

Session 1**8:15-9:15 a.m.****LGBTQ 101 - Darcie Kass**

Increase your understanding of issues affecting LGBTQ populations and learn strategies to create a safe space and be better allies to children and families in your program. *Meeting Room*

Science through the Senses - Marla Weingart

Help your littles transition from their busy school day to your programs with fun sensory activities that will stimulate interest and be calming, fun and engaging for kids. *Auditorium*

How to Effectively Communicate at Work - Rainbow Rising (Jared Baar and Lindsay Cullen)

Awareness of your communication style and that of your co-workers can help build stronger relationships at work. Learn the four types of communication styles and how to tailor your communication with each to be the most effective. *MPR 1*

Heading Difficult Behaviors Off at the Pass - Part 1 - Brett Patterson

Learn techniques designed to help increase positive behaviors in the school age after school environment. *MPR 2*

Understanding Intellectual and Developmental Disabilities - State Council on Developmental Disabilities (Christine Tolbert)

This presentation defines Intellectual and Developmental Disabilities and provides the many resources available to you and your families. *Studio*

Munchy Math - Judy Ross

Support the understanding of mathematical concepts and practice standards in a fun, delicious way. Learn how to use simple food items that children can manipulate to model math and solve problems. *Craft Room*

Recycle, Reduce, Reuse - Don't Throw It Away - Rainbow Rising (Chloe Holmes and Adriana Trujillo)

Learn ways to create fun activities out of materials that would otherwise be discarded while building environmental awareness in your program. *Game Room*

Sing, Play, Bounce, and Wiggle - Dayita Datta

Use music and movement to enhance mathematical intelligence and awareness through the use of games, songs, props, and dance. *Dining Room*

Session 2**9:30-10:30 a.m.****Inclusion: What It Is – What It Is Not! - Darcie Kass**

Delve into a deeper conversation about special populations and why *Inclusion* does not just apply to children with 'special needs'. Learn how to support children with developmental disabilities; English language learners, children who require incidental medical services; homeless; children and families from the LGBT Community; children exposed to trauma; children from migrant or military families, and those with challenging behaviors. *Meeting Room*

Cultural Competence Awareness: a Critical Skill for Child Care Professionals - Claudia Martinez

Reflect on your own biases as you increase your understanding of cultural competence and its effect on children. *Game Room*

My Trip to Holland - Sandy Avzaradel

Communicating with parents - the message behind the words. *MPR 1*

Heading Difficult Behaviors Off at the Pass - Part 2 - Brett Patterson

Continue the conversation to learn how mindfulness helps shape positive behaviors and ways to leverage effective communication and healthy relationships to manage behavior. Learn to establish positive reinforcement systems as first-line interventions. *MPR 2*

Collaborative Problem Solving (CPS) and Trauma Informed Caregiving Practices - Debra Ann Afarian

Learn to use CPS, an evidence based approach, to understand and help children with behavioral challenges. CPS helps adults effectively pursue their expectations with children who exhibit difficult-to-manage behaviors while avoiding the use of mechanisms of power and control. *Studio*

Meet Standards and Build 21st Century Skills with Homemade Toys and Games - Judy Ross

Reinforce reading, math, and science skills with student-created toys and games! Inspire your afterschoolers to imagine, design, create, and collaborate on toys and games they can build with friends. *Craft Room*

Art Instruction for Children Grades K-6 - Rainbow Rising (Courtney Cecil and Jakelyn Herrera)

Discover appropriate art projects and effective communication styles to use with different age groups. Gain insight on how to create an inviting set-up and learn tools to promote effective listening during activities. *Auditorium*

Outdoor Games - City of Irvine (Ethan Whitsell, Chelsea Fishbein, Danielle Frei, and Nic Recchia) Grass/Patio**Session 3****10:45-11:45 a.m.****Transforming Reactions to Responses: The Power of Pause - Vibha Arora**

Explore the importance of self-regulation and mindful responses to achieve positive outcomes when interacting with children. *Meeting Room*

Prevent, Teach, and Reinforce: The Big 5! - Sandy Avzaradel

Prevent challenging behaviors; the social and emotional skills to teach, and how and what to reinforce. *MPR 1*

Got Social Skills? - Alicia Young

Today's level of technology changes the way we interact. How much screen time is too much? What do social skills look like across cultures? Gain an understanding of social skills and discover strategies to help implement some basic skills using fun, meaningful, and engaging lessons right away. *MPR 2*

Self Care for the Caregiver - Annette Fettes

Learn about mindfulness and how to use the practice to reestablish emotional balance. Discover activities and practices focusing on breathing, attention to isolated areas of the body, and how to identify and relieve stress in ourselves. *Craft Room*

Outside the Lines: Express Yourself through Creativity - Irvine Fine Arts Center (Maria Sandoval, Alec Backhus, Sandra Cisneros, and Alexis Melvin)

Learn to foster children's creativity through a structured lesson and how to use common materials in different ways while creating your own mixed media project. *Auditorium*

Can't We All Just Get Along? Effective Communication Strategies to Enhance Working Relationships - Meike Lemmens

Discover practical communication skills to effectively address and resolve issues while building strong working relationships with peers, parents, and supervisors. *Dining Room*

Outdoor Games - City of Irvine (Ethan Whitsell, Chelsea Fishbein, Danielle Frei, and Nic Recchia) Grass/Patio**Session 4****12:45-1:45 p.m.****Mindful Comprehension: Tools to Support Children's Literacy and Learning - Dottie Jefferies**

Learn the seven keys to comprehension and discover creative tools to help you individualize your teaching approach and delivery to meet the needs of children in your program. *Game Room*

Looking Beneath the Behavior Iceberg - Vibha Arora

Understanding the importance of getting below the surface of behavior to discover the root cause. Once identified, explore solutions that work not just in the short term, but in the long run for shifting and reframing behaviors. *Meeting Room*

False Academics - Kunaal Kumar

Compare play based, hands-on curriculum with worksheet, academic focused curriculum to gain insight into how children most effectively learn academic concepts. *MPR 1*

Developing a Culture of Leadership in the Workplace - City of Irvine (Alvia Gilbert)

Identify effective leadership processes and discuss how to use a variety of attributes to make a positive impact in your workplace. *MPR 2*

Everyone is an Asset Builder! Relationships that Strengthen Positive Youth Development - City of Irvine (Lisa Osmanian Weinfurter, Lily Freeman, and David Lee)

Discover the Search Institute's research-based framework of the 40 Developmental Assets and how the City of Irvine implements it to help youth grow up healthy, caring, and responsible. Leave prepared to be more intentional when building Developmental Assets among young people. *Studio*

Are Your Art Projects "Dragon"? - City of Irvine (Marcy Backhus)

Bring your favorite dragon stories to life by creating a unique dragon puppet during this hands-on workshop. Leave with everything you need to inspire fun and creative projects with the children in your program. *Craft Room*

Mindfulness Games - Karina de Alicon

Scientific research shows that routinely practicing mindfulness can help lower stress, boost the immune system, and increase emotional regulation. Participants are presented with how to practice mindfulness and introduce this daily practice to children. *Auditorium*

How to Listen Better to Create Strong Relationships with Children - Meike Lemmens

Learn and practice the simple yet complex skill of actively listening to build strong and healthy relationships with children. *Dining Room*