Saturday
March 25, 2017
Sauk Rapids/Rice Middle School

Featured Speakers:
Dawn Braa
Raelene Ostberg
Kristen Wheeler
Highland

milestones Presents
caring for a lifetime
annual early childhood learning event
You will find us in the vendor area. Stop by to learn more about the many great benefits of joining the Child & Adult Care Food Program.

OFFERS:

- Knowledgeable, friendly and professional staff
- Exceptional Nutrition Education
- Free Minute Menu Kids Software
- Convenient Reimbursement
- User Friendly Website
- Excellent Early Childhood Learning Events
- Monthly Newsletters
- Child Care Business Resources

www.milestonesmn.org/choose-a-program
• All sessions are approved through the Minnesota Center for Professional Development and meet licensing training requirements.

• Most sessions qualify for Parent Aware, as noted in the session descriptions.

• Using registrants’ Develop ID numbers, we will enter all event training hours into your learning record on Develop, making event certificates obsolete. NOTE: Certificates will be available on an as-needed basis for a nominal fee of $5.00/certificate. Please indicate on your registration form if you need one.

• The 2-hour licensing-required SUID/AHT training will be offered from 3:30 to 5:30 PM for an additional $15. See registration for details.

Gold Sponsors:

St. Cloud Morning Optimist Club

Silver Sponsor:

Bronze Sponsors:
UPCOMING EVENTS

Join us for another fabulous Milestones learning event!

Fall 2017
Location to be Determined

October 28, 2017
University of MN, Duluth

Watch Milestones website for more information.

BRINGING YOU:
- Quality educational toys
- Paints, papers and other art supplies
- Books and puzzles
- Pack-n-Play sheets
- Bibs
- Outdoor toys & supplies
- Cooperative Games
- And much more!

Find us in the vendor area at the event!
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00—7:45 AM</td>
<td>Registration &amp; Shopping</td>
</tr>
<tr>
<td>7:45—9:45 AM</td>
<td>Early Morning Featured Sessions</td>
</tr>
<tr>
<td>9:45—10:00 AM</td>
<td>Break &amp; Shopping</td>
</tr>
<tr>
<td>10:00—12:00 PM</td>
<td>AM Breakout Sessions</td>
</tr>
<tr>
<td>12:00—1:15 PM</td>
<td>Lunch &amp; Shopping</td>
</tr>
<tr>
<td>1:15—3:15 PM</td>
<td>PM Breakout Sessions</td>
</tr>
<tr>
<td>3:30—5:30 PM</td>
<td>Add-on Session</td>
</tr>
</tbody>
</table>

Want to know more about Parent Aware? Stop by our vendor area to hear more about the Parent Aware process and ask questions.
Dawn Braa is an Early Childhood and Youth Development instructor. Dawn has a M.A. in Early Childhood Education from the University of Phoenix. She also attended Minnesota State University, Mankato, earning her bachelor’s degree in Family Life/Child Development. She minored in Early Childhood Education and Parent Education at MSU,M. She has worked as a lead preschool teacher in both metro and rural Minnesota cities. Dawn believes that teaching is a relationship between teachers and students...teaching and learning from on another. She strives to provide a creative and innovative classroom environment (traditional and online) that is conducive to learning. Her goal is to motivate students to be successful in studying and in applying their knowledge to their personal & professional lives.

Raelene Ostberg specializes in developing & presenting fun and interactive trainings that lower stress and increase success for parents, child care professionals, and businesses. She is known for her theatrical, engaging, and humorous storytelling that brings participants effective evidence-based strategies with real-life application. She is currently a Family Education Specialist with Thriving Together LLC, Master Trainer with MNCPD, & Parent Educator with PAIIR Education in Rochester. For more information on Raelene’s work visit www.thriving-together.com.

Kristen Wheeler Highland During her career, she has held many positions within the Early Childhood field. Her broad experience has brought with it an appreciation for the rich depth and diversity of early childhood settings available for our families. Kristen has been involved in training early childhood professionals for the past 27 years. Kristen’s style is laid back, infusing humor and stories from her own life and experiences.
A1. Positive Discipline Techniques for Child Care
Hitting, biting, refusals, and meltdowns - what is an early childhood professional to do?! During this session, you will discover numerous positive discipline methods and communication strategies that really work to gain cooperation and address negative behaviors. Then, you will apply those strategies to a common challenge in your childcare environment.

Presenter: Raelene Ostberg  KCF II.C   CDA 3   PA 8

A2. A Potpourri of Creative Activities
This workshop provides activity ideas to implement right away. The topics include creative activities for: literacy/books, movement, creative art, cognitive, teamwork, and misc. ideas as well.

Presenter:  Dawn Braa  KCF II.E   CDA 2   PA 4

A3. You Never Know...So Break Out Your Party Clothes
Have you ever found yourself waiting? Saying to yourself....as soon as_______ happens, then I can _______. What are we waiting for? As our lives become busier and filled with more “stuff”, many of us realize we are becoming more disconnected; for other and ourselves. Join us to explore how each of us can pay attention to what life is really about: connection, kindness, empathy and love. A chance to create a life of inner abundance, to break out the good dishes and wear your party clothes.

Presenter:  Kristen Wheeler Highland  KCF VI   CDA 6

Sessions Key:
KCF = Minnesota Knowledge and Competency Framework. For more information about these areas visit www.childcareawaremn.org
Sessions noted KCF II.C satisfy what was formerly known as core comp 4.

CDA = Child Development Association Content Area. For more information about CDA visit www.cdacouncil.org

PA = Training Approved for Parent Aware
B1 From Timid to Tenacious - Working with Infant and Toddler Temperament Traits. Some infants and toddlers are very easygoing while others are extremely feisty, emotional, or slow-to-warm. Each unique infant/toddler temperament will require individualized responses from adults in order to find success. During this training, you will 1. Explore the nine temperament traits 2. Identify ways to adapt care and provide a “good fit” 3. Reduce stress, and increase positive outcomes while caring for infants or toddlers

Presenter: Raelene Ostberg  KCF II.C  CDA 3  PA 8

B2 Enhancing Young Minds Through Signs: Songs & Stories. Participants will learn early childhood songs and stories using American Sign Language. Your group time will come alive through the use of sign. Guaranteed to provide you with content you can incorporate with children right away!

Presenter: Dawn Braa  KCF II.B  CDA 2  PA 8

B3 Cooperative Games for All Ages. Participants will learn elimination isn't necessary. Spontaneity, sharing, and participation is where it's at. Through a variety of games using parachutes, game reversal, and rhythms you will learn how this can be accomplished. Join in this exciting session on ways to get kids moving. Be prepared to join in the fun.

Presenter: Ed Rajkowski  KCF II.A  CDA 2  PA 8

B4 ADHD: Seeing the Disability Behind the Behavior. Navigating the landscape of a child with AD/HD might be easier if providers had a ‘map’ to follow! Join other participants in this interactive training in discovering the myths and facts of ADHD as well as exploring successful & practical strategies for inclusion of children with AD/HD.

Presenter: Tammy Wachter  KCF II.C  CDA 3  PA 7 & 8

B5 Cooking With Kids. Learn how early experiences impact children's growth and development. Various kitchen activities promote physical awareness, self-confidence, build large and small motor skills and teach social skills like: cooperation, manners, following directions. Experience developmentally appropriate kitchen activities and recipes for various ages and ability level in this session.

Presenter: Maureen Lyons  KCF I  CDA 8  PA 1

B6 Managing Behavior When Your Buttons Are Getting Pushed. How do we keep it together when our buttons are being nudged, pushed, or slammed? Come and review methods of managing children's behavior when your patience is being tried and tested. We will examine our caregiving behaviors as we seek ways to remain responsive and not reactive.

Presenter: Steven Roecklein  KCF II.C  CDA 3  PA 8
AM SESSIONS

B7 Hush a Bye: Songs and Stories from Around the World. Come join us for an opportunity to learn how to boost literacy and brain development through song and story. The Thrive Access Team, consisting of immigrants and refugees along with early childhood specialists, will introduce children’s songs and lullabies from their cultures, with music theory supporting the benefits of music for young children's brain development. You will leave with some new songs that introduce children to the wonderful diversity in our community.

Presenter: ACCESS Project   KCF II.A   CDA 2

B8 Stress and Kids. We all have witnessed the increasing pressures on children at younger and younger ages. We will be discussing the causes and effects of stress on children. What stress and anxiety look like and what we as providers and teachers can do to help them cope.

Presenter: Sarah Fritsch  KCF II.C    CDA 3    PA   8

B9 Developing and Supporting Engagement: Parents & Communities. Supporting family engagement is considered a hallmark of high-quality early childhood programs and is emphasized as a part of developmentally appropriate practice. In order to be responsive to our programs and families, we also need to be more knowledgeable and aware of how to also engage our communities in supporting our programs and families. Participants will assess their current level of engagement, examine strategies and draft a plan for developing and strengthening engagement of their families and communities.

Presenter: Kristen Wheeler Highland  KCF III  CDA 4  PA 9

D1 ADD-ON Session Following Event 3:30—5:30 PM

SUID/AHT. This class meets DHS Licensing training requirements for both Sudden Unexpected Infant Death (SUID) and Abusive Head Trauma (AHT). Content includes recommendations to reduce Sudden, Unexpected Infant Deaths (SUID) including SIDS, suffocation, and other sleep-related infant deaths; safe sleep environments; MN Child Care regulations related to safe sleep; as well as symptoms and consequences of abusive head trauma, risk factors for abusive head trauma; strategies to use when stressed, angry or frustrated.

Presenter: Jill Hylla  CC VII.A   CDA 1
C1 They're Driving Me Crazy: Guidance Techniques that Work with School Age Children. Explore specific guidance methods for young school-age children. Recommended methods are based on children's developmental needs, which are significantly advanced compared to younger children. Topics include: developmental milestones of early school-age children; and the role of social emotional learning. Examine the ERE (Environment, Relationship, Experiences) approach to preventing and responding to behavior. Gain methods for confronting a variety of specific behaviors in the school-age environment.

Presenter: Kristen Wheeler Highland  KCF II.C  CDA 3  PA 7 & 8

C2 Better Sleep, Better Behavior. Based on the enormously popular book, Sleepless In America, by Mary Sheedy Kurcinka (also the author of Raising Your Spirited Child). Practical tools and real-life examples to help children and parents get the sleep they so desperately deserve! Sleep deprecation is almost a norm in the United States today, certainly among adult. Now the latest research is demonstrating a scientific lack between children's sleep and their behavioral problems. An estimated 70 million children are suffering from lack of sleep. This could be due to a disturbed sleep cycle, resulting in poor quality of sleep, or children who are unable to "switch off their own brain" at night in order to sleep. Poor quality of sleep in children has an impact on their body, mind and emotions. Surprisingly, they can also appear hyperactive, rather than tired. We will cover many symptoms and behaviors children may exhibit. These symptoms may be emotional/social, physical or problems with attention and the ability to focus.

Presenter: Sarah Fritsch  KCF II.C  CDA 3  PA 8

C3 Cooperative Games for All Ages. Participants will learn elimination isn't necessary. Spontaneity, sharing, and participation is where it's at. Through a variety of games using parachutes, game reversal, and rhythms you will learn how this can be accomplished. Join in this exciting session on ways to get kids moving. Be prepared to join in the fun.

Presenter: Ed Rajkowski  KCF II.A  CDA 2  PA 8

C4 Autism: Including Children with Social, Communication, and Behavioral Needs. This workshop will explore the key characteristics of Autism Spectrum Disorder and give early childhood practitioners tools to more effectively include a child with autism in their child care setting. Included in this interactive workshop are myths and facts about ASD as well as practical strategies and tips for inclusion.

Presenter: Tammy Wachter  KCF II.C  CDA 3  PA 7 & 8
**C5  Please Pass the Peas.** Interactive discussion of picky eating provides understanding of the negative food issues that can impact life-long eating patterns. Learn strategies to improve acceptance of and willingness to try new foods and increase fruit & vegetable consumption through environmental changes. Find a variety of options to reduce power struggles while incorporating collaboration of home & child care with simple ideas you can use right away.

*Presenter: Maureen Lyons  KCF VII.A  CDA 1  PA  5*

**C6  Light and Shadow.** Come and join us to explore ways to engage young children with experiences of light and shadow. This natural fit with science also provides rich opportunities for children to gain experiences in all of the Early Childhood Indicators of Progress domains. We will look at a variety of activities to do with young children from birth to 5 focusing on light and shadow. We will discuss how to: determine what children already know; build upon that knowledge; introduce new experiences and vocabulary; and intentionally think about what children are learning as they play with concepts of both light and shadow.

*Presenter: Marcia Schlattman  KCF II.B  CDA 2  PA  8*

**C7  Active Supervision: Preventing Child Injuries in Family Child Care Settings.** Meets the Family Child Care provider annual supervision training requirement. This training curriculum will identify the leading causes of early childhood injuries in general and specific to child care settings; discuss strategies to prevent child injuries in family child care settings via risk assessment and hazard mapping tools; and identify procedures to follow if an injury occurs during care to be in compliance with licensing regulations.

*Presenter: Beth Maday  KCF VII.B  CDA 1*

**C8  Avoiding Behavior Problems—Teach Self Control.** What is self-control? How does self-control help active and not so active children? Participants in this educational program will learn ways in which to teach self-control, which leads to better behavior and helps children develop this important skill to be ready for starting school.

*Presenter: Jessica Baker  KCF II.C  CDA 3  PA  8*

**C9  Hush a Bye: Songs and Stories from Around the World.** Come join us for an opportunity to learn how to boost literacy and brain development through song and story. The Thrive Access Team, consisting of immigrants and refugees along with early childhood specialists, will introduce children’s songs and lullabies from their cultures, with music theory supporting the benefits of music for young children’s brain development. You will leave with some new songs that introduce children to the wonderful diversity in our community.

*Presenter: ACCESS Project  KCF II.A  CDA 2*
SHOPPING & VENDORS

Advocare
Affiliated Insurance Services
Assure Child Care
Barefoot Books
Busy Buddies
Carol's Affordable Curriculum
Cass Apparel
Child Care Aware MN
Crisis Nursery
Develop
Edvantage
Fishing Pond Learning Store
Handicrafts by Donna
Help Me Grow
Honey Do Products
LDM Distributing
Legal Shield
Little Learners Depot
littleSonder
Milestones Food Program & Child Care Aware
Minnesota Association for the Education of Young Children (MnAEYC) & MN School-Age Care Alliance (MnSACA)
Parent Aware
Scentsy
Tastefully Simple
Thirty-One
Tupperware
Usborne Books & More
Young Living Essential Oils

NEARBY LODGING

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>AmericInn of Sartell</td>
<td>320-259-0877</td>
</tr>
<tr>
<td>Country Inn &amp; Suites—St. Cloud East</td>
<td>320-252-8282</td>
</tr>
<tr>
<td>Quality Inn—St. Cloud—ask for special rate</td>
<td>320-252-1500</td>
</tr>
<tr>
<td>Hampton Inn &amp; Suites—St. Cloud</td>
<td>320-252-4448</td>
</tr>
<tr>
<td>Holiday Inn</td>
<td>320-240-8000</td>
</tr>
<tr>
<td>Homewood Suites</td>
<td>320-252-5900</td>
</tr>
</tbody>
</table>
Registration: PLEASE REGISTER EARLY!

- Registration of $69 must be received by Tuesday, March 20th, 2017.
- The fee for registrations postmarked after March 20th and at the door of the event is $89.
- Registration confirmations will be made by email only. Please ensure you have legibly included your email on the registration form.

Breakout Sessions: Sessions are filled in the order that payments are received. **Sessions fill quickly so please submit your registration as soon as possible.**

Training Hours/Certificates: Attendees will receive 6 hrs of training and, following the event, Milestones will add your sessions to your learning record using your Develop ID number. Certificates will only be presented to those attendees stating the need for a paper certificate. A nominal fee of $5/certificate will charged. **Please note that an electronic record of your training is available any time on Develop. Add-on session attendees will receive an additional two hours of training for a fee of $15. (See registration form)**

Food: A light breakfast and lunch will be provided. Lunch is a taco bar/taco salad bar. If you have **special dietary needs**, please note them on the registration form or online, as this information is needed prior to the event.

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 **March 16th**. Full refund, less a processing fee of $15, will be issued. Cancellations received after March 16th are nonrefundable. Mail or fax cancellation requests to:

- Milestones
  P. O. Box 548—Waite Park, MN  56387
  Fax #: 320-654-8650
  Email: info@milestonesmn.org

Questions: Contact Colleen or Amanda at (320) 251-5081 or (800) 288-8549 or info@milestonesmn.org

Note: $30 fee for all NSF payments will be charged.
Sauk Rapids Middle School
901 1st Street South, Sauk Rapids, MN

**From Hwy 10:** Take the Golden Spike/2nd Street Exit and turn West towards Sauk Rapids onto 2nd Street North (not east towards the high school). Take a left onto Summit Ave. Take a left onto 1st Street South (at the stop sign). The school will be on your left. See parking lot options below.

**From Hwy 15:** Take Benton Drive/Sauk Rapids exit and take a left onto Benton Drive. Go through Sauk Rapids and take a left onto 1st Street South (by Coborn’s). The school will be up the hill on your left.

**Parking:** Parking is available in front of the school, on the side of the school, and on the street near the school.
**REGISTRATION**

**CONVENIENT ONLINE REGISTRATION**

at [www.milestonesmn.org](http://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)

Special Dietary Needs: ________________________________________

Please Check One:

- [ ] Family Child Care
- [ ] ECFE/ECSE
- [ ] Foster Care
- [ ] Non-Licensed Care
- [ ] Head Start
- [ ] Parent
- [ ] Center
- [ ] Other

Check# ___________  Credit Card: ___Visa ___Master Card ___Discover

Credit Card Number____________________________________

Code: __ __ __     Exp. Date: ____/____   Billing zip code: ___________

Signature ________________________________________________

**OFFICE USE ONLY:**  
Date Received:  
Total Enclosed:  
Check :_________

---

**Session Choices**

<table>
<thead>
<tr>
<th>Session Choices</th>
<th>1st Choice</th>
<th>2nd Choice</th>
<th>3rd Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early AM</td>
<td>A1 A2 A3</td>
<td>A1 A2 A3</td>
<td>A1 A2 A3</td>
</tr>
<tr>
<td></td>
<td>B4 B5 B6</td>
<td>B4 B5 B6</td>
<td>B4 B5 B6</td>
</tr>
<tr>
<td></td>
<td>B7 B8 B9</td>
<td>B7 B8 B9</td>
<td>B7 B8 B9</td>
</tr>
<tr>
<td>PM</td>
<td>C1 C2 C3</td>
<td>C1 C2 C3</td>
<td>C1 C2 C3</td>
</tr>
<tr>
<td></td>
<td>C4 C5 C6</td>
<td>C4 C5 C6</td>
<td>C4 C5 C6</td>
</tr>
<tr>
<td></td>
<td>C7 C8 C9</td>
<td>C7 C8 C9</td>
<td>C7 C8 C9</td>
</tr>
<tr>
<td>Add-on Session</td>
<td>D1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extra $15</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Paper Certificate Needed</td>
<td>Extra $5</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Registration Fee = $69  ($89 after 3.20.17)  $________

Add-on Session = $15  $________

Paper Certificate = $5  $________

TOTAL  $________

---

Check# ___________  Credit Card: ___Visa ___Master Card ___Discover

Credit Card Number____________________________________

Code: __ __ __     Exp. Date: ____/____   Billing zip code: ___________

Signature ________________________________________________

Mail check & form to:

Milestones CARING Event

PO Box 548, Waite Park, MN 56387