

 milestones Presents. . .

**Saturday
September 30,
2023**

**Atwood Memorial
Center— St. Cloud
State University**

**Break-out
Sessions**

**Vendors
Networking
Prizes
& more...**

energize!

a unique early childhood learning event

Energize Early Learning Event

September 30, 2023

SCHEDULE

7:00—7:45 AM

Registration & Shopping

7:45—9:45 AM

Early Morning Keynote

9:45—10:00 AM or 9:45—10:15 AM

Break & Shopping

10:00—12:00 PM or 10:15—12:15 PM

Morning Breakout Sessions

12:00—1:30 PM or 12:15—1:30 PM

Lunch & Shopping

1:30—3:30 PM

Afternoon Breakout Sessions



Empower to educate helps current and aspiring early childhood educators advance and sustain their career goals in child care.

EVENT HIGHLIGHTS

- This event provides six hours of Develop approved training.
- All sessions are approved through Achieve-Minnesota Center for Professional Development and meet licensing training requirements.
- Group Rate of \$50/each is available for groups of five or more from the same organization. Registrations must be received together. Note that Parent Aware grant money can be used towards the cost.
- Shop with vendors, visit resource tables, network with others during morning & lunch breaks!

KEYNOTE SPEAKER

Kristen Wheeler Highland



Kristen Wheeler Highland is a veteran Early Childhood/School Age professional with many years of experience both in direct service and in the role of consultant/ coach for providers, programs, and staff. Throughout her career, Kristen has held many positions within the field. Her broad experience has brought with it an appreciation for the rich depth and diversity of settings available for children and their families. Kristen utilizes her past experiences to inform the topics she researches and speaks on. Kristen's speaking and training style is laid back and approachable, infusing humor and stories from her own life and experiences.



T.E.A.C.H Early Childhood MN is a scholarship program that helps early childhood educators increase their levels of education by earning college degrees.

EVENT INFORMATION

Registration: PLEASE REGISTER EARLY!

- Registration is **\$60.00** through Tuesday, September 19th, 2023.
- The fee for registrations postmarked after September 19th and at the door of the event is **\$65.00**.
- Groups of **5 or more = \$50/each**. All registrations must be from the same organization, received together and paid for with one transaction.
- Sessions are filled in the order that payments are received. **Sessions fill quickly so please submit your registration as soon as possible. On-line registration is quick & easy making it more likely to get into your preferred session choices.**

Training Hours/Certificates: Attendees will receive 6 hours of training. Following the event, Milestones will add your sessions to your learning record using your Develop ID number. Certificates can be created after the event on an “as-needed” basis and will be sent via email to those indicating they need one; however certificates will not be available the day of the event.

Food: NO BREAKFAST WILL BE PROVIDED PRIOR TO THE KEYNOTE SESSION. There are several options for you to purchase your own inside Atwood Memorial Center. Lunch will be buffet at Garvey Commons. If you have *special dietary needs*, they will be able to accommodate. **Please bring your own water bottle** to use throughout the day as water **WILL NOT** be provided. There are several water filling stations within close proximity of the training spaces.

Child Policy: To ensure you and our other attendees get the most out of this event, please honor our “no-children” policy at this event. Please call if you have any questions regarding this policy.

Cancellations & Refunds: Cancellation requests must be in writing and postmarked, or received by fax or email, by **September 25th**. A refund, less a processing fee of \$15, will be issued. No refunds available **after** September 25th. **Mail or fax** cancellation requests to:

Milestones

314 10th Avenue South; Suite 180—Waite Park, MN 56387

Fax #: 320-654-8650

Email: mwijeratne@milestonesmn.org

Questions: Contact Makayla at **(320) 241-0629** or mwijeratne@milestonesmn.org

SHOPPING & VENDORS

- Handicraft by Donna
- LSS/Crisis Nursery
- Paper Pie (formerly Usborne Books)
- Silkey Pets
- Scentsy
- More to Come...

DIRECTIONS & PARKING

**Atwood Memorial Center SCSU
651 1st Ave S; St. Cloud, MN 56301**

From I-94: Take Exit 171 into St. Cloud. Follow Stearns County Road 75 for 3.5 miles. Turn right at the intersection of County Road 75 and Cooper Avenue. This roadway become University Drive. Drive east on University Drive for about 14 blocks. Turn left and drive north on Ninth Avenue South. Go four blocks and turn right onto Sixth Street South.

From U.S Highway 10: Exit west from U.S. Highway 10 to Highway 23. Cross the Mississippi River on the Granite Crossing Bridge. Turn south on Fifth Avenue South. Turn east on Sixth Street South.

Parking: Parking will be available in the 4th Avenue Parking Ramp at no cost. You will still need to take a receipt but will receive a validation sticker during the morning Keynote session. Street and lot parking is free on the weekends, but there is no guarantee that spots will be available.

Event Location: When exiting the ramp building doors, go east on Sixth Street South. Atwood Memorial Center will be up two blocks on the South side (right hand side) of sixth Street South.



Join the hundreds of programs throughout the state
earning their star rating!

<https://www.parentaware.org/programs/>

MORNING KEYNOTE

Teambuilding

- A1** Teambuilding is tough. Most of the teambuilding information and advice looks at building your team from scratch. Most teachers and leaders don't have the luxury of building their teams from scratch. Instead, you join or lead an existing group. Examine what you can bring to the team to help it thrive. Discuss the myths and mistakes that can be made and how to avoid them! Tips and techniques will be shared!

This training is currently being written and will premier at the event. In the unlikelihood that it is not Develop approved by September 30th, "Small Changes, Big Results: Inspiring Ourselves to (Re) Ignite Our Passion"; event ID#204248 will be presented in it's place.

Kristen Wheeler Highland KCF VI CDA V

MORNING SESSIONS

- B1 Supporting the Development of Regulation through Co-Regulation: Children Need YOU!** Co-regulation is crucial to the childhood development of emotion regulation. When children struggle with self-regulation, it is difficult for them to sit still, concentrate, and participate in learning activities. Before children learn how to make a friend or resolve a conflict, they first need to develop the capacity to self-regulate their emotions.

Discuss the importance of emotional regulation in young children and the role educators play in building regulation & co-regulation. Explore the elements and conditions needed for children to develop regulation & co-regulation. Examine strategies and tips to support the growth of self-regulation through co-regulation.

Kristen Wheeler Highland KCF II.C CDA III

- B2 Developing a Child Care Center Policy and Procedures Manual for Parents**

Explore the primary components of a Child Care Center Policy and Procedure Manual for parents. Identify gaps and opportunities for creating or updating your existing Policy and Procedure manual for parents.

Stephanie Sanvig KCF VI CDA VI

B3 Art: Why does it matter and How to create developmentally appropriate activities Art is a developmental pathway for self-expression and cultural exploration. Learn how to create specific activities for success across the ages. Make cross-disciplinary connections to literacy, math, science, music, movement and more. Art appreciation using Visual Thinking Strategies (VTS) will be introduced. This course is based on Montessori's educational methods, including multisensory exploration and a process-oriented approach.

Cindy Goldade KCF II.E CDA II

AFTERNOON SESSIONS

C1 Navigating Conflict Explore conflict styles, when to use them and some step by step conflict resolution action plans. Learn how to redirect conversations that are not headed down a productive path to improve your communication skills. This class improves Professionalism.

Heather Charmoli KCF VI CDA VI

C2 Managing Enrollment in Your Child Care Center

Learn how to understand enrollment in a child care center and develop your skills to create realistic enrollment projections and how to track current enrollment and future openings. Create action steps to maintain and grow enrollment.

Stephanie Sanvig KCF VI CDA VI

C3 5 Ways to Incorporate Music in Early Childhood

Learn how to teach the physical skill of listening to young children while differentiating between listening and hearing. Explore movement as a benefit of music. Learn how to effectively teach songs about pitch, tempo, rhythm, and beat as well as songs that teach concepts like emotional intelligence, science, social studies, and more. Discover how young children can actually produce their own music. Integrate music across the curriculum with music history, genre, and subject matter.

Cindy Goldade KCF II.E CDA II

MILESTONES



Steps to Success for the
Early Childhood Community

HIGHLIGHTED SPEAKERS

Heather Charmoli: Heather Charmoli, M.A. is the Program Administrator for the Minnesota Association for the Education of Young Children (MnAEYC) where she manages programming, communications, accreditation facilitation, and initiatives. Prior to MnAEYC, she spent 11 years directing an early childhood program and has been in the field for a total of 18 years. She serves on the advisory group for the Greater Twin Cities United Way's 80x3 Resilient from the Start initiative, is part of the MN Early Childhood Crisis Workgroup, and serves on the Transforming Minnesota's Early Childhood Workforce group, is a CARE Fellow, in addition to planning events for ELCA Schools and Learning Centers. Heather is on the advisory team for Eager to Learn, and on the Advocacy for Children Day planning team. Heather also works as a trainer for Think Small and her own Training and Consulting company.



Stephanie Sanvig: Stephanie is a Business Development Specialist with First Children's Finance. She offers business-related consultation services to child care providers in the 7W Region of Minnesota. Her background is in Early Childhood Special Education and Business Project Management. She has been in the early childhood industry for 14+ years where she's filled many roles. Stephanie taught children from ages 6 weeks to middle school, and enjoyed working with all of them! In addition to teaching, she's also been a Director within Early Childhood schools for 6+ years. Stephanie thrives on mentoring teachers, directors, and owners in the early childhood education world, and helping them create immaculate learning environments for children. Outside of her career, she enjoys playing piano, being outdoors, shopping, and discovering new restaurants!



Cindy Goldade: Cindy Goldade has a Master's in Education. She homeschooled her three children while learning Touch for Health, Brain Gym® and reflex modalities. She teaches in the Montessori graduate and early childhood undergraduate programs at the University of Wisconsin-River Falls. As International Brain Gym® Faculty she enjoys facilitating courses to a worldwide audience. She has a gift for weaving storytelling with theory, and balancing it all with intentional physical activities. Cindy actively volunteers at 4-H and her church, as well as for Breakthroughs International. She helped shift to online learning at the onset of the pandemic, assisted in the writing of the Movement Facilitator track, and for the past three years has collaborated on updating the Edu-K In Depth course manual. Wearing many hats, lifelong learner is her favorite.



REGISTRATION

CONVENIENT ONLINE REGISTRATION
at www.milestonesmn.org

Name: _____

Home Address: _____

City: _____ State _____ Zip _____

County: _____ Phone: (_____) _____

Email Address: _____

DEVELOP Individual ID#: _____

(Don't have one? Contact Milestones 320-251-5081 for assistance)

Please Check One:

ECFE/ECSE Head Start

Center

Other _____

Please circle your first, second and third choices for each session.

Sessions fill on a first-come, first-served basis as payments are received.

Session Choices	1st Choice	2nd Choice	3rd Choice
AM Sessions	B1 B2 B3	B1 B2 B3	B1 B2 B3
PM Sessions	C1 C2 C3	C1 C2 C3	C1 C2 C3
			<input type="checkbox"/> Please email me a certificate following event

Registration Fee **\$60** (\$65 after 9.19.23) \$ _____

This registration is one of 5 or more **\$50** \$ _____

TOTAL \$ _____

Check# _____ Credit Card: Visa Master Card Discover

Credit Card Number _____

Code: _____ Exp. Date: ____/____/____ Billing zip code: _____

Signature _____

Mail check & form to:

Milestones energize Event

**314 10th Avenue South; Suite 180, Waite Park,
MN 56387**

OFFICE USE ONLY:

Date Received:

Total Enclosed:

Check : _____



314 10th Avenue South; Suite 180
Waite Park, MN 56387

**Don't miss this
great learning
opportunity!
September 30, 2023**

Non-Profit Org.
U.S. POSTAGE
PAID
Permit No. 811
St. Cloud, MN 56302