Milestones Presents...

Saturday March 28, 2020
Sauk Rapids/Rice Middle School
19 Break-out Sessions
Vendors Networking Prizes & more...

Caring for a lifetime annual early childhood learning event
## Caring for a Lifetime
### March 28, 2020
### SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00—7:45 AM</td>
<td>Registration &amp; Shopping</td>
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<tr>
<td>7:45—9:45 AM</td>
<td>Early Morning Sessions</td>
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<tr>
<td>9:45—10:00 AM or 9:45—10:15 AM</td>
<td>Break &amp; Shopping</td>
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<tr>
<td>10:00—12:00 PM or 10:15—12:15 PM</td>
<td>AM Breakout Sessions</td>
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<tr>
<td>12:00—1:15 PM or 12:15—1:15 PM</td>
<td>Lunch &amp; Shopping</td>
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<tr>
<td>1:15—3:15 PM</td>
<td>PM Breakout Sessions</td>
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<tr>
<td>3:30—5:30 PM</td>
<td>Add-on Sessions</td>
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</tbody>
</table>

### NEXT MILESTONES CONFERENCE

Watch Milestones’ website for any upcoming fabulous Milestones Learning Events.

[www.milestonesmn.org](http://www.milestonesmn.org)
EVENT HIGHLIGHTS

• This event provides six hours of approved training. An additional 2 hours of training are provided through the add-on sessions.

• All sessions are approved through Achieve-Minnesota Center for Professional Development and meet licensing training requirements.

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

• Group Rate of $75/each is available for groups of five or more from the same organization. Registrations must be received together.

• Shop with vendors, visit resource tables, network with others during morning & lunch breaks!

THANK YOU to our sponsors!

St. Cloud Morning Optimist Club
EVENT INFORMATION

Registration: PLEASE REGISTER EARLY!
• Registration is $79 through Tuesday, March 24th, 2020.
• The fee for registrations postmarked after March 24th and at the door of the event is $89.
• Groups of 5 or more = $75/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. Add-on session attendees will receive an additional two hours of training for a fee of $15/session (See registration form).

Food: A light breakfast will be provided prior to the opening sessions. Lunch is a taco bar/taco salad bar, cookies, soda, or bottled water. 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 20th. A refund, less a processing fee of $15, will be issued. No refunds available after March 20th. 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 Eva or Makayla at (320) 251-5081 or (800) 288-8549 or info@milestonesmn.org
SHOPPING & VENDORS

Busy Buddies  
Cass Apparel  
Edvantge  
Handicraft by Donna  
HoneyDo  
MN Association of Child Care Professionals (MAACP)  
MN Child Care Provider Information Network (MCCPIN)  
Milestones Food Program  
Tupperware  
Young Living Essential Oils

DIRECTIONS & PARKING

Sauk Rapids/Rice Middle School  
901 First Street South, Sauk Rapids, MN

From Hwy 10: Take the Golden Spike/2nd Street Exit and turn West/Left 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.
EARLY MORNING SESSIONS

A1 It’s Playtime: The Essential Role of Play in Childhood (and Beyond). The whole world seems to be shining a spotlight on early childhood settings looking for proof that the investment has been a good one. Practitioners are wondering about the role of play and how to articulate how important it is to a child. This course will give you a narrative steeped in research to share with colleagues, parents, and policy makers as you advocate for play.
Katy Smith KCF II.A CDA II

A2 Being the Star You Are: Mastering Stressful Moments So You Can Truly Shine. Explore effective methods to use before, during, and after stressful moments to build the important self-regulation skills needed to prevent future emotional mayhem. Stress can bring out the worst in people, especially little people. Stress is actually a major trigger behind tantrums, aggression, refusals, and other challenging behaviors! How you respond during the tensest moments impacts children’s emotional development but also how you feel about your important work. Learn tips to teach individual children to calm and comfort independently. Develop a plan to confidently address stressful moments so you and the children you care for can truly shine, today and tomorrow.
Raelene Ostberg KCF II.C CDA III

MORNING SESSIONS

B1 Children’s Friendships: Raising Caring Kids. Explore the nature of children’s friendships from birth to age eight and our crucial role in helping children navigate making and keeping a friend. The training explores the developmental milestones associated with friendships; sharing, aggression, kindness, and exclusion.
Katy Smith KCF II.C CDA III

B2 Encouraging Emotional Intelligence in Early Childhood Define emotional intelligence and identify typical emotional development from birth to eight years old. Collect strategies and explore hands-on activities, books, and other resources to help build social and emotional skills. Gain tools to increase children’s capacity to identify feelings, problem-solve, resolve conflicts, empathize, and get along well with others. Learn emotion-coaching strategies to help children through difficult moments and maintain a supportive environment while you build children’s ability to self-regulate and manage big feelings.
Raelene Ostberg KCF II.C CDA III
**Day by Day with Toddlers.** This training will enhance understanding of toddler development and behavior. Participants will learn strategies for preventing and responding to temper tantrums, aggression and other common behaviors of toddlerhood.

Sarah Fritsch  KCF I  CDA VIII

**Talking About Touching.** Learn to teach skills designed to help keep children safe from dangerous or abusive situations. Identify safe and unsafe touch rules, including sexual abuse prevention. Explore difficult conversations. Understand the issue of child abuse and mandated reporting. Examine steps for introducing a personal safety curriculum in your site or beginning safe touch conversations with children.

Dawn Easley  KCF VII.B CDA I

**Active Supervision: School-age Children.** Meets the Family Child Care provider annual supervision training requirement. This training curriculum focuses on the supervision of school-age children in a mixed age group setting. The training will identify factors in the environment that affect supervision: identify and evaluate how activities may increase supervision of school-age children; and discuss how relationships may affect supervision, including bullying behavior and girl friendships.

Deb Colling  KCF VII.B CDA I

**Steam Power Through Loose Parts.** Creativity, critical thinking, STEM and STEAM, are all concepts that have become part of the educational landscape. Loose parts play has been around as long as there have been children to tinker with about anything they can get their hands on. A great deal of learning happens when children engage in loose parts. Support STEM, STEAM, creativity and critical thinking through the use of loose parts. Resources, tips and the role of the adult in supporting loose parts play will be discussed.

Kristen Wheeler Highland  KCF II.B CDA II

**CHECK OUT ALL THAT MILESTONES FOOD PROGRAM HAS TO OFFER. LOOK FOR US IN THE VENDING AREA!**
**B7 Math, What Does it Look Like? No Time for Flash Cards.** Learn how to create a math rich learning environment for your children. Participants will discover how to promote math in everyday activities like games, dramatic play and circle time. Explore how to create a mathematic environment that prepares children for a formal math education. Participants will explore hands on activities you will be able to bring back to your setting.

*Jessica Rogers  KCF II.B  CDA II*

**B8 Adverse Childhood Experiences (ACE) Training.** According to the owner of this content, ACE Interface © 2016, ACEs are a public health disaster. Walk away knowing what ACE's stands for and how to support observing behavior and planning for children's (birth-five) needs. Learn some of the basic biological foundations of the brain through ACEs. Explore the content and examine how ACEs impacts development. Build understanding of the key elements of an ACE score for individuals, with the opportunity to view and explore the ACE questionnaire. Learn and identify three core protective systems and identify personal action steps for participants (adults/caregivers) to implement in the learning environment and how to support children who have experienced trauma.

*Anna Clavin  KCF IV.A  CDA VII*

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**C1 Honoring Diversity.** Every child needs a champion...perhaps it's you! Explore concepts of diversity, along with perceptions, and personal philosophies. Examine best practices in honoring diversity and accommodating all children, while reflecting on strategies for sensitivity with families.

*Dawn Easley  KCF II.A  CDA II*

**C2 Kinda Mean– Preventing and Responding to Emerging Behaviors; Fostering the Development of Kindness, Respect, Cooperation and Conflict Resolution Skills.** Between 3 and 5, children are experimenting with behaviors and are learning how to get along with each other. Our job is to provide an environment that fosters respect, kindness, cooperation and help them develop conflict resolution skills. Identify and explore concrete ways to prevent and respond to behaviors. Explore activities and resources to build children’s skills (feelings, empathy, kindness, respect, self-control and conflict resolution). Tips, techniques, activities and resources will be shared.

*Kristen Wheeler Highland  KCF II.C  CDA III*
C3 Making Each Day Count. Examine ways to establish routines that incorporate opportunities for learning. As providers, we have so much to do while we provide care for children and their families. Discuss easy ways to integrate the ECIPs into your daily activities and determine how to re-energize your daily routine. Learn how to include families of the children you care for by exploring effective communication strategies.

Sarah Fritsch  KCF III  CDA IV

C4 Health and Safety In-Service I– Child Care Centers
This series based course for experienced providers meets Licensing in-service requirements as well as some of the health and safety topic requirements from the Child Care Development Fund including: Prevention and control of infectious disease, immunizations, administration of medication, food allergies and general allergies. Participants will explore MN Rule 3 licensing standards and best practices around supervision challenges experienced by child care centers. We’ll look at strategies a child care provider can implement within their setting.

Kim Woehl  KCF VII.A  CDA I

C5 Mother Nature vs. Guitar Hero. Learn the many benefits of implementing environmental (outdoor) education strategies (and still meet certification and curriculum standards) by actively previewing nature-based activities and practicing outdoor teaching skills that help children learn through experimentation and problem solving. Learn new ways to achieve the same goals without adding to your work load. Adapt previewed activities from Projects WET, Learning Tree (PLT), and WILD curricula for specific age groups you serve and discuss their critical connection to nature (the outdoor classroom) and children’s optimal growth within each developmental profile. Dress for the weather; we will spend time outside.

Deb Colling  KCF II.A  CDA II

C6 Limits Create Happier Parents, Happier Kids, Happier Families. Explore techniques that inspire children to learn and grow through their mistakes and consequences. Set limits with children through loving relationships that encourage their cooperation. Examine enforceable statements that aim to reduce power struggles with children. Plan problem solving methods to overcome common challenging situations with young children. Guide children with empathy and open their minds to learning. Based on the Love and Logic Early Childhood Parenting Made Fun! ® curriculum.

Stacy Boysen  KCF II.C  CDA III
C7  **Health and Safety I: Family Child Care.**  This series based course intended for experienced providers meets Licensing in-service requirements as well as the health and safety requirements from the Child Care Development Fund. Participants will explore MN Rule 2 licensing standards and best practices around health and safety.  
*Jessica Rogers    KCF VII.A   CDA I*

**ADD-ON SESSIONS**

**D1 Sudden Unexpected Infant Death/Abusive Head Trauma.**  *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.  
*Stacy Boysen    KCF VII.B   CDA I*

**D2 Active Supervision: Children with Special Needs**  
Meets the Family Child Care provider annual supervision training requirement. This training curriculum will address best practices of active supervision in a family child care setting. This training curriculum will identify MN Rule 2 Licensing standards, National Association of Family Child Care standards, and best practices regarding supervision in inclusive family child care settings; examine and address supervision challenges experienced in an inclusive family child care program; examine and address chronic illness in an inclusive family child care program.  
*Kim Woehl    KCF VII.B   CDA I*

**NEARBY LODGING**

- AmericInn of Sartell  320-259-0877
- Country Inn & Suites—St. Cloud East  320-252-8282
- Country Inn & Suites — West  320-259-8999
- Quality Inn—St. Cloud  320-252-1500
- Hampton Inn & Suites—St. Cloud  320-252-4448
- Holiday Inn  320-240-8000
- Best Western Kelly Inn  320-253-0606
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)

Special Dietary Needs: ________________________________________

Please Check One:

___Family Child Care  ___ECFE/ECSE  ___Foster Care

___Non-Licensed Care  ___Head Start  ___Parent

___Center  ___Other__________________________________

Please circle your first, second and third choices for each session as well as indicate attending the Add-on Session and/or needing a certificate. Sessions fill on a first-come, first-served basis as payments are received.

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<thead>
<tr>
<th>Session Choices</th>
<th>1st Choice</th>
<th>2nd Choice</th>
<th>3rd Choice</th>
</tr>
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<tbody>
<tr>
<td>Early AM</td>
<td>A1</td>
<td>A2</td>
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<tr>
<td></td>
<td>B4 B5 B6</td>
<td>B4 B5 B6</td>
<td>B4 B5 B6</td>
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<td>B7 B8</td>
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<td>PM</td>
<td>C1 C2 C3</td>
<td>C1 C2 C3</td>
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<tr>
<td>Add-on</td>
<td>D1 Extra $15</td>
<td>D2 Extra $15</td>
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___Please email me a certificate following event

Registration Fee $79 ($89 after 3.24.20) $________ 
This registration is one of 5 or more $75 $________ 
Add-on Session D1 = $15 $________ 
Add-on Session D2 = $15 $________ 
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
Don’t miss this great learning opportunity!
March 28, 2020