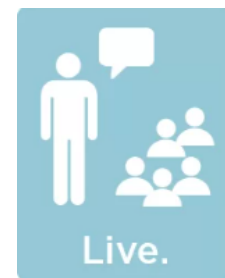
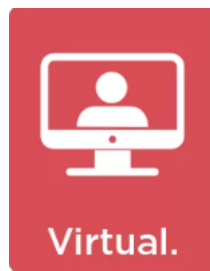


April 2023!



Keynote Speaker: Dr. Michael Ungar
*Helping Those Who Help-
Nurturing and Maintaining
Your Resilience*

**This year, the Inspiring Early
Learning Conference
is excited to offer a combination of
online and in-person events!**



*Join us for online sessions in April. Gather
together at our in-person morning on
Saturday, April 29, 2023 at Fleming
College's new conference space.
Full details inside this brochure!*

Online registration opens Monday, **February 13, 2023**
and closes Monday, **March 20, 2023**

Registration link on
page 13

- ◇ ***Please see page 12 of this brochure for payment/registration information.***
- ◇ ***Registration confirmation and updates will arrive via email/MailChimp newsletter. Please add this email address to your safe senders list: emortlock@fivecounties.on.ca***
- ◇ ***All fees are non-refundable. A colleague may attend in your place. Please email any attendance changes by March 30, 2023.***

Questions?

Please contact Ellen Mortlock
if you have any questions regarding the conference.

Email: emortlock@fivecounties.on.ca

Phone: 705 748 2337 ext 342

Fleming College
Location

Our in-person morning will be hosted at Fleming's new Kawartha Trades and Technology Centre... 1st building on the left as you drive into campus from Brealey Drive...follow the event signs! Parking for our event is free in any of the nearby lots.



Conference Calendar at a Glance

<p>Tuesday, April 4</p> <p>Online</p> <p>6:30-8:00 pm</p>	<p>Keynote Address</p> <p>Dr. Michael Ungar : <i>Helping Those Who Help-Nurturing and Maintaining Your Resilience</i></p>
<p>Wednesday, April 12</p> <p>Online</p> <p>6:30-8:00 pm</p>	<p>Rachel Ramsden: Supporting Children’s Outdoor Risky Play in Early Learning and Child Care</p>
<p>Monday, April 17</p> <p>Online</p> <p>6:00-7:30 pm</p>	<p>Margaret Zou: From Goals to Action: Bringing the Sustainable Development Goals into your Programs</p>
<p>Saturday, April 29</p> <p>In Person morning @ Fleming College</p> <p>9 am-noon</p> <p>Registration begins at 8:15 am</p> <p>Breakfast, vendors, a time to connect 9-10:15 am</p> <p>Official Welcome 10:15-10:30 am</p> <p>Workshops (choose 1 of 3) 10:30-noon</p>	<p>3 in-person sessions: Choose 1 of 3</p> <p>Donna Thomas: Trauma Informed Care</p> <p>Nature Nancy: Where the Wild Things Are</p> <p>Michelle Martin: Taking our own pulse: Exploring self-regulation for co-regulation through art therapy</p>

Keynote Address

Tuesday, April 4

Online & Recorded

6:30-8:00 pm

Dr. Michael Ungar: Helping Those Who Help- Nurturing and Maintaining Your Resilience

Sustaining our resilience as early learning professionals can be a challenge during times of change. Based on Dr. Ungar's research around the world and his clinical practice, this presentation uses examples from his new book *Change Your World: The Science of Resilience and the True Path to Success* to explore how those who help others can avoid burnout and maintain their own career and life resilience when stressors pile up at home and on the job. Twelve factors that make us more resilient as adults will be discussed, along with practical tools participants can use to find the resources they need to cope successfully in culturally and contextually relevant ways. Using the concepts of navigation and negotiation that are key to understanding resilience in complex, changing environments, educators will have an opportunity to reflect on their own resilience in life, as well as times at work and at home where they had the resources they needed to succeed. Finally, Dr. Ungar will talk about vicarious resilience, the positive impact we experience as educators when we nurture resilience in others.



Michael Ungar, Ph.D., is a Family Therapist and Professor of Social Work at Dalhousie University where he holds a national Research Chair in Child, Family and Community Resilience. His research on resilience around the world and across cultures has made him one of the best-known scholars in the field. He is the author of 17 books for parents, educators, mental health professionals, and employers, including his most recent work *Change Your World: The Science of Resilience and the True Path to Success*, a book for adults experiencing stress at work and at home, *Working with Children and Youth with Complex Needs: 20 Skills to Build Resilience*, a book for mental health professionals, and *I Still Love You: Nine Things Troubled Kids Need from their Parents*, an accessible guide for parents seeking to build their children's resilience. His blog, *Nurturing Resilience*, can be read on *Psychology Today's* website.

To view a sample of Dr. Ungar's work, please go to his website www.michaelungar.com

Supporting Children's Outdoor Risky Play in Early Learning & Care *with Rachel Ramsden*

Wednesday, April 12

Online & Recorded

6:30-8:00 pm

Research is clear on the importance of regular and repeated access to outdoor risky play. Early learning and child care environments provide opportunities for children's outdoor risky play beyond what may be experienced at home or in the community. This session will help you build the case about the need for outdoor risky play and get ideas to make positive changes in your work with young children. Learn the key concepts that support outdoor risky play and how you can begin to incorporate these into your programs and plans. This interactive workshop will work through real examples from early learning and child care environments, focusing on how to support outdoor risky play with children under six. Recent research from British Columbia will showcase how child care centres are supporting outdoor risky play through policy, practice, and environmental modifications. This session will also make available the resources and tools to help you get started in your role supporting young children's participation in outdoor risky play.



Rachel Ramsden is a Research Coordinator at the Play Outside UBC Lab and a PhD Candidate in the School of Population and Public Health at UBC. The Play Outside UBC Lab is dedicated to studying child injury prevention, and children's outdoor and risky play. Working with Dr. Mariana Brussoni, Rachel leads research projects in BC and across Canada that aim to support children's outdoor and risky play in early learning and child care environments. Rachel has a particular interest in capturing children's perspectives of their outdoor risky play and prioritizing children's voices in child care planning. Rachel previously worked in child care policy, planning and design within multiple municipal government roles.



Visit the Play Outside UBC Lab here:

<https://playoutsideubc.ca/>

From Goals to Action: Bringing the Sustainable Development Goals (SDGs) into your Classroom with Margaret Zou

Monday, April 17

Online & Recorded

earlier start time: 6:00-7:30 pm

The Sustainable Development Goals (SDGs) sets the vision for local action towards achieving a more sustainable future for communities across Canada. The goals open a window of opportunity for educators and students to tackle the biggest problems facing the world today and take center stage in transforming the current system to a new one which strive to achieve a more equitable and sustainable future for all. The 17 SDGS provide accessible entry points for youth to imagine and participate in the creation of a more socially and environmentally just world beginning with local communities.

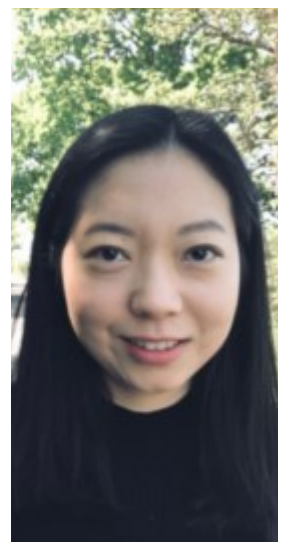
This workshop introduces early learning educators to the SDGs and opportunities to incorporate the goals into their environments. Furthermore, this workshop provides examples of programming ideas and proposes relevant and meaningful activities that helps to engage younger audiences in the SDGs.

Visit this website to learn what the 17 SDGs are: <https://www.un.org/sustainabledevelopment/student-resources/>



Margaret Zou is passionate about engaging youth, students and the wider community in the Sustainable Development Goals (SDGs). Prior to joining Kawartha World Issues Centre (KWIC), she worked at several environmental NGOs in both the US and Canada. At KWIC, she works as a Researcher and Education Program Coordinator for the projects Advancing the 2030 Agenda in Nogojiwanong | Peterborough (2019-2021) and Advancing Gender Equality in Nogojiwanong | Peterborough (2021-2022) and developed a series of interactive workshops to raise awareness and to promote partnership and bridging efforts across various sectors in support of the Agenda 2030.

She holds an MSc in Environmental Management from the University of Liverpool and an MSc in Public Health, specializing in Environmental Health from the London School of Hygiene and Tropical Medicine (LSHTM). In her spare time, she enjoys travelling and exploring new places.



Join us at the new Fleming College conference space on Saturday morning, April 29, 9:00 am-noon!



Choose 1 session: An opportunity to learn, share, and be together!

Local Artist Jason Wilkins will capture our morning together!



Scholar's Choice

Vendors and Participant Bags!



Start your morning with a hot breakfast buffet!



A new, bright conference space!



Trauma Informed Care with Donna Thomas

Saturday, April 29

In Person only

10:30-noon

What is Trauma and how it is experienced by young children? Explore why trauma in the early years is toxic and the impact of trauma on a young child's development. Participants will have the opportunity to discuss some traumatic experiences by young children. We will discuss strategies an educator can use to support children who have experienced trauma and to set them up for success. This workshop is designed for early childhood professionals, caregivers, and providers working with children between the ages of 3 months-6 years. The intention is to help educators understand the importance of providing safe and secure learning environments for young children.

Our objectives are:

1. Learn the impact that trauma has on a child's development and the symptoms a child may exhibit following exposure to trauma.
2. Understand the importance of an early childhood program that provides a safe environment for children.
3. Provide strategies that support a child's holistic development and well-being.



With over 30 years of experience, **Donna Thomas** is a true leader in the field of newcomer child care. A Registered ECE, she holds certificates in Adult Education and Staff Training and Development. Prior to becoming a consultant at [CMAS](#) in 2000, she worked directly with newcomer families for almost ten years.

As a key team member in providing training for organizations caring for children across Canada,

Donna has developed and delivered workshops and delivered in-person and virtual sessions to the Care for Newcomer Children (CNC) community, licensed daycares, and organizations that offer care for children with special challenges.

Donna is also a co-author of the *Resource Guide for LINC Childminding Programs*, *Summer Program Guide for Children New to Canada*, and *Making a Difference: The Community Response to Working with Newcomer Families*.



Where the Wild Things Are with Nancy Thomson

Saturday, April 29

In Person only

10:30-noon

Get on your muddy buddies, slap on the sunscreen and put on your runners because we are heading outside. Together we will explore different sensory games and activities designed with preschoolers in mind. Sharing the excitement and wonders of nature with children is an amazing part of our work. We will be taking advantage of nearby nature and the beautiful forest at Fleming College. We will take time to look closely, smell deeply, listen intently, and touch carefully. What about taste? Well, that will be a surprise. Be prepared to have some fun exploring outside.



Nancy Thomson, otherwise known as Nature Nancy, is an engaging outdoor educator that has been teaching in the outdoor classroom for over 25 years. She values inquiry and exploration of our natural world through experiential learning and hands on activities. As a certified teacher, she started her own Outdoor Education business called Think Outside 8 years ago. Nancy goes to schools and uses local green space to teach children about nature. Her vast programming experience coupled with her sense of fun and exploration allows children to connect with their natural world and each other in a playful yet meaningful way.

www.thinkoutside.life



Taking our own pulse: Exploring self-regulation for co-regulation through art therapy with Michelle Martin

Saturday, April 29

In Person only

10:30-noon

Working from the perspective Deb Dana and Stephen Porges' [Polyvagal theory](#), this workshop will explore how your nervous system responds during stressful situations and can influence how children feel safe and secure in distressful situations. Michelle will guide us through an art making experience exploring your own nervous systems response to stress and work with your inner resourcing to find your own way back and to build more capacity for interactions during stressful situations.

No previous artistic skills required, only a willingness to have fun!



Michelle Martin is an Art Therapist and Registered Psychotherapist in private practice in Peterborough Ontario working with children and youth who have experienced complex trauma.

She is currently an intern in the Compassionate Inquiry program with Gabor Mate and also interning Sandplay Therapist with CAST (Canadian Association of Sandplay Therapy).

<https://martinarttherapy.ca/>

Watch a short clip about Polyvagal theory [here](#).





There are two ways to participate in this year’s conference events!

ONLINE ONLY

Links for the 3 online sessions and recordings will be shared with our early learning communities! You do not need to register to receive the recording links. They will be shared via newsletter/email.

No registration needed to join us for the following on line sessions or to view the recordings:

Keynote Address Helping Those Who Help– Nurturing and Maintaining your Resilience with *Dr. Michael Ungar*

Supporting Children’s Outdoor Risky Play in Early Learning & Care with *Rachel Ramsden*

From Goals to Action: Bringing the Sustainable Development Goals (SDGs) into your Classroom with *Margaret Zou*

No registration or fee required!

Join us in person!

Full Conference Package: This year’s conference registration fee is subsidized... your \$15.00 fee will connect you with us for the on line sessions and reserve your spot for the morning on Saturday, April 29th at Fleming College’s new conference space. (Breakfast, choice of one in person session, and more!) We can’t wait to spend the morning with you!

Registration details on the next page.

Register for only \$15.00 to join the on line sessions and to join us in person on Saturday, April 29!

REGISTRATION FEES* for Full Conference Package

- | | |
|--|---------|
| • Working in early learning in Peterborough City & County/ City of Kawartha Lakes-Haliburton | \$15.00 |
| • Working outside above listed areas | \$30.00 |
| • ECE Students (<i>fulltime students only</i>) | \$10.00 |

*** Many thanks to the Workforce Strategy Peterborough and City of Kawartha Lakes/Haliburton for subsidizing this year's conference fees.**

Delegates will be registered in the in-person session on a 1st come, 1st serve basis and will be placed according to availability at the time of registration.

Each person wishing to register for the full conference package must complete a registration form.

Payment may be made through e-transfer, cheque or cash.

E-transfer:

Email address for payment by e-transfer: **invoice@fivecounties.on.ca**

Please identify in the **message line** that payment is for the **IELC Conference/ (your name)**

Please use the security question: **Kids are** Answer: **amazing** (all lower case)

If your centre is covering your fee, please advise your centre to email Ellen to let her know: emortlock@fivecounties.on.ca Please include the name(s) of all people that will be covered by the payment.

Payment in cash: Five Counties Children's Centre - 872 Dutton Road
Monday-Friday: 8:30 a.m. - 4:30 p.m.

Cheques : made payable to 'Five Counties Children's Centre– Attention IIQ'

Mailing address: Five Counties Children's Centre
c/o Conference: Investing In Quality
872 Dutton Road. Peterborough, ON K9H 7G1

Email: emortlock@fivecounties.on.ca

Phone: 705 748 2337 ext 342

Fax : (705) 748 3526 (attention Ellen Mortlock)

Important Information

Online session links and conference highlights/updates will arrive via our Conference Mail Chimp Newsletters.

Important: *Please add us to your email **safe senders list** to ensure you receive conference information.*

Please double-check and ensure your email address is correct when you fill out the registration form.

Check your junk folder! Please let us know if you do not receive our emails.

Please add these email addresses to your safe senders list:

HQ@fivecounties.on.ca

emortlock@fivecounties.on.ca

QUESTIONS?

Please contact Ellen Mortlock if you have any questions regarding registration/ the conference in general.

Email: emortlock@fivecounties.on.ca

Phone: 705 748 2337 ext 342

Register Today



Limited
Spots
Available!

Online registration opens Monday, **February 13, 2023** and closes Monday, **March 20, 2023**.

Click this link to register:

https://www.cognitofrms.com/InvestingInQuality/_2023InspiringEarlyLearningConferenceFullConferencePackageRegistrationonLineAndInPersonSessionsDoNotRegist

we share the
air
go scent free



Please avoid use of perfumes, colognes, scented soaps, aftershaves, lotions etc. as we have some scent allergies to consider. Special note to avoid lemon and cinnamon scents. Thank-you!



Many thanks to our team of dedicated conference committee members.

Katherine Orgill, Kathy Connelly, Lisa Miles, Susan Scoffin, Tara Cahorn, Bethany Carter, Khojasteh Mirkiani, Beckie Kellett, Beckie Evans, Ellen Mortlock

This year's conference is made possible by support and financial assistance from:

