

Virginia Head Start Association Virtual Health & Family Institute
Finishing out 2020 with Self-Care and Healthy Goals for 2021
December 9-10, 2020 and January 13-14, 2021

Wednesday, December 9, 2020

8:30 – 8:35

Welcome

8:35 – 10:00

Guiding Social Emotional Learning Through Movement and More

Laurie Gombash

Participants will learn how movement can enhance children's emotional harness/ resilience and self-regulation through cooperative games as well as quiet activities. The focus of movement games is to facilitate the child's social-emotional learning. Come prepared to actively participate in movement exploration games and lessons that can be used during in-person or virtual instruction.

10:00 – 10:15

Break

10:15 – 10:30

Help Your Families Keep Their Medicaid Health Insurance Benefits

Kent Berryman

This short but highly informative session will show you how Medicaid's recertification process works so that you can help your families keep their state health insurance. Virginia is currently NOT dis-enrolling families from Medicaid due to the COVID-19 pandemic, but when the process starts again in 2021, thousands of VA families could lose their Medicaid benefits. Learn how to help your families keep their Medicaid health benefits by attending this session.

10:30 – 11:15

Parenting Curriculum: Exploring Your Choice and Implementation Efforts

Karla Sprouse

Especially in the COVID-19 world with many programs operating in a virtual world, parent training is more important than ever. Participants will engage in a conversation based on the Head Start Performance Standard (HSPPS) requirement regarding parenting curricula. Participants will have the opportunity to discuss their experiences in choosing and implementing a parenting curriculum while sharing celebrations, lessons learned, and next steps. The participants will also explore additional resources for consideration as they choose, confirm, and implement a parenting curriculum over time.

11:15 - 12:00

Eating Whole Food Plant Based- Why Consider It and How to Make it Happen

Brenda Workman

One way to incorporate self-care into your life is to eat intentionally. Vegan and Whole Food Plant Based seems to be the buzz words these days. Why would anyone decide to eat that way on purpose? Brenda Workman found herself with high cholesterol and high blood pressure during the Covid-19 pandemic and freaked out. She discovered her symptoms lead to heart disease. After much research and prompting from her doctor, Brenda decided to incorporate a whole food plant based diet. To her surprise, her health started to improve right away. Now she is no longer on blood pressure meds and her cholesterol meds have been cut in half. She is also losing weight slowly and consistently. In this workshop, Brenda will explain resources she uses, how she batch cooks for success, and how she eats out while staying on course. Are you considering finding a way to improve your health moving forward? This workshop will inform you and motivate you at the same time.

12:00 – 12:30

Lunch

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Outside of Your Norm

Miisha Clemons

This workshop will encompass a variety of topics ranging from parent engagement, self-care during COVID, navigating the virtual life as you finish Q4 of 2020! Participants will learn how self-care is needed in different capacities and how to obtain it as we are all "Redefining Normal." Also learn how this "new normal" can benefit you as you set your 2021 goals! How can you incorporate some of the changes you have experienced and make it a positive change? What are some of the revelations or situations that you would not have initiated on your own that have resulted in a benefit for you and your family? This introspective workshop will offer you the space to learn how to transform "out of your norm" into your "new normal."

1:15 – 2:25

Building a Culture of Wellness: Starting with Staff

Megan Lopes and Mona Burwell

Early learning programs have an opportunity to build a strong culture of wellness for staff, families, and children. The first step in building a strong culture of wellness often starts with establishing staff wellness programs and initiatives. Staff have the opportunity to role model these healthy behaviors to children and families creating a healthy environment. During this session, learn about effective staff worksite wellness programs being used in Virginia, share best practices from the National Head Start Associations Staff Wellness toolkit, and hear from VDH's about evidence based chronic disease management and prevention programs that Head Start staff can participate. Most importantly, you will gather and model some quick, easy strategies to promote wellness with all staff!

2:25 – 2:30

Wrap Up

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Building on Family Strengths During Challenging Times

Joe Preece

Participants will engage in discussions and activities to build their capacity to support families experiencing challenges such as homelessness, domestic violence, and substance misuse. Presenters will lead participants in exploring resources and strategies for fostering strength-based relationships with families to support them in meeting their goals and building the school readiness of their children. Participants will also explore their own biases and assumptions and identify strategies for establishing professional boundaries with families.

10:00 – 10:15

Break

10:15 – 10:30

ACA Wellness Program

Richard Stewart

There has been a recent surge in employers offering a Wellness Program to their employees. ACA Wellness Program offers a number of personal benefits to the employee, as well as a tax benefit to the employer. It has a zero-net cost to the employee and the employer. Employees can access the wellness benefits from their phone, tablet or PC

10:30 – 12:00

The Art of Self-Care

Nicole Alexander

Self-care is commonly thought of as something that is practiced away from the work setting. This session will bring more awareness to self-care and its effect on providers and the infants and toddlers in their care. The session includes hands-on activities to help identify potential stressors and ways to de-stress in the midst of chasing toddlers and rocking babies.

12:00 – 12:30

Lunch

12:30 – 1:30

Challenging Negative Self-Talk

Priscila Reggiardo

During these times of uncertainty, everyone has needed to adapt to a whole new way of life. Family dynamics, work expectations, and daily routines have all changed significantly. One may not feel adequately prepared for these changes, which can cause feelings of self-doubt and flood one's mind with anxious thoughts. This presentation seeks to identify common negative thoughts, the emotions they may elicit, and ways to reframe those thoughts into a more positive way of thinking.

1:30 – 2:25

Self Care Starters for the Early Childhood Educator

Carolyn Koesters

Please join Carolyn Koesters, CAPF, journal coach, doodler, gratitude enthusiast and Childhood Success Coordinator for United Way of Southwest Virginia's Childhood Success team, as she shares some very easy relaxation techniques with simple breathing, a few writing prompts, some fun doodling ideas, and a focus on gratitude and mindfulness, all contributing to our well-being and community resiliency in this challenging time. Optional: please gather some writing utensils, maybe a few markers/coloring pens, and a notebook, to join us.

2:25 – 2:30

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What's L.O.V.E. Got to Do with It?

Pamela Waddell and Rashanda Jenkins

Family engagement is not a 'one-size-fits-all' set of steps, but rather a set of constantly changing interactions and relationships among families, schools, and communities. Family Engagement is most successful when it is coordinated and integrated across organizations. During this workshop participants will learn innovative techniques and strategies for engaging parents in their children's health through L.O.V.E.® (Listening, Observing, Valuing and Encouraging). Participants will also explore the distinctions between Family Involvement & Family Engagement, how to develop your Parent, Family and Community Approach for marketing and planning parent engagement activities and trainings. Finally, participants will learn ways to create an engaging training using adult learning principles.

10:00 – 10:15

Break

10:15 – 10:30

Richard Stewart – Capitol Group of Companies

10:30 – 11:15

Living Intentionally- A Little Bit Each Day

Brenda Workman

It is easy to get caught up in the busyness of our day and just go through the motions. Years go by and we realize we haven't accomplished what we had hoped. Life is short. We must live intentionally. Brenda explains in this workshop how to live intentionally by setting goals and working on them a little bit each day. As your goals are realized, you become empowered to work on more goals. Make 2021 the year of change for yourself by incorporating eight tips for achieving your goals. You will discover you are able to live life on purpose and with intention easily, a little bit each day.

11:15 – 12:00

Using National Central Resources to Build Capacity

Brianne Broughman

Especially while navigating the pandemic turbulence, being resourceful is more important than ever. This session will offer participants the opportunity to become familiar with the vast array of resources available on the Early Childhood Learning and Knowledge Center (ECLKC) to support individual and grantee capacity. Content will include a review of the National Centers, how to navigate the site to access materials, and an introduction to key resources.

12:00 – 12:30

Lunch

12:30 – 1:30

15 Tricks to Remember on the Hard Days

Leaora Wagner

Ever thought there is not enough time? How can I possibly make a difference? How do I get to my entire to-do list? This workshop will discuss 15 key strategies of getting through the hard days to accomplish goals focused on self-care, resiliency, goal setting, and living in your purpose.

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OPEN your mind to virtual physical fitness

Laurie Gombash

This workshop engages participants as they increase their knowledge base about how to offer physical fitness and movement exploration lessons to children virtually. Participants will receive resources and examples of fun, interactive virtual group instruction that focuses on increasing physical fitness in early childhood. Attendees will learn how to turn common household items into tools children can use during active virtual lessons. This interactive, energetic presentation provides movement-based activities that work toward developmental outcomes and indicators based on the Head Start Early Learning Outcomes Framework.

2:25 – 2:30

Wrap Up

Thursday, January 14, 2021

8:30 – 8:35

Welcome

8:35 - 10:00

Starting Strong: Supporting Sensory Motor Development

Gretchen Ward

In today's world so much happens in front of screens, but movement and muscle development is so important for attention during learning and building the motor coordination to be successful later in school. In this workshop, attendees will learn to recognize typical developmental motor milestones as well as ways to promote building strong muscles and regulation skills starting in infancy. Recognizing the implications of atypical developmental patterns and retained reflexes will also be discussed as well as strategies to support healthy development and when to seek outside assistance.

10:00 – 10:15

Break

10:15 – 10:30

CACFP Q & A

Conchetta Yonaitis

10:30-12:00

Facilitating Change: Motivational Interviewing Strategies

Beth Beals

Using Motivational Interviewing Strategies to Support Effective Conversations. Have you ever been scared to talk to parents about difficult topics or situations? How do you communicate in a way that does not offend parents or create an uncomfortable atmosphere between the two of you? The conversations we have with others make a big difference in whether or not we are able to make and/or sustain change. EHS/HS staff have an opportunity to assist families make meaningful change in their lives. In this session participants will learn and practice skills to support the kind of conversations and relationships that promote individuals to implement and sustain change.

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Recognized for Your Head Start’s Breastfeeding Friendly Early Care Best Practices!

Emily Keenum and Ashley Smith

Let 2021 be a year of healthy goals and growth! Supporting breastfeeding families has always been a Head Start priority. Now Virginia offers a state recognition for Breastfeeding Friendly Early Care leaders. Learn about Virginia’s evidence-based Breastfeeding Friendly Early Care model, and how you can bring this designation to your program joining 70 recognized early care providers across Virginia. VDH CACFP experts will discuss resources specific to breastfeeding and answer related CACFP questions. Practical strategies and info for families will be shared.

1:30-2:25

Designing Fitness Focused Play Spaces

Michael Fingerioth

When it comes to healthy kids and healthy communities, it’s not a question of wanting to do the right thing; it’s a question of how to do it. Statistics on obesity rates and sedentary lifestyles over generations illustrate the need for community changes and the importance of motivating families to be active. Participants will learn how to focus play spaces intentionally around fitness opportunities.

2:25 -2:30

Closing

Sponsored in part by Virginia Department of Health

