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**4th Annual
CHILD CARE CONFERENCE**



Family Resource & Referral Center
509 W. Weber Ave., Suite 104
Stockton, CA 95203
www.frrcsj.org



Family Resource & Referral Center
509 W. Weber Ave., Ste 104, Stockton, CA 95203
Phone: (209) 461-2913 / Fax: (209) 461-3029 / Website: www.frrcsj.org / Email: awatkin@frrcsj.org

Thank you for your registration. You will receive a confirmation by email or mail.

Name:		Address:		City:		Email:		Employer:	
Zip:		Phone:		<input type="checkbox"/> Early Bird Rate - \$40 (postmarked by 8/15/10) <input type="checkbox"/> Registration Fee - \$45 (postmarked after 8/15/10)		Method of Payment: <input type="checkbox"/> Check/Money Order # _____ <input type="checkbox"/> Credit Card # _____ <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard		Exp Date: _____ Signature: _____ Date: _____	
Purchase Order # _____		(Copy must be attached)							

My box lunch sandwich choice: *please select one*
 Yes, I am interested in receiving .5 unit of ECE from San Joaquin Delta College for attending the conference. I understand I need to also register at Delta and pay the \$13 tuition fee in advance.
 Ham Turkey Roast Beef Vegetarian

Your lunch time will be assigned based on your workshop choices. If you are attending the conference with a friend(s), give us their name(s) and we will make every effort to schedule you for the same lunch session.

Workshop Sessions Sign-Up: Please select the 3 workshops you are interested in attending and 2 alternates. Assignments will be made on a first-come, first-served basis as registrations are received.

4th Annual Child Care Conference Registration

1. Adding Whole Grains to Your Menu *Anna Olivares, Nutrition Consultant; Lisa Jimenez, CCFP Manager, FRRC*
2. Are You Ready? *Mindy Karo, 4C's of San Mateo*
3. Changing the Community One Step at a Time! *Marna Lyons, CAFCC/NAFCC*
4. Charming Children - Bedtime & Beyond *Ginny Lucas, DCH, PhD; The Evergreen Group*
5. Childhood Lead Poisoning Prevention *Tung Tran, SJCPHS*
6. Disaster Preparedness & Response for California's Children *Lacy Chadez, EMSA*
7. Emergency Preparedness in Child Care Settings *Christopher Miller, SJCPHS*
8. Family Disaster Preparedness *John Austin, SJC Office of Emergency Services*
9. Healthy Habits KVIE Workshop - in English *Stephanie Kugler, KVIE Public Television*
10. Healthy Habits KVIE Workshop - en Español *Stephanie Kugler, KVIE Public Television*
11. Help! My Job is Eating My Brain *Lynnda Kilday, Contra Costa Child Care Council*
12. How to Raise Emotionally Healthy Children & Parents, Tool: *Bob Brunson, LMFT; Monterey County Children's Behavioral Health*
13. Keeping Food Safe! *Rosalinda Cabrerros, Degreed Nutritionist, Delta Health Care WTC*
14. Less Talk & More Action: Developing Nutrition & Physical Activity Policies *Kathy Lenhart, MEA, RD; Contra Costa CCC*
15. So What the Health is Happening with You? *Nick Yphantides, MD, MPH*
16. Understanding Asthma *Deanna Koss, MPH; California Breathing, CDPH*

WORKSHOP CHOICES: # _____ # _____ # _____
ALTERNATE CHOICES: # _____ # _____ # _____



Family Resource & Referral Center presents the

4th Annual Child Care Conference

An early care and education conference for those providing care to young children

Reinforcing The Foundations.



Saturday, September 11, 2010

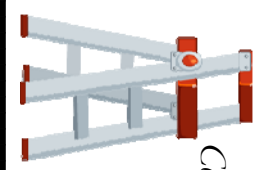
8 AM - 4:30 PM

**SJC Office of Education
Education Service Center
2707 Transworld Dr.
Stockton, CA**



Co-sponsored by:

Local Child Care Planning Council
San Joaquin County Office of Education
Central Valley Association
for the Education of Young Children



Workshops



• **Adding Whole Grains to Your Menu.** Learn the benefits and importance of eating whole grains, how to incorporate them into your menus, and what to look for when shopping. ~ Anna Olivares, Nutrition Consultant; Lisa Jimenez, CCFP Manager, Family Resource & Referral Center

- **Are You Ready?** Learn how to prioritize the things that have to be done to prepare your *family child care home, center, or workplace* for disaster and recovery. ~ Mindy Karo, Quality Enhancement Manager, 4C's of San Mateo
- **Changing the Community One Step at a Time!** Help change our community through shared information, resources, advocacy, and support. ~ Marva Lyons, NAFCC Regional 9 Rep, CAFCC/NAFCC
- **Charming Children - Bedtime & Beyond.** Overview of an innovative technique that contributes to a psychologically sound environment for children. ~ Ginny Lucas, DCH, PhD; Co-Author, The Evergreen Group
- **Childhood Lead Poisoning Prevention.** Understand the sources of lead exposure, how to prevent lead poisoning, and what to do for a child who has an elevated lead level. ~ Tung Tran, Community Health Outreach Worker, SJCPHS
- **Disaster Preparedness & Response for California's Children.** Learn about the systems of disaster preparedness and response, the coordination of these systems, and what that means *for child care providers* and the children in their care. ~ Lucy Chaidez, Child Care Training Program Analyst, CA State Emergency Medical Services Authority (EMSA)
- **Emergency Preparedness in Child Care Settings.** ~ Christopher Miller - Emergency Planner, SJC Public Health Services
- **Family Disaster Preparedness.** Recommendations for preparing *your home and business* for disasters, such as fire, earthquake, flooding, and others. ~ John Austin, Emergency Planner, SJC Office of Emergency Services
- **Healthy Habits KVIE Workshop*** Discover new ways to use PBS characters to get children excited about being and staying healthy! ~ Stephanie Kugler, Outreach Coordinator, KVIE Public Television
- **Help! My Job is Eating My Brain.** Gain a better understanding of how to cope with everyday stress in this fun workshop and leave with a smile. ~ Lynda Kilday, Public Policy Manager, Contra Costa Child Care Council

- **How to Raise Emotionally Healthy Children & Parents, Too!** Learn about providing children with the basic building blocks for emotional health and a rewarding, successful life. ~ Bob Brunson, LMFT; Behavioral Health Services Manager, Monterey County Children's Behavioral Health
- **Keeping Food Safe.** Learn the basics of how to keep food safe! This interactive workshop focuses on teaching the basic tools to keep you and your family safe. ~ Rosalinda Cabrerros, Degreed Nutritionist, Delta Health Care/WIC
- **Less Talk & More Action: Developing Nutrition & Physical Activity Policies.** Implement a new child care nutrition and physical activity self-assessment tool to achieve success in policy development. ~ Kitty Lenhart, MEd, RD; Child Health & Nutrition Specialist, Contra Costa Child Care Council

• **So What the Health is Happening with You?** As a follow up to the general session, the focus will be on the health and well being of the participant. Dr. Nick will share a challenge on the importance of walking in personal health integrity and take a deeper look at staff health and fitness improvement, as well as discuss and review the Seven Pillars of Health and Well Being. ~ Nick Yphantides, MD, MPH

• **Understanding Asthma.** Asthma education for child care and preschool staff. ~ Deanna Rossi, MPH; Associate Director, California Breathing, CDPH

* *Course will be offered in English and Spanish. El curso será ofrecido en Inglés y Español.*



Conference Schedule

7:45 - 8:10	Check-In / Continental Breakfast
8:10 - 8:30	Welcome
8:30 - 9:45	Keynote Speaker
10:00 - 11:15	Workshop #1
*11:15 - 11:45	Group A Lunch - followed by
11:45 - 12:45	Make & Take Time / Vendors
11:30 - 12:45	Workshop #2
*12:45 - 1:15	Group B Lunch - followed by
1:15 - 2:15	Make & Take Time / Vendors
1:00 - 2:15	Workshop #3
2:30 - 3:45	Workshop #4
4:00 - 4:30	Evaluations / Vendors

* Your lunch time will be assigned based on your workshop choices.



Registration Information

Registration fee is \$45.00 and must accompany your registration when submitted. **Early-bird registration is \$40 from July 15 through August 15.**

Register securely online using your credit card and receive instant confirmation.

Registration includes admission to workshops, vendors, continental breakfast, lunch, and all conference materials, as well as a CD with presenters' materials from all workshops.

Registration deadline: **August 31, 2010.** Register early! Space is limited to 200 participants. Workshops will be filled on a first-come, first-served basis as registrations are received.

If registering by mail or in person, complete one form per person. Photocopy form for additional registrants.

No refunds will be issued; substitutions will only be allowed with advance notification prior to day of event.

Free parking is available in the lot across the street from the Education Service Center.

To maintain a professional atmosphere and to ensure the safety of all, children are not permitted to attend the conference.



TAX DEDUCTIBLE

If you are attending this conference in association with your business, the costs of business-related vehicle mileage and professional development and training event registration are tax deductible.

Be Sure to Visit our Exhibitors

Ahri Bella ♦ Books Are Fun
 ♦ BeautiControl/LSO Event Planning ♦
 Cookie Lee Jewelry ♦ Hana Lima Creation
 Gold Canyon Candles ♦ KVIE Public Television
 The Pampered Chef ♦ The Evergreen Group
 and more!

Keynote Speaker

Dr. Nicholas "Dr. Nick" Yphantides

Author of *My Big Fat Greek Diet*

Dr. Nick Yphantides (pronounced Eee-fahn-tee-dees) is a family physician, a medical consultant for nonprofit health care agencies and the public health care system in the San Diego area, and is the Founding Co-Chair of the San Diego County Childhood Obesity Initiative. After taking a "radical sabbatical" to transform his own health, he now advocates and inspires others to make positive changes. He has a passion and commitment to help others improve their health.

Receive .5 unit of ECE from Delta College



Register and pay for the conference, then register and pay the \$13 tuition fee at Delta College.

You must be currently registered at Delta College.

Participants enrolled in CDEV83 'Issues in ECE' will be required to attend a 1/2-hr. meeting before the conference (7:30-8am) and after (4-4:30pm) to complete class assignments.

For more information, contact Pam Mekjavich, ECE Instructor, at pmekjavich@deltacollege.edu.

Hotel Information

Attendees are responsible for making their own hotel accommodations. Mention SJCOE to receive the discounted room rate.



Holiday Inn Express & Suites, Manteca
 179 Commerce Avenue
 (209) 239-5600



Hampton Inn & Suites, Stockton
 5045 Kingsley Road
 (209) 946-1234

Attendees will earn Professional Growth hours!

Questions regarding the conference or registration?
 Call Adrienne Watkin at (209) 461-2913
 or Leslie Reece at (209) 461-2951

