



## Jefferson-Lewis Childcare Project

a program of

COMMUNITY ACTION PLANNING COUNCIL

518 Davidson Street • Watertown NY 13601

315.782.4900 • [jlcp@capcjc.org](mailto:jlcp@capcjc.org)

[www.capcjc.org](http://www.capcjc.org)

## Jefferson-Lewis Childcare Project Annual Spring Conference

**Saturday, March 21, 8:30-4:00 at Community Action Planning Council, Watertown**

Session 1 from 8:30-10:30: Win-Win Communications with Melanie Rafferty of Cortel Improvement LLC

Session 2 from 10:45-11:45: Child Abuse and Maltreatment OR Basics of Child Passenger Safety (participant choice)

Lunch 11:45-12:45: Complimentary soup and bread will be available

Session 3 from 12:45-1:45: Tantalizing Taste Buds: Trying New Foods OR Squish, Splash, Mash (participant choice)

Session 4 from 2:00-4:00: Build Your Bounce—Personal Resiliency (*Bonus FREE book for the first 20 to register!*)

*See workshop descriptions below and make your choices for Session 2 and Session 3 on your registration form.*

**Six hours of training!**

**Cost: \$45 JLCP Members, \$50 Non-members**

**To register for this event, your completed registration form and payment must be received by March 13**

**For more information contact JLCP at [jlcp@capcjc.org](mailto:jlcp@capcjc.org) or 782-4900 ext 237 or 239**

*Scholarship funding to participate in training may be available through the Educational Incentive Program (EIP).*

*For more information or to apply for a scholarship, please visit [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu)*

*You may also contact EIP at [eip@pdp.albany.edu](mailto:eip@pdp.albany.edu) or 800-295-9616.*

### Keynote Presentation

#### **Win-Win Communications: Balancing Desire, Need, and Delivery**

Presented by Melanie Rafferty, Cortel Improvement LLC

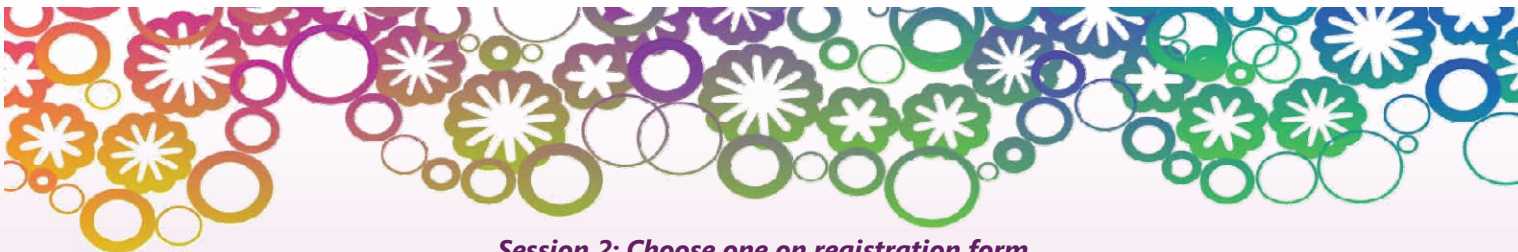
Do you love your job until you need to raise an issue with a child's parent or guardian? This workshop will enhance your natural communication strengths by layering in new perspectives and techniques. When you need to deliver not-so-good news to parents at the end of the day or week, learn to set the right stage, pace yourself appropriately, and avoid common pitfalls. Enjoy learning the helpful "Sandwich Model" to ensure you END each interaction on a high note!

Melanie Rafferty of Cortel Improvement LLC is a well-seasoned, high-energy trainer who brings fun and a renewed perspective to every topic!

Time: 2 hour

OCFS Topic Areas: Safety and Security Procedures





## *Session 2: Choose one on registration form*

### **Child Abuse and Maltreatment: The CPS Perspective**

Presented by Nate Johnson, Jefferson County Child Protective Service

Get the information you need to help you protect the children in your care. Your role as a mandated reporter will be explained, including what to do and what to expect if you ever need to report suspected abuse. You'll want to take advantage of this unique opportunity to ask questions and share in discussion of this important topic with a local CPS professional.

Time: 1 hour

OCFS Topic Areas: Child Abuse and Maltreatment ID and Prevention, Statutes and Regulations Pertaining to Child Abuse

### **Basics of Child Passenger Safety**

Presented by Julia Ielfield, Child Passenger Safety Instructor

This workshop will answer your questions about child passenger safety seat requirements, installation, and what seat is right for what child. Get hands-on with seats and leave with resources and information to share with parents.

Time: 1 hour

OCFS Topic Areas: Safety and Security Procedures, Nutrition and Health

## *Session 3: Choose one on registration form*

### **Tantalizing Taste Buds: Trying New Foods with Children**

Get hands-on with this tasty workshop! We will offer some great ideas for incorporating new foods in your menu, encouraging kids to give them a try, and tips to help you simplify food preparation. Come learn, play, and taste with us!

Presented by Tracie Young, Jefferson-Lewis Childcare Project

Time: 1 hour

OCFS Topic Areas: Nutrition and Health, Statutes and Regulations Pertaining to Child Daycare

### **Squish, Splash, Mash!**

Presented by Angie VanWormer, Jefferson-Lewis Childcare Project

In this interactive workshop we will discuss the importance of including sensory play in curriculum. Explore how easy and fun sensory activities can be and leave with new ideas and recipes to try in your program!

Time: 1 hour

OCFS Topic Areas: Principles of Child Development, Child Daycare Program Development

## *Session 4*

### **Build Your Bounce—Personal Resilience**

Presented by Cathy Stenfeldt, Jefferson-Lewis Childcare Project

We all experience challenging times in life. Personal resilience determines how quickly and effectively we "bounce back" from challenges, changes, and unfortunate situations. In this workshop participants will self-assess protective factors and learn ways to build and strengthen personal resilience. **BONUS!!! The first 20 people to register for this conference will receive a FREE copy of the book "Building Your Bounce: Simple Strategies for a Resilient You"**

Time: 2 hours

OCFS Topic Areas: Business Record Maintenance and Management





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### Spring Conference Registration Form

**Saturday March 21, 2015**

**8:30-4:00 at CAPC**

*\$45 JLCP Members \$50 Non-Members*

Find complete workshop details online at [www.capcjc.org/jlcp/training](http://www.capcjc.org/jlcp/training) Please complete all sections carefully. Only one form may be submitted per person.

Participant Information									
Name									
Address									
Phone				Email					
Program Name				Type of Program:	FDC	GFDC	DCC	SACC	Informal
I would like to receive emails from JLCP:    Yes    No    Already do						How did you hear about the workshop(s)?    Mailing    Email    Flyer    Website    Employer    Friend    JLCP Staff			
Workshop Information									
Session 2: Check your workshop choice for this session		Child Abuse and Maltreatment _____		Basics of Child Passenger Safety _____					
Session 3: Check your workshop choice for this session		Tantalizing Taste Buds _____		Squish, Splash, Mash _____					
JLCP Membership - if you would like to become a JLCP member, please complete the section below and include membership fee in your total									
Choose Level	Individual Membership - \$30.00	Individual + 1 Membership - \$40.00	Center or SACC Membership - \$80.00	Cost:	Included:				
Payment Information									
Payment Type	Check or MO Number and Date	EIP Award Number	Total Due	Total Amt Included					
<input type="checkbox"/> Check or MO payable to CAPC									
<input type="checkbox"/> Signed EIP Award Notification									

**Form and full payment must be received by March 13**

Registration must be mailed or delivered to CAPC Administration Office during business hours.

Mail completed form and payment to: Community Action Planning Council, 518 Davidson Street Watertown, NY 13601