CHILD CARE CONFERENCE & REGISTRATION INFORMATION PACKET

REGISTRATION FEES & DEADLINES:

• **ON TIME REGISTRATION:** The cost for ON TIME REGISTRATION is **$25 per person.** This will enable the participant to attend the conference, participate in 3 workshops, enjoy morning refreshments, lunch, & keynote speaker. If registration is completed and POSTMARKED before or on **Monday, February 3rd, 2014,** it will be considered ON TIME.

• **LATE REGISTRATION:** The cost for ALL late registrations is **$35 per person.** This will enable the participant to attend the conference, participate in 3 workshops, enjoy morning refreshments, lunch, & keynote speaker. If registration is completed and POSTMARKED on or after **Tuesday, February 4th, 2014**, BUT on or before **Friday, February 14th, 2014,** this will be considered LATE REGISTRATION and you will have to pay $35 per person.

NO REGISTRATIONS WILL BE ACCEPTED IF POSTMARKED AFTER FEBRUARY 14TH, 2014.

CONFERENCE FEES INCLUDE MORNING REFRESHMENTS, BUFFET LUNCHEON, KEYNOTE SPEAKER, WORKSHOPS & PROGRAM MATERIALS PER PERSON.

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.
CONCURRENT WORKSHOP I: 9:00 AM - 10:20 AM

Incredible Years and Circle of Parents
IT, PS, SA, FCCH, & P
Presenter: Brenda Dunford, Albemarle Smart Start Partnership, Vice President of Family Support
Albemarle Smart Start Partnership offers two great parenting classes, Incredible Years and Circle of Parents. Come learn how these programs can benefit parents.

Positive Discipline
IT, PS, SA, FCCH, & P
Presenter: Olivia Jones, Family and Consumer Sciences Extension Agent, Currituck County
Albemarle Smart Start Partnership offers two great parenting classes, Incredible Years & Circle of Parents. Come learn how these programs can benefit parents.

Cooking With Kids
PS, SA, FCCS, P
Presenter: Mary Morris, Family and Consumer Sciences Extension Agent, Chowan & Bertie Counties
Hands on healthy cooking class. Get some new ideas on how to get kids engaged in helping prepare healthy foods & then eat healthy foods!

Healthy Habits for Children with diabetes
IT, PS, SA, FCCS, & P
Presenter: Ellen Owens, 4-H Youth Development Extension Agent, Currituck and Edie Etheridge, RN with Currituck County Public Schools
Participants will explore topics including what is diabetes, building relationships between home and center and how to ensure healthy habits for children with diabetes.

CONCURRENT WORKSHOP II: 10:30 AM - 11:50 AM

Happy Feet
PS, SA, FCCS, P
Presenter: Fiona Stone, Fitness & Wellness Coordinator, Currituck Family YMCA
During this workshop, participants will learn new ways to teach kids to be active through music and dancing. Keeping kids active is a great way to keep them physically fit. This is an interactive workshop, so come prepared to move.

Seeding Ideas for Outdoor Learning
IT, PS, SA, FCCS, P
Presenter: Liz Driscoll, 4-H Specialist, Horticulture, NC Cooperative Extension
Wiggle like a worm, stalk elusive decomposers, and start seeding an engaging outdoor learning program with your young people! Participants will enjoy a hands-on workshop and build fundamentals for understanding ways to translate the wonderful mysteries of outdoor spaces, including gardens, into fun activities for kids. We will grow and nibble plants, sing, dance, explore bugs, smell soil, and leave with concrete ideas to put into practice.

Childcare with the Heart in Mind . . . Let’s Focus and Relax!
IT, PS, SA, FCCS, & P
Presenters: Rosie Rankin, Licensed Professional Counselor, Career Development Coordinator
Shirley Parker, Licensed Professional Counselor, School Psychologist
The 123’s and ABC’s are important to children’s achievement and success in society. There is growing awareness and evidence of the importance of social and emotional skills in children’s success. Mindfulness offers children and their caregivers the opportunity to increase focus, maintain calm, and gain access to their emotions; empowering them to respond more effectively in the present moment. Join us for an experiential mindfulness session!

Be Healthy, Stay Active with Connie
P
Presenter: Connie Wolfrey, Fitness Specialist
This workshop will discuss the importance of regular physical activity in order to stay healthy. After a brief discussion participants will learn different Zumba techniques as a way to help stay healthy and active.

Pediatric Asthma Care Managers
PS, SA, FCCS, P
Presenter: Gayle Olson, RN, Pediatric Asthma Care Manager, Albemarle Regional Health Services, & Janet Capehart, Registered Respiratory Therapist, Pediatric Asthma Care Manager, Vidant Chowan Hospital & Vidant Bertie Hospital
Children living with asthma under the age of 5 are of high priority within North Carolina, as is providing asthma education information to those who care for them. This curriculum/training will address the following: what is asthma; recognizing a child with asthma; signs and symptoms, triggers, and treatment. Resources will be provided.

Darkness to Light (D2L) Part 1 of 2
(Participants must register for both workshop sessions.)
IT, PS, SA, FCCS, P
Presenter: Rhonda Morris, Director, Kids First, Inc. Child Abuse Treatment Center
Darkness to Light (D2L) is the only evidence-based sexual abuse prevention program in the country. It includes video clips of adults who were abused as children and offers insights into the identification of the child predators. Participants will be given workbooks to take with them and other materials that will be helpful resources to share with others.

Please be mindful of your completed credit hours. Repeat classes will NOT be accepted by your licensing consultant.
Garden geeks unite! Do you already rummage around dead and decaying logs to find critters? Or do you start seeds in old pots, yogurt cups, and milk jugs and have no space left on your classroom’s windowsill? Participants are invited to dig deeper into garden-based learning and discover additional ways to enhance your teaching. Participants will massage kale, save soil, and make a leaf identification arrangement.

**Growing Garden-Based Learning**  
IT, PS, SA, FCCS, P  
Presenter: Liz Driscoll, 4-H Specialist, Horticulture, NC Cooperative Extension

**Pins, Tweets, and Timelines Oh My!**  
IT, PS, SA, FCCH, & P  
Presenter: Stacey Midgett, Family and Consumer Sciences Extension Agent, Hyde County

We will be learning the basics of Pinterest, Facebook, and Twitter and how to use them to find fun lessons and crafts, promoting your childcare, and sharing with the parents and community your events, fundraisers, etc.

**Professional You**  
IT, PS, SA, FCCH, P  
Presenter: Olivia Jones, Family and Consumer Sciences Extension Agent, Currituck County

Learn to put your best foot forward in today’s competitive job market. Develop strategies to look, speak, and be the professional you.

**Fun Time with Story Time**  
IT, PS, SA, FCCH, P  
Presenter: Stephanie Parker-Hekmkamp, County Extension Director & Family and Consumer Sciences Extension Agent, Hertford County

Come learn the lost art of storytelling. We’ll use puppets, props, and more in this interactive workshop to make story time come to life! Storytelling is appropriate for children of all ages and will stimulate imaginations, oral communication skills, encourage creativity, and create a love of books and reading.

**Darkness to Light (D2L)**  
Part 2 of 2  
(Participants must register for both workshop sessions.)  
IT, PS, SA, FCCS, P  
Presenter: Rhonda Morris, Director, Kids First, Inc. Child Abuse Treatment Center

Darkness to Light (D2L) is the only evidence-based sexual abuse prevention program in the country. It includes video clips of adults who were abused as children and offers insights into the identification of the child predators. Participants will be given workbooks to take with them and other materials that will be helpful resources to share with others.

**Notes about workshops:**

Workshops are assigned on a first-come, first-serve basis & based on the maximum number each instructor would allow. If you do not get your first choice, we apologize for any inconvenience this may cause & we ask that you follow the schedule you will receive upon registration.

**Key:**  
FCCH = Family Child Care Home  
IT = Infant/Toddler  
PS = Pre-School  
SA = School Age  
P = Professionalism

Please be mindful of your completed credit hours. Repeat classes will NOT be accepted by your licensing consultant.
SHOOTING FOR THE STARS
Schedule of Events:

8:00 - 8:30 AM    Registration, Refreshments, & Exhibits Open
8:30 - 8:45 AM    Welcome & Announcements
8:45 - 9:00 AM    Break
9:00 - 10:20 AM   Concurrent Workshop I
10:30 - 11:50 AM  Concurrent Workshop II
12:00 - 12:30 PM  Lunch - Catered by Topside
12:30 PM          Exhibits Close
12:30 - 1:20 PM   Keynote Speaker
1:30 - 3:00 PM    Concurrent Workshop III
3:00 PM           Depart

Directions:
NC Cooperative Extension, Currituck County Center
120 North Community Way
Barco, NC 27917
252-232-2261 or 252-232-2262
http://currituck.ces.ncsu.edu

FROM PASQUOTANK:
Travel over the Pasquotank River Bridge on US 158 East and through Camden County. Go through the flashing caution light at Belcross and travel .1 of a mile. The road will fork and the left becomes North 34 and the right continues with US 158 East (also known as Shortcut Road.) Bear right on US 158 East and travel 8.7 miles to our location. Roads and landmarks prior to our site include: Maple Road, Currituck Airport and Airport Road on the left. Note: Our road is .8 mile from Airport Road. Turn left on Aviation Parkway and then left on Community Way. Center is located behind the YMCA.

FROM DARE COUNTY:
Travel on US 158 West to Barco. At the traffic light turn left onto US 158 West. Travel 2 miles - you will see Central Elementary School on the right. Next will be Aviation Parkway. Turn right and then left on Community Way. Center is located behind the YMCA.

SPONSORED BY:
North Carolina Cooperative Extension

Smart Start Partnerships

- Albemarle Smart Start Partnership - Pasquotank, Camden, Currituck & Gates Counties - 333-3205
- Chowan/Perquimans Partnership for Children/Smart Start - 482-3530
- Children & Youth Partnership for Dare County - 441-0614
- Tyrrell-Washington Partnership for Children/Smart Start - 793-5437

Registration must be sent to the address listed on the Registration Form - NO Exceptions!
Registration is on a first-come, first-serve basis for individual classes due to some classes having limits.
Registration fees can be transferred to another participant/provider, but NO REFUNDS will be issued.
REGISTRATION FORM

CONFERENCE FEES INCLUDE MORNING REFRESHMENTS, BUFFET LUNCHEON, KEYNOTE SPEAKER, WORKSHOP & PROGRAM MATERIALS PER PERSON. ADDITIONAL MEALS CAN BE PURCHASED AT $10 PER PLATE.

Please complete ONE form for each person. Copies of this form can be made without alterations. Class selections are done on a first-come, first-serve basis. Please print all information on this form. Registration fees can be transferred, but NO REFUNDS will be issued.

PARTICIPANT’S INFORMATION

Name: ________________________________________ Business: ________________________________________
Address: ______________________________________ City: __________________ State: ____ Zip Code: __________
Home Daycare: ______ Daycare Center: ______ Infant/Toddler: ______ Pre-School: ______ School-Age: ______
Business Telephone: _____________________________ Other Telephone: __________________________________

FEES AND DEADLINES

• ON TIME REGISTRATION: $25 per person if POSTMARKED before or on MONDAY, FEBRUARY 3rd, 2014.
• LATE REGISTRATION: $35 per person if POSTMARKED on or after TUESDAY, FEBRUARY 4th, 2014.
• NO REGISTRATIONS will be accepted if POSTMARKED on or after SATURDAY, FEBRUARY 15th.
• NO ONSITE REGISTRATIONS will be accepted.

Make checks & money orders payable to: PERQUIMANS FARM SERVICE

CONCURRENT WORKSHOPS

PLEASE SELECT FIRST AND SECOND CHOICES FOR THE CONCURRENT WORKSHOP SELECTIONS BELOW.

This conference awards up to 5 contact hours.

<table>
<thead>
<tr>
<th>Concurrent Workshop I (9:00am - 10:20am)</th>
<th>1st Choice</th>
<th>2nd Choice</th>
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<tbody>
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RETURN COMPLETED REGISTRATION FORM AND PAYMENT BY FEBRUARY 3, 2014

Cash, Checks, Money Orders and Certified Checks are acceptable forms of payment. A $25 Returned Check Fee will be strictly enforced.

Mail To:
NCCES - Perquimans County
Attn: Jewel Winslow
P.O. Box 87
Hertford, NC 27944

Make checks & money orders payable to: PERQUIMANS FARM SERVICE
COME DRESSED IN YOUR FAVORITE COLLEGIATE OR PROFESSIONAL SPORTS TEAM

Are you a Carolina Panthers Fan or a Carolina Hurricanes Fan or love to watch the US Soccer Team on television? What about collegiate sports? Who is your favorite college football, basketball, baseball team? This year’s Shooting for the Stars Child Care Conference Theme is all about sports. Come dressed in your favorite sports team jersey, t-shirt, etc. Show off your sports spirit!

PRIZES WILL BE AWARDED!