

2024 Umbrella

.....
Annual Conference

Saturday, March 23, 2024

720 Midland Avenue, Scarborough, ON
(Midland Ave & Danforth Rd)



Umbrella Central
Day Care Services

CONFERENCE SPONSOR



CATERING SPONSOR



SESSION ONE WORKSHOPS

9:30 a.m. - 11:30 a.m.

M-1 COMMUNICATION AND COLLABORATION FOR RESPONSIVE AND RESPECTFUL RELATIONSHIPS

Presented by the College of Early Childhood Educators, this presentation is focused on communication and collaboration with families and colleagues. Recognizing the importance of building and maintaining positive relationships, participants will learn about and reflect on approaches to communication and collaboration, and ways to handle challenging communication and resolving conflict in their interactions with the adults in their professional practice.

Melanie Dixon RECE, College of Early Childhood Educators

M-2 BUILD A CHILD'S BRAIN: READ, RHYME, SING AND PLAY (0-6 years old)

Emergent literacy is a child's developing awareness of oral and written language grounded in nurturing relationships. Join this engaging workshop designed for early learning professionals seeking ways to bolster a child's language and literacy development. Backed by research emphasizing the lifelong impact of the first five years, this session offers practical tips and tools to enhance early brain development in young children within the framework of a nurturing and responsive environment.

Jill Javelosa-Alvarez RECE

M-3 GET MOTIVATED, EXPLORE YOUR PURPOSE AND RE-IGNITE YOUR PASSION!

For many of us the last few years have been tough and challenging and we are still experiencing burnout and creative and emotional fatigue. We owe it to ourselves and ultimately to the children and families to embrace personal and professional tools to be at our most positive, dedicated to being our best selves and to have the energy and focus required to put the most into every day. In this inspiring workshop we will examine what we can do every day to develop our own personal life and work strategies to remain motivated, stay positive, be an uplifting influence on others and be focused childcare professionals.

Because our daily mission has a great purpose and meaning in the lives of the children and parents we touch daily, we need to tap into new motivations and revitalize, re-ignite, and renew our passions for our career. With group and partner exercises along with learning and sharing moments it's the perfect workshop for the childcare professional who maybe more than ever needs a generous shot of motivation and an opportunity to re-invest in themselves and their careers!

Michael Lewis

M-4 DEVELOPING EMOTIONAL WELLNESS: ENCOURAGEMENT VS. CORRECTION

Helping children develop emotional wellness is top of mind for all educators. However, because so many professionals in our industry are burnt out, we fall on misguided "correction" techniques. A child's misbehaviour is their solution to their problem. Correcting a child's behaviour often doesn't work because it doesn't solve the problem that the child is having. A misbehaving child is a discouraged child in need of encouragement, not correction. This interactive workshop will give you the tools needed to foster a strength-based approach to misbehaviour.

Catherine Ciardulli

M-5 HOW DOES LEARNING HAPPEN?

Need a refresher on the "How Does Learning Happen?" document? This workshop is designed for educators, focusing on the highlights of the HDLH document. This session aims to deepen your understanding of this influential framework, providing insights into its key principles and practical applications within educational settings. Through collaborative discussions and hands-on activities, educators will explore the four foundations of the document: Well-being, Engagement, Expression, and Belonging. Educators will have an opportunity to reflect on teaching practices, aligning them with the document's principles, and fostering an environment that nurtures holistic child development. Join us to enhance your skills, exchange ideas with fellow educators, and empower yourself to create enriching learning experiences that prioritize the well-being and growth of every child in your care.

Saira Remtulla

M-6 GO TEAM!

This workshop is dedicated to a profound exploration of the diverse characteristics and personalities within our team. We will delve into how these dynamics intricately shape and influence the overall effectiveness of our collaborative efforts. The interactive journey, where we will navigate the intricacies of teamwork. Through engaging activities and insightful discussions, we aim to transform individual experiences into the foundation for collective success. Let's work together to build stronger, more harmonious teams that thrive on collaboration and synergy. Get ready to discover the power of unity and the collective strength that emerges when diverse talents and perspectives come together towards a common goal. The workshop promises to be a dynamic and transformative experience, leaving you equipped with valuable insights for fostering teamwork and achieving shared success.

Jinder Virdee

**REGISTER EARLY TO AVOID
DISAPPOINTMENT!!!**

SESSION ONE WORKSHOPS (cont'd)

9:30 a.m. - 11:30 a.m.

M-7 RESILIENCY IN CHILD CARE STAFF

Child care staff resilience refers to the ability of individuals working in the child care sector to withstand and adapt to challenges, stressors, and demands essential in their roles. Resilience is a dynamic process that involves coping with adversity, bouncing back from setbacks, and maintaining overall well-being despite the pressures of the job. The very word makes some people angry, discouraged, and shamed. But why? How did this one word become such a flashpoint of emotion? Our society tends to use this word as though people either are, or aren't, resilient. But that thinking misses an important part of the story. Like an elastic band, resilience is not solely based on what the band is made of. Instead, the environment that elastic band is in plays an essential role as well. Leave it out in the sun and what happens? It becomes brittle, and now it's likely to break if you try to stretch it. We are like an elastic band. During this workshop we'll explore the elements that contribute to resilience, The Window of Tolerance and how to expand it, and how we can contribute to the spread of vicarious resilience in the workplace and beyond.

Shawna Percy

M-8 BEHAVIOUR THERAPY SKILLS

Learn how the skills of R-E-S-T (Relax, Evaluate, Set Intentions, and Take Action) can help you cope with situations in the everyday classroom. Practicing Radical Acceptance will help you to acknowledge the present situation and not judge the situation or criticize yourself or the children as “good” or “bad”; we can learn to let go of the illusion of needing to be in total control and a willingness to accept things as we form an effective response. Facing obstacles and learning how to turn our values into actions will lead to a more authentic experience for yourself and the children.

Steve Lister

Door Prizes

Draws will be held during lunch for prizes generously donated by suppliers to the child care community. Your lunch ticket may have a winning number!

Registration Information

Conference location is 720 Midland Avenue, Scarborough. (See page 4 for details.)

Registrations are processed on a first-come, first-serve basis.

No more than two registrations for the same workshop per centre please.

Early Bird Special ends March 8, 2024.

Lunch is NOT included in half-day registrations.

REGISTER EARLY to get the workshops of your choice and avoid disappointment.

Priority is given to fully-paid registrations. If a receipt is required, enclose a stamped, self-addressed envelope.

Payment by VISA and Mastercard is accepted.

Please use one form for each person.

All day attendance cannot be shared between two people.

No confirmation of your registration will be sent. When you arrive at the Conference, check in at the registration desk to receive your registration package.

Registrations ARE transferable. If you must cancel your registration, submit a written request to Umbrella by March 8, 2024 and include the name of the replacement person.

Non-attendance does not constitute cancellation.

Children are not permitted at the Conference.

No refunds will be issued after the March 8, 2024 deadline.

SESSION ONE WORKSHOPS (cont'd)

9:30 a.m. - 11:30 a.m.

M-9 UNDERSTANDING AND GUIDING CHILDREN'S BEHAVIOUR – focus on 3-6 year olds

Using the 4 foundations from How Does Learning Happen, participants will focus on supporting children to develop problem-solving skills, and explore the functions behind the behaviour that you are seeing in your program. We will review how we as educators can set up the environment for success, and how to manage more challenging and aggressive behaviours such as fighting, and explosive responses. We will also look at ways educators can work together to support each other and families when difficult moments happen. Time will be available for lots of questions and discussions on how we can implement change into our daily practice.

Jennifer Cloke-Campbell and Janet Scott

M-10 FOR THE LOVE OF LOOSE PARTS!

Tubes, boxes, blocks, gems, rocks, CDs and much more will be explored and experimented with looking through the eyes of a child! Through hands-on play and examining the numerous possibilities that loose parts bring, we will build upon our understanding of how and why these simple yet magical materials need to be a staple in any early years program. We will aim to answer questions such as “Where can we get loose parts?” “How can we gather loose parts on a budget?” “How do I offer or set up loose parts for different ages?” “Isn't loose parts play only for younger children?” “Why are loose parts so valuable for supporting children's thinking, learning and development?” Photos, videos, stories, and examples will also be shared throughout this learning journey!

Carrie Harrison-Lameira & Maya-Rose Simon



About Umbrella

Umbrella Central Day Care Services is a non-profit, charitable corporation that assists the child care community in offering quality programs for children.

Umbrella provides support to all child care professionals through resources, research, education, networking, and training opportunities through workshops and conferences.

The face of child care is constantly changing and Umbrella has worked hard to meet the needs of the child care profession in these challenging times. We continue to provide essential services, current information, affordable professional development, and a resource centre which serves the entire child care community.

Great classrooms and programs begin with well-trained staff who are enthusiastic about implementing the curriculum effectively. To build a quality program and successfully implement curriculum, it is crucial to offer learning opportunities.

Umbrella has a history of providing innovative events and resources for our community. We also operate 11 child care centres in Durham Region.

View our website at www.umbrelladaycare.com

More workshops next page

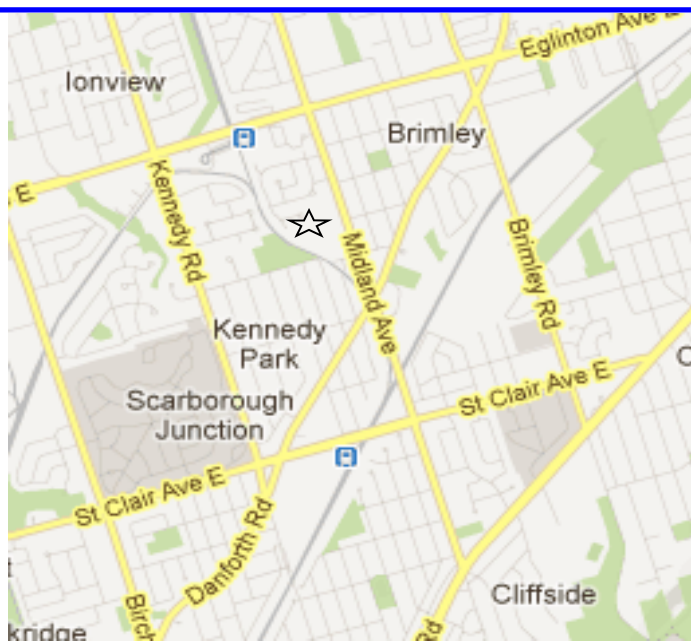
CONFERENCE LOCATION

**720 Midland Avenue
Scarborough, Ontario**

Main intersections: Midland Avenue and Danforth Road.

Parking at the school is limited - arrive early to ensure a spot or take transit!!!

TTC (416-393-4636). From the Kennedy Subway Station, take the Cliffside 20 bus to Midland Avenue and Verdun.



SESSION TWO WORKSHOPS

1:15 p.m. - 3:15 p.m.

A-1 SCHOOL AGE ENVIRONMENT & BEHAVIOUR STRATEGIES

Unlock the full potential of the school-age environment and learn effective strategies to support challenging behaviours.

Discover the art of creating an environment that not only eliminates misbehaviour but also nurtures an atmosphere where children can have fun while learning. Recognizing that children learn best through hands-on interactions with objects and materials, we'll explore the critical role of providing an organized environment as the foundation for optimal learning experiences. In this session, participants will have the opportunity to reflect on their work habits and leverage their experiences in setting up children's environments. We'll delve into the key elements of play-based program planning principles, incorporating the Early Learning for Every Child Today (ELECT) framework and embracing best practices. We will transform learning spaces into dynamic hubs that not only engage but also support children with difficult behaviours on their unique learning journey.

Jinder Virdee

A-2 COMMUNITY OF PRACTICE - DIVERSITY, EQUITY & INCLUSION (DEI)

This Community of Practice (COP) will provide educators with an opportunity to engage in facilitated conversation, reflective practice, and pedagogical leadership as we explore diversity, equity, and inclusion (DEI). Together, we will discuss what these terms mean individually and collectively, the social identities individuals carry, and what embracing and valuing representation can look like in early learning programs through practices we currently use, those we may consider implementing, as well as those we may reconsider.

Shannon Soul and Sacha Farrell, Durham Region

A-3 POSITIVE GUIDANCE: THE TRICKS AND TOOLS

This interactive workshop will provide you with hands on experiences to strengthen your Positive Guidance Knowledge. Come learn the “**Tricks and Tools**” that every teacher should know about to foster classroom cooperation, enhance inner discipline and build intrinsic motivation. Bring your toughest questions; as a group we will learn how to apply these “**Tricks and Tools**” and solve our biggest problems!

Catherine Ciardulli

A-4 GETTING READY FOR KINDERGARTEN

Ever wonder what children need to know to be prepared for Kindergarten? Did you know there are simple activities and routines you can add to your programming to get the children ready for school. The workshop begins with a quick review on brain development and how children learn. Next, we explore the How Does Learning Happen Document and how it connects to the Kindergarten curriculum. Then, we take a look at simple activities that introduce and foster language development, and literacy and numeracy skills. The session ends with learning engaging and interactive songs and rhymes that can be incorporated into the daily routine and foster academic skills.

Saira Remtulla

A-5 HOW DOES LEARNING HAPPEN IN THE EARLY YEARS? BRINGING THE FOUR FOUNDATIONS TO LIFE (for ages 0-6)

Join this dynamic workshop designed to empower educators in designing a learning environment that delivers exceptional experiences for children and families. Explore effective strategies to nurture relationships within your program, enhancing children's learning, development, health, and well-being. Receive valuable insights and support for educators in their crucial role with children and families. Immerse yourself in discussions covering the Four Foundations of “How Does Learning Happen?,” the Early Years Curriculum, Pedagogical Documentation, Play, Loose Parts, and more, embracing a reflective practice and collaborative inquiry approach.

Jill Javelosa-Alvarez

A-6 THE JOY OF PROCESS ART AND MESSY PLAY

Join us as we dig deeper into open-ended, process-based art and messy play! Gain inspiration from creative materials, provocations and experiences for children of all ages. Examine the true meaning of ‘process over product’ and see the value in letting go and letting the children lead. Through engaging workshop participants in hands-on play with a variety of materials, sharing real experiences of children and participating in thoughtful discussions, we hope to ignite joy and see these types of valuable experiences through the eyes of our little ones!

Carrie Harrison-Lameira & Maya-Rose Simon

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SESSION TWO WORKSHOPS (cont'd)

1:15 p.m. - 3:15 p.m.

A-7 EMPOWERING THE TODDLER EDUCATOR

Being a toddler educator is a roller coaster ride with lots of ups and downs of meeting the developmental needs of this amazing and busy age group. Come join us as we explore toddler development, toddler curriculum, and toddler behaviour. As a toddler educator you are working collaboratively with families during a busy year of growth including tantrums, seeking independence, developing social skills and sometimes even toilet training. We will guide you in meeting the individual needs within your group and supporting families to become empowered parents of toddlers. You will leave with lots of resources for you and for families.

Jennifer Cloke-Campbell and Janet Scott

A-8 REFRESHED AND STREAMLINED: CONTINUOUS PROFESSIONAL LEARNING (CPL) PROGRAM

During this presentation, you will be provided with an overview of the revised Continuous Professional Learning (CPL) Program launched in July 2022. You will learn about the Sexual Abuse Prevention Program online member education and the new simplified CPL Portfolio Cycle of One Year-One Goal. You will have an opportunity to ask Melanie Dixon, RECE, your questions and learn about the free online resources available on the College of ECE website.

Melanie Dixon RECE, College of Early Childhood Educators

A-9 MINDFULNESS & CO-REGULATION

When adults and children are under stress their fight, flight and freeze stress response kicks in. Mindfulness is a process educators can learn to understand and respond to stress in terms of managing their behaviours, overwhelming emotions, sensory inputs, motivation, learning, and relationships. When educators understand themselves, they can then help children to regulate in a process of co-regulation. Bilateral BioMeridian and Awareness Based Calming Tools (BB-ABC) are exercises designed to help educators calm themselves and they can be taught to the children they work with.

Steve Lister

**See you on
March 23rd**

A-10 INSPIRATIONAL LEADERSHIP: HOW TO GET THE VERY BEST OF YOUR TEAM EVERY DAY!

It is an old adage that we all manage to bring our hands and feet to work every day, but how do we ensure that we also bring our hearts and minds. Ours is a profession in which if you have disengaged employees they are highly visible, and their attitudes and outlooks have a greater impact and influence than we can imagine. Discover how embracing an inspirational leadership approach can make all the difference in ensuring that your team brings their best to work every day and that their focus is always on children and families.

This workshop covers a wide range of inspirational leadership tools that every leader needs to use to succeed including genuine and targeted recognition and appreciation, teambuilding, coaching and mentoring staff and creating greater engagement by through staff partnering. Together we'll discover how to create a positive and supportive culture, one in which everyone belongs, everyone is on the same page and one in which everyone can bring their best to work every day!

Michael Lewis

CONFERENCE SCHEDULE

Saturday, March 23, 2024

8:30 Registration, refreshments

9:15 Announcements in the Cafeteria

9:30 *Session 1 Workshops*

11:30 Lunch

1:15 *Session 2 Workshops*

FEELING UNDER THE WEATHER?

If you have flu symptoms such as a fever, aches, tiredness or a cough, we ask that you do not attend the Umbrella conference to reduce the chance of infecting others.

If an individual cannot attend the conference (for whatever reason, illness or other), there are no refunds after March 8, 2024, but you can send a substitute in your place.

CONFERENCE LOCATION—See map on page 4

720 Midland Avenue
Scarborough, Ontario

Speaker Information

Catherine Ciardulli, RECE BASc works as a behavioural and curriculum consultant at many child care centres and hosts a variety of positive discipline and curriculum workshops. She also speaks regularly at many Early Childhood Conferences.

Jennifer Cloke-Campbell is a Resource Consultant with George Brown College. She has worked in the field of Early Childhood Education for over 25 years. She is passionate about working with families, connecting them to resources within the community, and supporting inclusion within the Early Years Sector.

Melanie Dixon RECE is the Director of Professional Practice at the College of Early Childhood Educators. She is a collaborative leader and learner with varied experience in the early years sector. Melanie is committed to supporting registered early childhood educators in recognizing and growing their expertise to promote the well-being and sense of belonging of all children.

Sacha Farrell is an Early Literacy Specialist and Training Specialist with the Regional Municipality of Durham who supports Indigenous programming and education.

Carrie Harrison-Lameira, B.A. R.E.C.E is a Registered Early Childhood Educator who has been working with children from birth to teenagers for over 25 years. She has been an educator in childcare centres, camps, after-school programs, full day kindergarten classrooms and a college lab school. Her experience also includes being a childcare supervisor, working with children with special needs and opening a non-profit childcare.

Jill Javelosa-Alvarez is a multifaceted individual, embodying roles as an Author, Speaker, Consultant, and Registered Early Childhood Educator with extensive experience in engaging with children, families, and early learning professionals. Jill believes in leveraging play to enrich children's learning experiences. Her messages echo the significance of fostering quality interactions and meaningful connections with young minds.

Michael Lewis is managing director of Michael Lewis Training, Motivation & Development, a London, Ontario based training firm specializing in personal and professional development workshops.

Steve Lister provides training for early childhood professionals who work closely with students who display challenging behaviours. He is also a certified Autism Awareness Trainer and has developed and delivers workshops in Mindfulness and Self-Regulation for students, staff, and parents.

Shawna Percy is a TEDxUW speaker, published author, and President of Life Voice workshops. Shawna regularly runs certificated and customized workshops across Canada, including Mental Health First Aid, ASIST, safe-TALK, Compassion Fatigue, and more.

Saira Remtulla is an Ontario Certified Teacher with the Toronto District School Board for over 15 years. Saira has developed and founded a fun-filled program tailored to children aged zero to 4 years, which provides them with the foundational tools necessary to achieve success in their educational journey. She trains educators in the Connected Start method at workshops, child cares and early learning centres and conferences. Growing, learning and making mistakes can only happen when children feel safe and connected with their caregivers, educators, environment and with each other.

Maya-Rose Simon has been a Registered Early Childhood Educator for 30 years. She has worked with children of all ages in childcare, Montessori programs, camps, and elementary schools. Most of her career she has been an educator at post secondary lab schools within the GTA.

Janet Scott is a Resource Consultant with WoodGreen Community Services. She has worked in the field of Early Childhood Education for more than 25 years. Her professional experience includes supporting childcare programs, building staff capacity, supervising a childcare centre and working as a frontline staff with all age groups. Janet is passionate about sharing her knowledge and experiences within the childcare sector.

Shannon Soul is a Registered Early Childhood Educator and Training Specialist with the Regional Municipality of Durham with a current focus on mental health initiatives.

Jinder Virdee, Bachelor of Teaching, E.C.E., has been involved in the Early Childhood Education field for over 30 years. Jinder teaches at Seneca College, and operates her own consulting business offering keynote speaking, workshops, webinars and seminars. Through these hands on workshops, Jinder shares personal experiences and shares many personal stories.

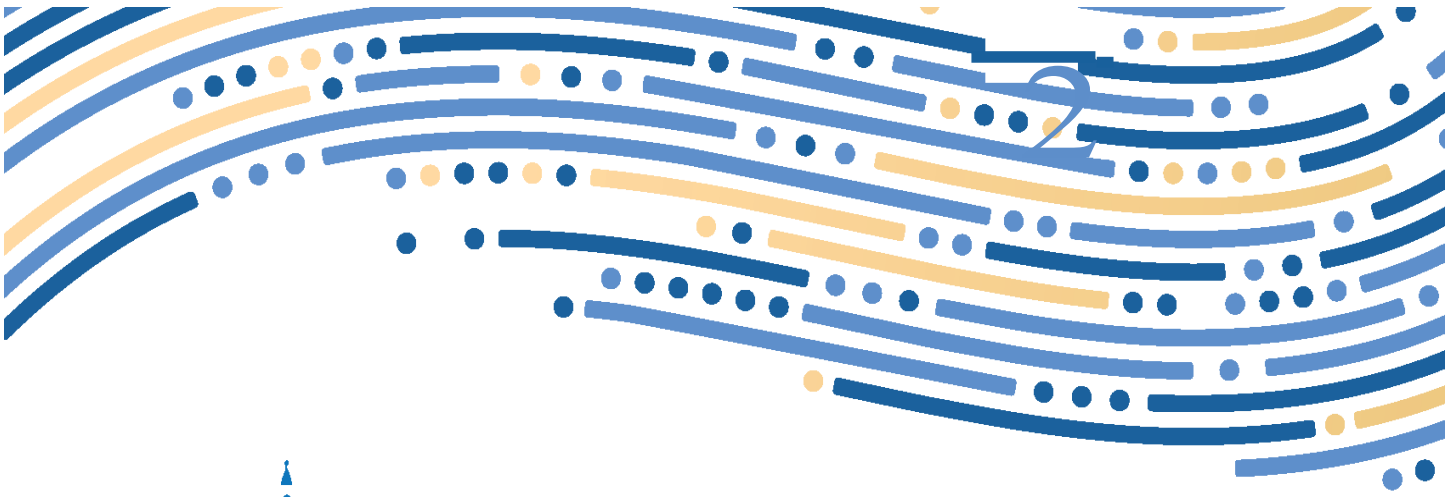
**10 Morning Workshops and
10 Afternoon Workshops
to choose from!!**

WORKSHOP CERTIFICATES

When you attend the conference you will receive a certificate of participation. Each certificate will have the amount of workshop hours on it to help you track your professional development hours.



Visit and chat with exhibitors from the child care field. They will be there to show you the latest in child care products and services!



FEATURES
20 workshops to choose from!
Networking Opportunities
Exhibits
Door Prizes
Childcare Resources
.... and much more!



31 **ECE** WORKSHOPS

HOSTED BY:
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