tax returns and ways to save you some money and headache when it comes to tax time. Get some helpful hints for what you can use as an expense and how to correctly record your income.

A2- For the love of food

- Nicole Doan

Nutrition plays an important role for the growth and development of our children. Come join Nicole Doan, registered dietitian, for nutrition tips and tricks on how to work with children on choosing foods that will nourish their bodies. You will discover new ways on approach positive eating language, meal atmosphere, and the roles that the caregiver and children play when it comes to eating.

A3- Observing play with intention

- Tina Geers

Ever take the time to sit back and simply observe children playing? The conversations they have, even by themselves; the curiosity they show when they are exploring something new; the expressions of satisfaction when they are deep in thought in play and when they reach a personal goal. These observations of play tell us so much about the children's perspective and learning journey, that we need to write this down and capture it! There are so many discoveries and 'ah-ha' moments throughout the day that it's sometimes difficult for us to figure out what to write down though. So let's learn together as we discuss strategies of intentional observations and practice how to conduct intentional observations that assist us in enriching our environment by implementing the emergent curriculum approach.

A4- The value of sleep

- Char Broughton

In this session I'm going to address the signs of sleep deprivation in children, how to support naps in a daycare setting, and when a child needs a nap and when the nap needs to be removed.

A5- What do you do when your kids don't listen - Angela Chytracek

How do you respond after you've asked a child for the 4th time to pick up the lego? What do you make it mean when they don't listen? We will lean in to really unpack what we mean by "not listening" and unravel some of the assumptions that hold us back when we notice a child not listening. Together we will focus on how to take responsibility for our own response to the children in our care and understand some of the barriers they face when we make requests of them. Join me if you like to dive deep, challenge yourself and learn the most effective tools I have ever utilized when my kids don't listen.

Power Sessions

These short 15 minute sessions will be a chance for you to brain dump, idea share and problem solve on the topic of choice. Each session will have a moderator to help keep the conversation moving should you happen to hit a road block. We anticipate the time will run out before the ideas do!

* Sensory play

* Outdoors in

* Outdoor play

* Family appreciation

* Snacks

* Transitions

* Let's read

* Music & movement

* Plan that menu

* Literacy- more than books

* Food allergies – menu options

* Fine motor fun

P1- Get organized- creating a calm and organized space

- Kandace Armstrong

Kandace will present ideas on how to organize the supplies that early childhood providers use and how to set up a space that works with the natural tendencies of children. In addition to giving practical organization solutions Kandace will talk about the effects of clutter in a learning environment and offer different ways to reduce the overwhelm that a cluttered space can create. Kandace is a big advocate for the benefits of owning less and hopes to inspire the attendees of the conference to create a learning space with less.

P2- Mini Movers: Music & movement for young children - Rhonda Gillrie

Humans are naturally creative, musical and artistic.

Through dance children develop spatial awareness, pay attention to others sharing their space and enhance locomotor skills.

Leave this session with a plethora of songs, movement ideas and how to use simple props to enhance your gross motor programming.

PM sessions continued on next page

Sessions - Continued

P3- Beautiful oopsies: Exploring the Creativity of Open Ended & Process Orientated Art Experiences - Tina Geers

Join us for a session of creating, exploring, messy play and learning with the creative lens of a child! Identify how creativity affects child development and get some great new ideas and strategies to try in your own play space. Creative Arts is about the process of discovery, self-expression and exploration. Children love this process of play and how they can put their mind and feelings in a visual format. In this hands-on workshop, you will get to explore the beauty of open-ended, process oriented art experiences through various materials and styles of creativity. There will be no crafts here! All you need is your creative minds and a zest for exploration! Let's discover how magical creative art experiences can be!

P4- Occupational therapy education

- Kelly Miles-Harrison

Some children are coming to us with little experience using their bodies in what were typical play activities in generations past. This is due to many factors, however together we can counteract these factors and provide children with the best play experiences to improve their health & everyday function in their daily lives. In this session we will focus on: Gross Motor, Body Awareness, Core Strength, Movement and the impacts on EMOTIONS, ATTENTION and BEHAVIORS, Distinguishing Sensations from the Environment, Providing sensory rich activities to cover all the senses including the 'hidden' proprioception and vestibular senses.

We will discuss how the above play a key role in development & use of Fine Motor, Hand Strength/Dominance/Grasp, Visual Perception & Visual Motor Integration

ENCORE Sessions

E1 Reiki & grounding -Michelle Renschler

Reiki is a Japanese technique that promotes relaxation. The Reiki practitioner channels the energy from source and directs it the client. Reiki works by free will, it cannot work on someone who doesn't want to receive it. It is an amazing healing modality, and in my opinion, must be experienced to fully understand and appreciate it.

Reiki balances the energy centers (chakras) in & outside of the body. When someone has experienced a stressful &/or traumatic experience, the brain holds onto the memory of it, while the body stores the emotion. Reiki takes this old, stagnant, & negative energy & transmutes it into positive and healing energy. Reiki has its own intelligence; therefore, the energy will go where it is needed the most.

Health Benefits of Reiki Healing include:

Promotes health and well being, Helps with pain management & digestion. Encourages mental clarity and strengthens intuition, Releases stress and tension, Relieves depression, Reduces anxiety, Aids relaxation, Improves sleep, Strengthens self-esteem & confidence, Heals past traumas, Helps in manifesting goals and aids in life purpose discovery, Balances and aligns the chakras (energy centres) of the body to promote all over well being I will be walking everyone through a relaxing and healing Usui Holy Fire III Healing Experience. This experience is a guided meditation that heals at the deepest levels. I will also be explaining and guiding everyone through cutting a cord to a negative past situation or experience, as well as teaching everyone how to properly ground their energy for focus, concentration, better health and wellness

E2- Neurographic art

- Rachele Campeau

Neurographic Art is relaxation through art. Simply put it is an art form where a person works with their subconscious mind to release their negative emotions onto paper and transform it into something aesthetic. No previous artistic skill is needed to produce artwork that looks good and gives a sense of accomplishment. Participants will leave the session with less stress and a beautiful piece of artwork.

E3- Self care- S.I.T - Lorene McMillan

Subconscious Imprinting Technique (S.I.T) works with the subconscious mind and nervous system to help discover and clear emotional imprints that could be negatively impacting your quality of life.

A single S.I.T session will help you reveal and release unexpressed or trapped emotions, memories and unresolved trauma that may be contributing to chronic physical pain and undesirable behavioral traits.

S.I.T supported me personally to completely change my perspective, open my heart, set healthy boundaries, learn to love myself, heal without guilt and let go of 20 years of physical neck and shoulder pain.

I am passionate about this process and whole heartedly believe that with some awareness, commitment and work; anyone can heal. Sometimes we get stuck in victim mode but it's important to remember the power of choice!

I believe in S.I.T, I believe in myself and I believe in you!

-Rooted Soul –

E4- Find your creative confidence -Stephanie Nixon

Join us as we find our confidence while we create with watercolour paper and silkscreen stencils. Perfect for those who are creative and even better for those who are not so creative. Creative therapy is not only fun and relaxing it helps you see obstacles as something you can overcome. There is always a fix when crafting and that mindset carries over into life.

Our Presenters

Rhonda Gillrie- Miss Rhonda began dancing at the age of two and has never stopped. She has studied and continues to study many styles of dance. Rhonda owns and operates the Rhonda McCulloch Danceology that began over 32 years ago. She has trained dancers who are now professionally performing and/or pursuing Fine Arts Degrees or Masters in Dance. She adores seeing former students now as teachers! Beyond that, her greatest thrill is still to see the growth in self-esteem and self confidence dance brings to her students.

Kandace Armstrong- Kandace Armstrong has been passionate about simplifying life through decluttering and organizing physical environments for many years. Her personal journey in "living with less" began in 2012. Years into her simplifying journey friends and family started to ask for her help in transforming their spaces. Kandace realized there was a need for this type of support and her business A Simpler Space was born. As a Certified Professional Organizer she enjoys transforming difficult and cluttered spaces while also educating people about the mental, emotional and physical effects clutter can have on their wellbeing.

Char Broughton -of Catching Fireflies Sleep Solutions. I am a Certified Paediatric Sleep Consultant and Certified Night Coach. I am a mother of 3 busy children. We live on a farm. I am also a Registered Dental Assistant!
I have created affordable online sleep programs for families that are expecting all the way to school aged. I also provide 1:1 support.

I want to make families aware that they do not need to suffer through sleep deprivation. Parents need sleep. Babies and toddlers need sleep to grow, develop and function. It is a necessity. I treat sleep deprivation. I help families create a foundation of healthy sleep habits in a gentle and supportive way.

Michelle Renschler owns Saffron Alternative Healing in Stettler, Alberta. I am a Registered Massage Therapist, a Usui Holy Fire III & Karuna Reiki Master, as well as a Hypnotist. I think of these three modalities as the 3 Pillars of Natural Health. Once I started my massage therapy practice, I decided to learn more about Reiki, as I was taking on the energy from others... it ended up changing and transforming my life! I was able to protect my energy so that I didn't take on energy from others, as well as heal past stressors/traumas while also offering this amazing experience to my clients! I graduated from the Northern Institute of Massage Therapy in 2018 with my first year and launched my own business. I then graduated in 2019 as a Registered Massage Therapist and member of the Canadian Massage & Manual Osteopathic Therapists Association. Along with Massage Therapy, I offer Reiki Healing Sessions, Healing Experiences, and Reiki Training either in person or through Zoom.

Tina Geers- Protector of Play, accidental educator and passionate play advocate! I'm here to inspire you and help you on your own learning journey of inspiration and reflection as an early childhood educator. With a background in early learning and childcare, and over 17 years in the field, donning many hats, I'm here to share my stories of experiences and the stories of other educators I have met on my journey as an educator. I love connecting our practices to the research and science behind what we do to help us understand more and spread the joy of play! I strongly believe in helping educators feel connected – connected to each other, the children, the land and our community. So, let's get together to learn, play and be inspired!

Kelly Harrison-Miles- Kelly Harrison-Miles is a Registered Occupational Therapist who has worked with children of all ages throughout her 28 years of practice. She obtained her Bachelor of Science in Occupational Therapy with Distinction from the University of Alberta in Edmonton. She has worked in Wichita Kansas, Rolla Missouri, and Titusville Florida before coming home to work in Stettler area and raise her boisterous family. Throughout her career, Kelly has worked with children and their parents, guardians, carers and teachers within children's homes, within hospital clinics, day homes, daycares, and in schools across East Central Alberta with Buffalo Trails, Battle River, Clearview, Prairieland and East Central Catholic School Divisions. Kelly grew up on the farm her and her husband Colby now farm and reside on in Stettler County. She has three sons that keep her continually amused, amazed and inspired. While she is not busy being a Mom or an OT, she can be found doing all things farming- from running a combine, maintaining the farmyard and growing/ processing food from her vast garden. She also may be a little bit of a scrapbooking junkie!

Becky Scott - started working towards her accounting degree at the University of Alberta but raising her family became her focus before she was able to complete her schooling. In 2005 she began studying tax preparation in Calgary and helping a few businesses organize their paperwork. She decided to start Results Bookkeeping once she realized this was a good opportunity for additional income while her children were little. She has worked at Alberta Infrastructure, Alberta Finance, Liberty Tax and H&R Block. Once she and her husband relocated to Stettler in 2007 she set up shop here and has been providing bookkeeping and tax preparation services ever since.

Stephanie Nixon—formerly a kindergarten teacher, Stephanie is now a full time day home provider since 2010. Along with running a day home she has taught preschool dance & acrobatics since 2005. With certificates in gymnastics, acrobatics, soccer, ECE and personal fitness active learning with strong foundations is always a focus in her programs. The early years and movement come together naturally as a passion for Stephanie. In the spare time she is finding her creative confidence with all things DIY crafting including hand made hula hoops.

Presenters Continued

Nicole Doan- Nicole Doan is a registered dietitian and certified diabetes educator. The majority of her career has been spent working with individuals who live with chronic diseases at the Big Country Primary Care Network. She also has worked at the Diabetes Educator Program in Red Deer, and the long term care facility in Castor. She currently has a private practice, mostly working with individuals with diabetes, intuitive eating, and nutrigenomics. Nicole is also passionate about educating people on how nutrition positively impacts overall health and athletic performance.

Nicole and her husband, Brook both grew up in the Stettler area. They own and operate Stettler Electric, and have four young children who are all actively involved in various sports.

Lorene McMillan - Rooted Soul- Lorene believes whole heartedly in the S.I.T process and is passionate in helping heal others using this powerful technique. SIT completely changed my life. It was relief for my physical pain, allowed me to let go of emotional pain, helped me find my self worth again, taught me how to forgive others as well as myself and made me savagely aware of the importance of learning to love and accept myself!

Rachelle Campeau- grew up in Northern Alberta in a family that has always appreciated the arts, Graduated from U of A with B. Ed in Secondary Education and currently teaches grade 7 to 12 Fine Arts and Wellness courses at William E Hay Secondary Campus. "Arts and Personal wellness have always been my passion so I am excited to share projects that combine these two entities"

Angela Chytracek- is a mother of 3 amazing children who are her greatest teachers. Her passion for helping parents practice more intentional parenting came from her own journey-one she is still on today. In January of 2019, Angela needed to take a serious pause. On paper her life looked great - she had a great job, a supportive community, and a wonderful family - but she felt terrible. She found herself in some serious self loathing, ready to quit her job, and overturn her life. Angela discovered life coaching and quickly immersed herself in learning the tools that were quickly changing her life and her mind. In March 2020, Angela was certified as a life coach and has recently focused her coaching practice on supporting parents develop healthy connective relationships with their kids through cognitive-based coaching.

Conference Registration Fees & Information

Early Bird registration fee -- \$150 by September 15, 2022

Early registration includes a swag bag

Regular registration fee -- \$160

Encore session -- \$30

Registration Policy

- Registration is on a first come basis
- Registration is non-refundable. Registration may be transferred to another person on the condition there are no changes to sessions.
- Fees must be paid to complete registration. Form only is not enough to hold your place.
- Session designation will be included with registration package. Changes can not be made once receipt is sent.

Conference is held at Stettler United Church in Stettler, AB
4820 51st

How to Register

By Mail to

Heart of the Provider
5713 51Ave
Stettler AB T0C2L2

By Email to Heartoftheprovider@gmail.com

Complete this online form:

<https://form.jotform.com/heartoftheprovider/HO-TP22>

Methods of Payment

By EMT to HeartofTheProvider@gmail.com

Security Question: As provided

Answer: Heart2022

*Please include a message with your payment indicating who your payment is for.

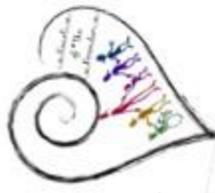
By credit card

Invoice will be emailed.

*Please include a message to the seller with your payment indicating who your payment is for.

Heart of the Provider 2022 Registration Form

Please print clearly



Participant Information:

Program Information (if applicable):

Name: _____

Program: _____

Phone: _____

Phone: _____

Email: _____

Contact person: _____

Email: _____

Check all that apply to you:

- Day Home – Provider () Day Home- Coordinator () School Age () Playschool/Pre-k
- Centre- Coordinator () Centre- Infant/toddler () Centre- Preschool () Other _____

Sessions: Provide 1st, 2nd & 3rd choice. Indicate "1" for first choice, "2" for second, etc.

AM Session 9:15am-10:45am

- A1 ___ Taxes- is that a write off?
- A2 ___ For the love of food
- A3 ___ Observing play with intention
- A4 ___ The value of sleep
- A5 ___ What to do when your kids don't listen

PM Session 12:30pm-2:00pm

- P1 ___ Get organized- Creating a calming & organized space
- P2 ___ Mini Movers- Music & movement
- P3 ___ Beautiful oopsies
- P4 ___ Occupational therapy education

Encore Session* 3:30-4:45pm

- E1 ___ Reiki & grounding
- E2 ___ Neurographic art
- E3 ___ Self care – S.I.T.
- E4 ___ Find your creative confidence

Power Sessions- Please circle top six choices

- *Sensory play *Outdoors in *Outdoors play *Family appreciation *Snacks *Transitions *Let's read
- *Music & movement *Literacy- More than books *Food allergies- menu alternatives *Find motor fun *Plan that menu

Payment Information:

Conference Rate: \$150 Early Bird (September 15, 2022)

\$165 Regular Fee

\$30 Encore Add-on

Payment Method: () E-transfer to heartoftheprovider@gmail.com

Security question: As Provided **Answer:** Heart2022

Encore Session* YES NO

() Credit Card - Email Invoice to Participant () OR Program ()

Please email registration forms to heartoftheprovider@gmail.com

Receipt made to: Participant Program

Email for Receipt: _____