

Welcome

Dear Conference Attendee,

On behalf of the New Mexico Head Start Association, it is my great pleasure to welcome you to the 2016 New Mexico Head Start Association Training Conference in Albuquerque, NM; The city is a blend of unique attractions, culture, historical sites and superb year-round weather with 320 days of sunshine per year! I hope you enjoy your time at the training, learn good information and explore this wonderful city!

We are proud to be Head Start: Leading the way for 50 years. We are committed to providing opportunities to children and families to experience success in school and life, breaking the cycle of poverty. As we celebrate the 50th anniversary of Head Start, many people have shared their memories and stories on how the program has influenced their lives. Former Head Start children tell such sweet memories of their first experience meeting a teacher or a home visitor, and how they were welcomed into a world of books and painting and circle times with friends. Parents also describe their first encounters with Head Start. They share stories about how the program not only supported their child's development but helped the whole family grow and develop as well. I want to say thank you to all Head Start & Early Head Start staff for all the hard work and dedication you have to the communities you serve in and the families you support. Whether you are a new staff member or a long time staff member, you have touched children and families lives in the most meaningful way!

It is with great pride that I thank the New Mexico Head Start Association Planning Committee, Volunteers, and Local Business for all the hard work and efforts to make this conference a positive learning experience for all that attend.

I encourage each of you to take advantage of the learning opportunities the conference has to offer you, that you gain new knowledge, make new friends and enjoy your professional development experiences. We hope this conference provides you the opportunity to grow as a professional and that you take this information back to your programs and continue to make and impact on the communities, families and children that you serve.

Sincerely,



Amanda Gibson-Smith

New Mexico Head Start Association President

Special Thanks to
Hatch Early Learning

Lakeshore Learning

Shamrock Foods

*for their generous
contributions.*

Conference Organizers

Amanda Gibson-Smith

Donna Johnson

Molly Sanchez

Crystal Pena

Todd Hays

And Numerous Others

Training #10

Katrina Montañó-White:

CYFD Mandated Training: As part of the new NM Child Care Licensing Regulations the go into effect October 1, 2016 all Registered Child Care providers must attend a Health and Safety Orientation training This training will be on the 10 topics that are required in that orientation.

- ◆ Prevention and control of infectious disease (including immunizations)
- ◆ Administration of medication consistent with standards for parental consent
- ◆ Prevention and response to emergencies due to food and allergic reactions
- ◆ Building and physical premises safety including identification of and protection from hazards, bodies of water and vehicular traffic
- ◆ Emergency preparedness and response planning for emergencies resulting from a natural disaster, or a man-caused event (such as violence at a child care facility) within the meaning of those terms under section 602(a)(1) of the Robert T. Stafford Disaster Relief and Emergency Assistance Act.
- ◆ Handling and storage of hazardous materials and appropriate disposal of bio-contaminants
- ◆ Appropriate precautions in transporting children (if applicable)
- ◆ Prevention of sudden infant death syndrome and use of safe sleeping practices (if applicable)
- ◆ Recognition and reporting of child abuse and neglect. Prevention of shaken baby syndrome and abusive head trauma.
- ◆ First aid and CPR overview
- ◆ Major domains of child development

Training #11

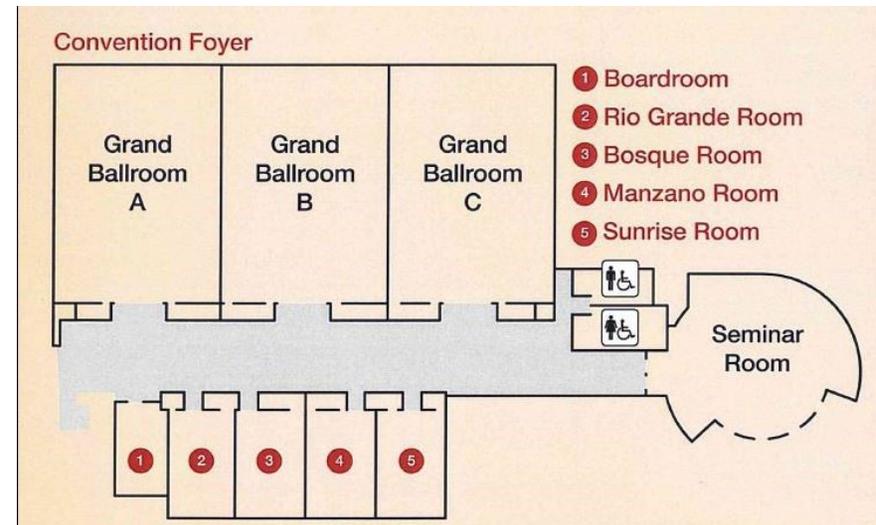
Jeremy Rutherford :

Mindful Parenting—As parents, perhaps the most precious thing we can give our children is the gift of our full presence, in the moment. This is the deep intention and invitation for parents as they make space for mindfulness practice in their lives. Mindful parenting takes to heart the deep truth that we can only give to our children what we have given first and fundamentally to ourselves.

Map of Isleta Resort and Casino

11000 Broadway SE

Albuquerque, NM 87105



Event Schedule
Wednesday
November 2nd

Afternoon

1:00-5:00pm

Pre-Institute Director's Meeting

Topics

Fireside Chat with Region VI Office of Head Start.

Evening

6:00pm

Social Get Together

Trainer #9

Renee Conklin: Renee Conklin is a Nutrition Educator for the CHILE Plus Project. Prior to joining the Prevention Research Center (PRC), she received a Bachelor of Science in Nutrition and completed a dietetic internship at the University of New Mexico. She is a registered dietitian with an interest in pediatric health and eliminating hunger in New Mexico. Renee had roles as an outpatient dietitian with the VA Healthcare System and served as a nutrition coordinator with the non-profit organization, Kids Cook!, before joining the PRC. She recently completed a Master of Science in Nutrition at the University of New Mexico and also serves as the Public Policy Coordinator for the New Mexico Academy of Nutrition and Dietetics.

CHILE Plus for Beginners: The *Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus* is a NM-grown, multi-component, evidence-based nutrition and physical activity education program designed specifically for New Mexico Head Start programs. In this 2-hour interactive session, participants will learn about *CHILE Plus* program components, how *CHILE Plus* activities fit into the Head Start Early Learning Framework and meet current CACFP requirements, and how your center could become a *CHILE Plus* partner. This session is for those who are not from *CHILE Plus* participating centers, or for those who are at *CHILE Plus* participating centers, but have not attended *CHILE Plus* training.

Training #7

Katrina Montaño-White:

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- ◆ First aid and CPR overview
- ◆ Major domains of child development

Training #8

Paula Gadoury Steele & Janelle Garcia Cole: Paula has been with the UNM Family Development Program since 2002. She is Associate Director and also facilitates experiential workshops about the growth, development, and learning of young children around the state. Her work also entails early childhood coalition and leadership building in Early Childhood Investment Zones. Paula is a member of the NM Pyramid Cadre. She has a master's degree in Educational Leadership from the College of Education, UNM.

Janelle is one of Family Development Program's newest Training & Development Consultants, having joined FDP in May 2015. Previously, Janelle was an educator for twelve years in the Even Start Family Literacy Program for Albuquerque Public Schools. She has a passion for working and advocating for young children and their families. Janelle holds a Bachelor's degree in Elementary Education from New Mexico State University and is planning to pursue her Master's degree in Early Childhood Education from UNM.

Teaching Art-Fully—Art making activities are common in most early childhood programs, but talking about adult artwork is not. Using works of art with young children provides an open-ended avenue for exploring ideas and sharing stories, personal experiences, ideas and events. Children learn from one another, they learn about themselves, the teachers learn about the children. It is a social activity that influences cognitive development. In this workshop we'll take participants through a process that begins with looking at and talking about a piece of artwork before we embark upon our own creative artistic exercise. You don't have to be an artist to enjoy and appreciate this workshop!

Keynote Speaker



Frank René López is the Executive Director of Ngage New Mexico. He has over 20 years working with nonprofit and community organizations. His experience in capacity building includes: strategic planning, leadership, board development and social enterprise. His experience as an attorney and CPA includes working for some of the largest firms in the country. He is a "teacher" at heart. He has delivered hundreds of workshops and has taught at several universities, including the University of California at Berkeley, Golden Gate University, UTEP Texas Tech University School of Law and recently at New Mexico State University (teaching high impact nonprofit organizations). His work has provided extensive public speaking opportunities. He has delivered presentations all over the country including Washington D.C., Atlanta GA, New Orleans LA, Dallas, Houston TX and Palm Beach CA. Speaking topics include: Nonprofit Sustainability, Social Entrepreneurship, Community Partnerships and "Education & Diversity." Lopez has published articles in the areas of Corporate Social Responsibility and Teaching Race & Law. He is also a Coach/Mentor for the W.K. Kellogg foundation. He has a BBA in Accounting from the University of Texas at Austin and a JD from the University of California at Berkeley School of Law. He is licensed to practice law in Texas and California.

Event Schedule
Thursday
November 3rd

Morning

- 8:00-9:00am.....Check-In** **Convention Foyer**
- 9:00-9:30am.....Opening Ceremony** **Grand Ballroom C**
- 9:30-11:00am..Keynote Speaker** **Grand Ballroom C**
- 9:30-11:00am..Affiliate Meetings**
(Rio Grande, Bosque, Manzano & Sunrise Rooms)

Afternoon

- 12:00-1:30am...Lunch** **(Grande Ballroom C)**
- 1:30-3:00am....#1** ***Beyond Bubble Baths: Taking Care of Ourselves While Working in the Presence of Stress***
(Rio Grande Room)
- 1:30-3:00am....#2** ***NM NOPREN: Nutrition and Obesity Prevention Policies in New Mexico Head Start Programs***
(Bosque Room)
- 1:30-3:00am....#3** ***Early Learning Guidelines—Aligning with Curriculum***
(Manzano Room)
- 1:30-3:00am....#4** ***Cultural & Linguistic Responsiveness***
(Sunrise Room)

Training #5

Renee Conklin: Renee Conklin is a Nutrition Educator for the CHILE Plus Project. Prior to joining the Prevention Research Center (PRC), she received a Bachelor of Science in Nutrition and completed a dietetic internship at the University of New Mexico. She is a registered dietitian with an interest in pediatric health and eliminating hunger in New Mexico. Renee had roles as an outpatient dietitian with the VA Healthcare System and served as a nutrition coordinator with the non-profit organization, Kids Cook!, before joining the PRC. She recently completed a Master of Science in Nutrition at the University of New Mexico and also serves as the Public Policy Coordinator for the New Mexico Academy of Nutrition and Dietetics.

CHILE Plus for CHILE Plus Partners: The *Child Health Initiative for Life-long Eating and Exercise (CHILE) Plus* is a NM-grown, multi-component, evidence-based nutrition and physical activity education program for Head Start. This 1.5-hour session will be a refresher for those who have already been trained in *CHILE Plus*, in which we will also demonstrate our new online training content, review updates from current partners, and share implementation successes and challenges in this New Mexico childhood obesity prevention program.

Training #6

Ali Ray: Ali began working with Head Start in August 2013. She holds a BS in Child Development and an MS in Special Education. She is currently working on a PhD in Early Childhood Education from Kansas State University. Ali is originally from Kansas, moving to New Mexico three years ago with her husband who was stationed at White Sands Missile Range. She was a teacher of young children for 15 years before moving to New Mexico. She now enjoys sharing her knowledge and experience with others in the field.

Early Learn Guidelines—Aligning with Curriculum: This training will discuss how to align your curriculum to the New Mexico Early Learning Guidelines.

Training #3

Ali Ray: Ali began working with Head Start in August 2013. She holds a BS in Child Development and an MS in Special Education. She is currently working on a PhD in Early Childhood Education from Kansas State University. Ali is originally from Kansas, moving to New Mexico three years ago with her husband who was stationed at White Sands Missile Range. She was a teacher of young children for 15 years before moving to New Mexico. She now enjoys sharing her knowledge and experience with others in the field.

Early Learn Guidelines—Aligning with Curriculum: This training will discuss How to Align your curriculum to the New Mexico Early Learning Guidelines.

Training # 4

Cultural & Linguistic Responsiveness: This training will provides research-based information, practices, tools, resources and strategies to ensure optimal academic and social progress for linguistically and culturally diverse children and their families.

Event Schedule Thursday November 3rd

Afternoon

- 3:30-5:00pm.....#5** CHILE Plus for CHILE Plus Partners
(Bosque Room)
- 3:30-5:00pm.....#6** *Early Learning Guidelines—Aligning with Curriculum*
(Manzano Room)
- 3:30-5:30pm.....#7** *CYFD Mandated Health & Safety Training*
(Sunrise Room)

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- 5:30-6:30pm.....** NMHSA Board Meeting
(Board of Directors Only)
(Rio Grande Room)

Evening

- 6:00pm.....** Social Get Together

Event Schedule Friday November 4th

Morning

- 9:00-11:00am.....#8 Teaching Art-Fully**
(Rio Grande Room)
- 9:00-11:00am.....#9 CHILE Plus for Beginners**
(Bosque Room)
- 9:00-11:00am ...#10 CYFD Mandated Health & Safety Training**
(Manzano Room)
- 9:00-11:00am....#11 Mindfull Parenting**
(Sunrise Room)

Afternoon

- 11:30-1:00p** Lunch
Grand Ballroom C
- 1:00-2:00p** All Member Meeting
Grand Ballroom C
- 2:00-3:30pm.....** Closing Speakers
Grand Ballroom C

Training #1

Mara Brenner: Mara is a national educator, trainer and consultant with more than 25 years of experience in the fields of psychology and education. She has worked in special education, early intervention, therapeutic preschools, public schools, and has had a private practice. Mara also has over a decade of experience teaching in higher education. Currently, as part of her own consulting business, Mara provides reflective consultation and training to a variety of early childhood programs, directors and staff all around the country. Mara is a licensed psychotherapist trained in Dr. Bruce Perry's Neurosequential Model of Therapeutics and Circle of Security (COS Parenting Training). She is endorsed in Infant Mental Health and is a Master Cadre trainer for the NM Pyramid Partnership focusing on social emotional development of young children.

Beyond Bubble Baths: Taking Care of Ourselves While Working in the Presence of Stress

You feeling stressed? Most of us in our society today are and if you are a person who is in the profession of caring for others, the impact is magnified. This training will take a deeper look at the impact of working in the presence of stress and present ways to care for ourselves while continuing to be of service to others.

Training #2

Patty Keane, MS, RD: University of New Mexico Prevention Research Center

Patty is a registered dietitian nutritionist, Associate Scientist and Lecturer at the University of New Mexico Prevention Research Center, where she oversees multiple nutrition research projects and programs, primarily in rural New Mexico communities. Most of her work centers on child nutrition, food security, and federal nutrition programs. Current projects include the USDA's Supplemental Nutrition Assistance Program Education (SNAP-Ed)-funded Child Health Initiative for Lifelong Eating and Exercise (CHILE) Plus, an evidence-based nutrition and physical activity education intervention carried out in Head Start and other licensed child care centers in tribal and non-tribal communities across New Mexico, and a Centers for Disease Control and Prevention (CDC)-funded statewide evaluation of food and nutrition policies in New Mexico Head Start programs.

NM NOPREN: Nutrition and Obesity Prevention Policies in New Mexico Head Start Programs. Come to this 1.5-hour session to learn about current best practices in nutrition and obesity prevention policy in early care and education (ECE) settings, and to learn more about *NM NOPREN: NOPREN in Early Childcare Serving Southwest American Indian and Hispanic Populations*. *NM NOPREN* is a pilot project to help build the evidence for effective food and beverage policies in ECE settings. *NM NOPREN* is being conducted with Head Start programs across New Mexico, and encourages all New Mexico Head Start centers to participate. *NM NOPREN* aims to identify existing policies and practices, and to identify the barriers and facilitators to effective food and beverage policy implementation, so that New Mexico Head Start programs are well supported in their efforts to prevent obesity and chronic disease in their communities. Learn how you can participate in this exciting work.