

58TH ANNUAL CCPNS CONVENTION 2007 SCHEDULE

The California Council of Parent Participation
Nursery Schools
Presents the 58th Annual
CCPPNS CONVENTION



March 16th & 17th, 2007
Westin Hotel, Millbrae



Friday, March 16, 2007

8:00 am – 5:00 pm
8:00 am – 6:00 pm
8:00 am – 5:00 pm
8:00 am – 4:00 pm
8:30 am – 6:00 pm
9:00 am – 11:00 am
11:15 am – 12:30 pm
12:45 pm – 2:00 pm
2:15 pm – 3:30 pm
3:45 pm – 5:00 pm
4:30 pm – 5:30 pm
5:30 pm & 6:00 pm
5:45 pm – 9:00 pm

Registration
Exhibits
Silent Auction
Hospitality Suite
Child Watch
Convention Kickoff with Janis Keyser
Workshop Session I: F11 – F19
Luncheon
Workshop Session II: F21 – F29
Workshop Session III: F31 – F39E*
CCPPNS Board Meeting- Hospitality Suite
Progressive Dinner buses depart
Progressive Dinner

**Sessions ending in "E" end run from 3:45 to 5:40pm on Friday*

Saturday, March 17, 2007

7:30 am – 12:15 pm
9:00 am – 5:00 pm
8:00 am – 12:00 pm
8:00 am – 3:30 pm
8:00 am – 5:45 pm
8:30 am – 10:30 am
10:45 am – 12:00 pm
12:15 pm – 1:45 pm
2:00 pm – 3:15 pm
3:30 pm – 4:45 pm
5:30 pm – 7:30 pm

Registration
Exhibits
Silent Auction
Hospitality Suite
Child Watch
Keynote Speaker Vickie Falcone
Workshop Session I: S11 – S19
Luncheon & Awards Ceremony
Workshop Session II: S21 – S30
Workshop Session III: S31 – S40E*
Celebration for CCPNS Board, Convention
Committees and Volunteers

**Sessions ending in "E" end run from 3:30 to 5:30pm on Saturday*

Sunday, March 18, 2007

9:00 am – 2:00 pm

CCPPNS Board Meeting

CCPPNS 2007 KEYNOTE SPEAKER

CCPPNS is proud to welcome as our Keynote Speaker

Vickie Falcone

How to Create More Cooperation and Peace at Home: Connect!

Do you want close, connected relationships with your children? Do you want less conflict? Do you want practical advice you can use today? Based on her popular book *Buddha Never Raised Kids and Jesus Didn't Drive Carpool: Seven Principles for Parenting with Soul*, this discussion is designed to help parents minimize parenting challenges, maximize cooperation and closeness and create more peace at home. Understand and "PHIL" your child's four emotional needs. Learn what constitutes low-, medium- and high-level connecting. Increase cooperation using more high-level connecting and fewer words. Use simple steps to get your children to really listen.

Vickie Falcone is the author of the book *Buddha Never Raised Kids and Jesus Didn't Drive Carpool: Seven Principles for Parenting with Soul*. She is also creator and author of the *Conscious Parenting online cyber-course*, the *Twelve Months of Positive Parenting* audio subscription, and the *Parenting with Soul* course. She conducts presentations and workshops around the country to help people improve their relationships and move through self-imposed blocks to true happiness. She speaks to family-friendly corporations who want to reduce the home-related stress that working parents bring to the workplace and to groups who are ready to get more of what they want out of life.

HOTEL INFORMATION & RESERVATIONS

Westin Millbrae
1 Old Bayshore Highway
Millbrae, CA 94030
Tel 650-692-3500
Fax: (650) 872-8111
www.westin.com

The Millbrae Westin is conveniently located just 5 minutes from the San Francisco Airport. Amenities/services available at the hotel include: indoor heated pool, fitness center, 24 hour room service, and data ports. A complimentary shuttle to and from the airport runs 24 hours a day. Convention parking is available for \$5 per day and \$8 for overnight parking

Rates: When making reservations mention CCPPNS convention 2007 to assure special room rate.

Convention rate is \$99.00 per night (for single or double occupancy). This rate applies for Thursday the 15th, Friday the 16th, and Saturday, the 17th. Make your reservations by **February 28th, 2007** to assure reduced room rates. Please note: early departures will be subject to a \$50 early checkout fee.

CHILD WATCH

We are thrilled to offer on-site childcare on both Friday and Saturday. Open Gate Nursery School sponsored volunteers will be supervising an exciting day filled with fun activities and entertainment for children of registered convention attendees.

- Ages 2 years 5 months through 6 years are welcome
- Great child to care giver ratio
- Prices are \$30 per child per day, and \$25 per additional child per day for the same day as the first child.
- You may check your child in and out all day (please note that a valid driver's license will be used as identity verification for picking up and dropping off the child)
- Snack is included (but parents may bring one instead. Please no nuts.)
- A box lunch is available for \$5.00 per child per day
- Payment is due at time of convention registration
- **Child Watch hours are: Friday: 8:30-6:00 and Saturday: 8:00-5:45**

As special children's entertainment:

- **Julie Berk of The Music School will perform Friday from 1:00 to 1:45 pm**
- **Andy Z will perform Saturday from 12:45 to 1:45 pm**

Pre-registration for Child Watch by March 5th, 2007 is mandatory. Register today to ensure your spot!

EXHIBITS

We are delighted to bring you a wide array of shopping and information gathering opportunities for convention 2007! Our exhibitors are centrally located on the main floor in the hallways connecting the various speakers and workshops. Take this opportunity to shop for you, your family, friends and school. Everything from books, toys, music, clothes and educational program information will be available. These vendors have come to support our nursery schools; let's show our support and gratitude for them as well!

PROGRESSIVE DINNER

Plan to join us for the annual progressive dinner school tour. This year we are pleased to invite you into four different Bay Area schools: St. Paul's Nursery School, Little Hands, A Parent Child Center, Bunker Hill Nursery School and Carlmont Parents Nursery School, each within the San Mateo Council. Members of the San Mateo Council will serve a salad, appetizer, main course, or coffee and dessert. While you enjoy delicious food and drink, you can check out the diverse play environments, visit with teachers, directors and members, and get new ideas for your school. Here is your chance to relax, view a lovely San Francisco Bay area sunset, catch up with your friends, make some new friends, and have a delicious meal. Space is limited; sign-up early. Reservations will be on a first-come, first-served basis.

Please note: Although the dinner is free, there is a transportation cost of \$10 per person. Because of the limited parking at some of the schools, we ask that everyone join together for this fun bus ride.

SILENT AUCTION

A variety of wonderful items will be offered to the highest bidder during our silent auction. The auction items and winner announcement times will be displayed near the registration desk. The items donated come from our member schools. Auction winners will be announced on Saturday afternoon. We appreciate your support of our schools!

BOOK & MEDIA SALES

Presenters may have books and other materials on sale directly after their workshop. Please check with individual presenters for details.

CONVENTION T-SHIRTS

Don't forget to order your souvenir t-shirt for Convention 2007. The Healthy Child logo was created by designer Mai Dembowski of Pili Designs (www.pilidesigns.com), a parent and board member at Little Hands, one of our council schools. We truly appreciate Mai's vision in capturing the spirit of this conference and its theme: Healthy Child: Body, Mind, Spirit and Family. The t-shirts are printed on 100% heavyweight pre-shrunk cotton jersey and come in key lime green in three styles and an assortment of sizes. Pre-orders are \$12 adult, and \$10 children. On site price will be \$15 adult and \$13 children. Please indicate desired style and size when you register online or by mail. You will receive your shirts when you check in at the convention.

HOSPITALITY SUITE

Need a break? Come by and visit the hospitality suite hosted by Rick Johnson Insurance. This suite will be open to speakers, workshop presenters, and attendees on Friday and Saturday.

FRIDAY LUNCHEON AND NETWORKING SESSION

Reserve your seat early to share this time to network with new contacts and catch up with old friends, as a limited number of lunches are available. If you require a vegetarian meal, please indicate this on your registration form.

SATURDAY LUNCHEON AND AWARDS CEREMONY

Come join us in honoring those members of our school communities who have enriched our children's lives. This annual awards ceremony is filled with laughter and tears. Open your hearts to this opportunity. It is sure to make you appreciate, at an even greater level, what a gift it is to be part of a co-op. A light fare will be served for lunch. Please indicate if you require a vegetarian meal on your registration form for Saturday's luncheon.

SATURDAY EVENING CELEBRATION

This year, to honor the great efforts and commitment by our CCPPNS Board and Convention Committee members, we will be celebrating with food and drink in the Hospitality Suite from 5:30-7:30pm. We invite all CCPPNS Board Members and those generous folks who put so much time and energy into this year's convention, to join us for this celebration.

REGISTRATION INFORMATION

You can conveniently register one of two ways:

- **By mail:** Registration forms are located in the back of this brochure. Please complete one form fully and legibly for each registrant or couple living in the same household. Feel free to duplicate the form. Mail registration to the address listed below. Duplicate or download a copy of this brochure for reference at the convention.
- **Online:** **Online registration is available at www.ccppns.org/convention.** Print a copy of your receipt for check-in and the convention brochure for your reference.

Registration submissions by mail or online must be received by March 1st, or a \$20 late fee will be applied. Workshops are assigned on a first come first served basis.

- If you have any questions about registration, please email the convention committee at: **convention@ccppns.org**
- Please note: refunds will be made until March 1st, 2007, with a \$15.00 processing fee to be deducted.
- **NO REFUNDS WILL BE MADE AFTER March 1st, 2007.**

Please mail completed registration forms or refund requests to:
CCPPNS Convention 2007, Attention Registration
P.O. Box 105, Millbrae, CA 94030.

PLEASE MAKE CHECKS PAYABLE TO: CCPPNS CONVENTION 2007.

CERTIFICATE FOR PROFESSIONAL GROWTH

CCPPNS is proud to award participants with a Certificate for Professional Growth at the end of the convention. Please indicate on your registration form if you would like to receive one.

EARLY CHILDHOOD EDUCATION CREDIT

We are pleased to offer registration for .5 Early Childhood Education (ECE) units through San Mateo Community College. Please check the box if you would like information on registering for the Convention class and fill in your email address. We will email the course description and procedure for registration.

CCPPNS QUILT VIEWING

Please come see the CCPPNS Quilt that richly details our cooperative tradition. Our beloved Quilt features our CCPPNS tree, and represents our growth for over 25 years! It was sewn in 1977-78 by Sue Conley from Rainbow School in Santa Ana, and designed by the Outreach Committee. The idea behind the Quilt was to show the unity in the cooperative movement of nursery schools. The roots represent Parent Cooperative Preschools International (PCPI), the trunk represents CCPPNS, the branches represent the Regional Councils and the leaves represent each school that is a member of CCPPNS, past or present.

CONVENTION FUNDING

Special thanks to the **Silicon Valley Community Foundation** and **Rick Johnson Insurance Company** for providing grant funding in support of this convention.

NOTES:

Friday Morning Convention Kickoff from 9:00 am to 11:00 am Led by Special Guest Speaker

Janis Keyser

The Healthy Child: Mind, Spirit, Body & Family

As parents and teachers we often ask ourselves, "How can we best help our children grow into competent, confident, compassionate, grateful, and joyful human beings?" Together we will explore the decisions we make, the interactions we have with, and the experiences we offer our children. We will think together about the benefits of growing along with children and about making mistakes. We will discuss the ways we help children learn through direct interaction, mediating their experiences in the world, and through modeling. We will look specifically at the ways children's frustration, struggle, conflict and powerful feelings can provide opportunities to learn self-knowledge, efficacy, empathy, communication skills and advocacy

Janis Keyser is a teacher, parent educator, program director and speaker who specializes in Early Childhood and Family Development. She is the co-author of *Becoming the Parent You Want to Be: A Sourcebook of Strategies for the First Five Years*. (www.becomingtheparent.com). She teaches full time in the Early Childhood Education Department at Cabrillo College in Aptos, California and has been conducting workshops for parents and teachers for over 35 years. She and her co-author, Laura Davis, have written Q and A's as Parenting Experts on iVillage, (parentsplace.com) website. She is a nationally recognized speaker at parenting, family and child development conferences. She lives in Santa Cruz, California and is the mother of three, stepmother of five, grandmother of twelve, and the great-grandmother of eight. Janis has her Master's Degree in Human Development from Pacific Oaks College. She is a certified trainer in the WestEd Program for Infant Toddler Caregivers. She is a consultant for WestEd's Family Partnership Initiative project in conjunction with the California State Department of Education. Janis has developed two sets of parenting and teaching videos called *Communication and Positive Discipline* for 2-5 year olds and for school-age children (www.parentingvideos.com). Her new book, *From Parents to Partners: Building Family Centered Care in Early Childhood Programs*, is published by Red Leaf Press.

FRIDAY, MARCH 16, 2007

Convention Kickoff 9:00 am – 11:00 am
Janis Keyser speaking on “The Healthy Child: Mind, Spirit, Body & Family”

Friday Session I 11:15 am – 12:30 pm

- F11 Great Books for Preschoolers
- F12 Good Food for Growing Children: Developing Healthy Eating Habits & Body Image
- F13 Pathways to Play: Combining Sensory Integration and Play Groups
- F14 The Benefits of Sign Language
- F15 Discipline Strategies and the Child's Developing Brain
- F16 Healthy Child: Mind, Body, Spirit and Family: Interactive Workshop
- F17 The Media's Messages to Our Children
- F18 Time Management for Families
- F19 Positive Approaches to Sexuality for Young Children

Friday Luncheon 12:45 pm – 2:00 pm

Friday Session II 2:15 pm – 3:30 pm

- F21♥ Listen To the Rhythm...Listen To the Beat. Clap Your Hands and Stamp Your Feet!
- F22 Being and Making Friends: Supporting Social Development in Preschoolers
- F23 Raising Girls
- F24 Raising Happy, Healthy, Capable Children: Lessons I've learned from my children, clients and other "experts"
- F25 New Teacher-Director Roundtable: What is my job? Who's the boss?
- F26 Holistic Pediatrics for Parents: Homeopathy, Nutrition, and Natural Parenting
- F27 You Drive Me Crazy: Dealing with Parental Anger
- F28 Movement & Learning: How Daily Activities and Play Develop a Child's Capacities for Success in School & in Life
- F29 Surviving the Mine-Mine Wars: Sibling Rivalry Solutions

Friday Session III 3:45 pm – 5:00 pm

- F31 Raising Boys: How to Create a Boy-friendly home and Raise Strong, Sensitive Young Men
- F32 New Board Training: Balancing Act
- F33 Building Moral Character in Children
- F34 Finger Dances and Singing Games - a movement workshop for Parents & Educators
- F35 The Difficult Child: Diagnosis & Classroom Intervention
- F36 Everyday Early Literacy Play for Families
- F37E Preschool Zen: Finding Peace and Patience with Your Child Right Now
- F38E KIDPOWER: Helping Young Children Learn to be Safe without Scaring Them
- F39E Nutritious Cooking for and with Children

Note: workshops ending in “E” will run until 5:40 pm

♥ indicates parent/child participation workshop

SATURDAY, MARCH 17, 2007

KEYNOTE SPEAKER 8:30 am – 10:30 am
Vickie Falcone speaking on “How to Create More Cooperation and Peace at Home: Connect!”

Saturday Session I 10:45 am – 12:00 pm

- S11 Smart Start: Promoting Early Language and Literacy Strategies for ALL Children
- S12 Opening a Dialogue of Death with Families and Children
- S13 The Art of Encouragement: Keep Yourself Encouraged & Spread it Around
- S14 Kindergarten Readiness: Preparing for School Success
- S15 How to Be in Charge When You're Not the Boss!
- S16 Strategies for Increasing Membership and Improving the Bottom Line
- S17 What Is With This Kid? Understanding Temperament for More Effective Management and Discipline
- S18♥ Teaching Preschool Concepts through Music (Children Welcome 2nd Half)
- S19 Beyond Mad, Sad & Glad: Teaching Children to Express Feelings

Saturday Luncheon & Awards Ceremony 12:15 pm – 1:45 pm

Saturday Session II 2:00 pm – 3:15 pm

- S21 Creative Children: Why Do We Want Them and How to Keep Them
- S22 Raising Unspoiled Children in an Affluent Society
- S23 “No I Won't and You Can't Make Me!” Redirecting Power Struggles
- S24 Raising Financially Savvy Children
- S25 Balancing Work & Family
- S26 Raising Emotionally Healthy Children
- S27 Blood is Thicker than Water: So Stop Trying to Spill Your Brother's & Sister's: Understanding & Dealing with Sibling Rivalry
- S28 Raising Competent, Confident Daughters
- S29 Licensing Issues
- S30 Add a Twist to Songs you Know to Fit Your Program

Saturday Session III 3:30 pm – 4:45 pm

- S31 Understanding the Musical Development of Your Child
- S32 Germs Away Safely -- Effective, Less Toxic Cleaners for Your School
- S33 Informal Q&A Session with Vickie Falcone
- S34 What's New in Accreditation
- S35 Childhood Stress: Intrusions into the Magic Kingdom
- S36♥ Massage for the Growing Child (Children Welcome 2nd Half)
- S37 Turning "No" Into "Yes": Eliciting Cooperative Behavior from Young Children
- S38E KIDPOWER: Helping young Children Learn to be Safe without Scaring Them
- S39E Challenging Play: Deepening our Understanding, Developing Effective Strategies
- S40E Teamwork and Intimate Friendship for Parents (Non-registered partners welcome for \$15)

Note: workshops ending in “E” will run until 5:30 pm

♥ indicates parent/child participation workshop

DESCRIPTIONS OF WORKSHOPS: FRIDAY, MARCH 16, 2007

Friday Session I

11:15 am – 12:30 am

F11 Great Books for Preschoolers

Want to learn more about all the wonderful children's literature available to you and your students or children? Let children's book reviewer, Sharon Levin, introduce you to hundreds of books as well as showing you how to choose good children's literature. She will give additional information on the world of storytelling and children's music.

Target audience-Parents, Teachers, Directors, Boards

Sharon Levin has been reviewing children's literature for over nine years. She began when her eldest daughter was attending a co-op preschool. Her reviews are used in school newsletters around the country and are read by parents, teachers, librarians, bookstore owners, authors and illustrators. Sharon is currently serving a two year term on the Notable Books in the Language Arts committee for the National Council of Teachers of English (NCTE).

F12 Good Food for Growing Children: Developing Healthy Eating Habits & Body Image

What does it take to help children grow up eating healthy and feeling good about their bodies? Can we prevent childhood obesity? In this workshop, you'll learn how eating habits form and which foods are important for children. We'll see how using a "balance of power" for feeding makes mealtimes more enjoyable and helps children respond to their internal signals of hunger and fullness. Find out why picky eating, while frustrating for adults, can be normal for young children. Learn how to cope with picky eating, and explore how your body image affects the children around you.

Target Audience – Parents, Teachers, Directors, Boards

Sanna Delmonico, M.S., R.D., is a pediatric nutritionist as well as an avid cook and vegetable gardener. For twelve years, she published *Tiny Tummies*, a food and nutrition newsletter for families. Sanna has been as a Newborn Intensive Care Unit nutritionist, pediatric outpatient nutritionist, and has counseled hundreds of families in a private practice. Today, she teaches classes about feeding children to parent and professional groups. www.tinytummies.com

F13 Pathways to Play: Combining Sensory Integration and Play Groups

Glenda will address the benefits of combining age appropriate sensory motor experiences with peer play for typical children as well as young children with special needs. Specific examples of the various components of peer play will be included. In addition, techniques for scaffolding peer play at home and at school will be discussed.

Target Audience – Parents, Teachers, Directors, Boards

Glenda Fuge, MS, OTR/L graduated with a Bachelor of Science degree in occupational therapy from San Jose State University and a Master's Degree in Health Education from San Francisco State University. Currently, Glenda is co-founder of Developmental Pathways for Kids, a private practice in Redwood City, California where she specializes in Sensory Integration treatment and Integrated Play Groups for children with autism spectrum disorders, learning disabilities, behavioral dysfunction and other self-regulation problems. In addition to presenting numerous times at the Autism Society of America's national conference, she travels extensively presenting to teachers, parents, and therapists nationwide. Her book, *Pathways to Play* is available through AAP. www.developmentalpathways.com

F14 The Benefits of Sign Language

Baby Sign Language gives parents the opportunity to communicate with children long before babies can verbalize their wants and needs. Bill will discuss how research studies have shown that signing with babies accelerates language acquisition, reduces frustration and aggressive behavior, enhances a child's self esteem, and deepens the bond between parent and child. This workshop introduces more than thirty basic baby signs that are based on American Sign Language. You will learn about the benefits of baby sign language, and how to teach your baby to sign. Fun activities and songs will show you how easy it can be to integrate signs into your everyday routine.

Target Audience – Parents, Teachers, Directors, Board

Bill White has a Bachelor of Science Degree in Psychobiology from UCSC and is a baby sign language instructor for DayOne Center, Babies And Moms, San Mateo and Redwood City Parks and Recreation Department, Mission College in Santa Clara, Kaiser Permanente, and the Child Care Coordinating Council of San Mateo County. He is the proud father of two hearing sons who both sign. www.touchbluesky.com

F15 Discipline Strategies and the Child's Developing Brain

This workshop highlights the aspects of early brain development that help us understand why young children can't always do the right thing or control their behavior. Discussion will include information that can help adults be more creative and effective with limit setting, along with strategies and techniques that can promote positive self-guided behavior in children from approximately two to five years old

Target Audience – Parents, Teachers, Directors, Boards

Sylvia Ford began her career helping young children and families in 1980 as a preschool teacher. After earning her Master's Degree in Education from SFSU she shifted her focus and started teaching adults about young children. During the last 15 years she has been teaching community college courses to preschool teachers and presenting workshops for parents on child related topics. She now writes educational books for parents and teachers of young children and continues to teach community college courses while running her business as an early childhood consultant. As a consultant, she completes observations of children who are having difficulty, meets with parents one on one regarding many different needs, conducts professional development seminars for preschool teachers and public speaking events for parent audiences. www.sylviaford.com

F16 Healthy Child: Mind, Body, Spirit and Family: Interactive Workshop

Interactive discussion of the concepts presented in the morning keynote. How can we and are we helping children grow into competent and joyful human beings? What are our successes and what are the challenges? Bring your ideas, comments, insights, examples, experiences and questions to share in this smaller group, interactive format.

Target Audience – Parents, Teachers, Directors, Board

Janis Keyser is a nationally recognized speaker, teacher, parent educator, program director and speaker who specializes in Early Childhood and Family Development. She is the co-author of *Becoming the Parent You Want to Be*. She teaches full time in the Early Childhood Education Department at Cabrillo College and has been conducting workshops for parents and teachers for over 35 years. Janis has developed two sets of parenting and teaching videos called *Communication and Positive Discipline*. Her new book is, *From Parents to Partners: Building Family Centered Care in Early Childhood Programs*. www.becomingtheparent.com

F17 The Media's Messages to Our Children

This workshop will examine the pros and cons of the media's influence on young children: Sue will discuss the effects of media on behavior, the attraction of super heroes, and how media lures children to beg for toys. She will also share how to distinguish healthy, constructive play from unhealthy play, and tips for fostering healthy play. In addition, Sue will provide guidelines for shopping with children and for dealing with children pleading for more consumer items. Participants will leave with ideas on how to advocate for nonviolent programs for children and avoid shopping hysterics on buy, buy, buy.

Target Audience – Parents, Teachers, Directors, Board

Sue Dinwiddie, MA, teaches parent education and staff development throughout the Bay Area and New York City. Sue, a former head teacher at Bing Nursery School, Stanford University, has published two books *I Want It My Way: Facilitating Child-Child Conflicts* and *Let Me Think: Activities To Enhance Problem Solving*. Sue has taught classes in early childhood education at Stanford University, Pacific Oaks College and various community colleges and agencies. Sue gives a lecture series at Parents Place each quarter.

F18 Time Management for Families

Today's parents are overstressed, overscheduled, and overwhelmed, and so are their children. In this workshop, we'll discuss strategies for prioritizing, organizing, setting goals, and simplifying our lives. At the start of this new millennium in this fascinating culture, the choices can be hard, but the benefits of making them, of thinking about and planning how we're going to spend our time, are enormous. Bring a pen and paper, because we won't just be talking about time management, we'll be doing it.

Target Audience – Parents

Beth Proudfoot is a licensed Marriage, Family and Child Counselor with twelve years of experience working with young children and their families. A former cable television talk show host, she has lectured for schools, churches and day cares all over the Bay Area and at conferences for the National Center for Self Esteem and the National Association for the Education of Young Children. She has written several articles for local parenting magazines and has published two books on tape for parents: *Go to Your Room! Stress, Anger and Children* and *The Tightwad Option: Managing Motherhood and Money*. www.bethproudfoot.com

F19 Positive Approaches to Sexuality for Young Children

This workshop will help parents find their personal approach to speaking to children about sex and sexuality. Parent's personal comfort, your own childhood experiences, honesty and simplicity will be some of the areas discussed, as well as positive discussions regarding pregnancy, birth and beyond. Parents will gain insight to vocabulary, age appropriateness, timing and questions.

Target Audience-Parents

Donna Erickson, M.A. has been a Maternal-Child Educator and Parent-Family Specialist at El Camino Hospital in Mountain View for twenty-six years. She has helped support thousands of parents as they journey from couplehood to parenthood through support groups and educational programs she has developed at the hospital. She is also the Program Director for the Foster and Kinship Care Education Program in Santa Clara County and works specifically with families who care for fragile, abused and neglected children. She is married with five children and four grandchildren.

Friday Session II

2:15 pm – 3:30pm

F21♥ Listen To the Rhythm...Listen To the Beat. Clap Your Hands and Stamp Your Feet!

Come and join this lively parent and child experience which begins with the very foundation of music; the beat! Teacher Julie, long time music teacher from The Music School in San Mateo will take you and your child through an hour long musical adventure using our voices, our bodies, percussion instruments, and more. Class size is limited to fifteen, ages 2.5 to 5 years. Let's experience the joy of music together!

Target Audience-Parents, Children

Julie Berk received her Bachelors of Music from Cal Sate Hayward and her Orff Certification from Mills College in Oakland and loves to teach music to kids! Julie has been a teacher at The Music School in San Mateo for the past twenty-two years. In addition, she teaches music at The New Beginnings Pre-School in Menlo Park, leads the youth choir at the Congregational Church of San Mateo, and teaches woodwinds, piano, and voice privately. It was during her stint as a Gymboree teacher that Julie realized her love for teaching pre-schoolers and their need for a balanced musical education. www.musicschoolsanmateo.com

F22 Being and Making Friends: Supporting Social Development in Preschoolers

Learning social skills is one of the most important tasks of early childhood. Many preschoolers really need the support of their parents and teachers to realize the joys and manage the challenges of friendship. In this workshop Stephanie will discuss the specific skills that children need to be successful and how you can play a valuable role in their learning process. Parents and teachers will leave with concrete suggestions for how to facilitate children's free play to enhance their social skills.

Target Audience – Parents, Teachers, Directors, Board

Stephanie Barry Agnew, B.A. has 25 years of teaching experience in Palo Alto area preschools. She also owned her own small preschool and worked as a parent educator at The Children's Health Council. Currently she is the Parent Education Coordinator at the Parents Place in San Mateo. She teaches parenting classes, gives one session talks, leads teacher training workshops, observes children at home and at school and offers individual parents information and support about a wide array of parenting issues.

F23 Raising Girls

In this workshop Sheila will discuss the key issues for girls growing up and the challenges that parents face in raising their daughters. You will explore female psychology and its implications; gain a better understanding of our daughter's intellectual, physical, and emotional lives and develop parenting skills to better help our daughters navigate their lives.

Target Audience – Parents

Sheila Dubin is a parenting coach and consultant specializing in raising daughters and issues of parenting school age children. She has developed and taught classes as well as worked with parents on an individual basis. Sheila practices in Palo Alto and Los Gatos.

F24 Raising Happy, Healthy, Capable Children: Lessons I've learned from my children, clients and other "experts"

In this interactive workshop, Krysta Banazek will give practical tips on how to raise happy, healthy, capable children. With over 15 years experience working in the social service field, she has summarized the lessons she has learned from her experience as a Marriage and Family Therapist, Social Worker, Teacher, Student, Wife and Mother. Based on the book she is writing with the same name, participants will learn things they can do now to help foster their child's self-esteem. Krysta will also discuss the importance of nurturing ourselves as parents and how our emotional health impacts our parenting choices.

Target Audience – Parents

Krysta Banazek is a Licensed Marriage and Family Therapist in private practice in Downtown San Mateo. She specializes in treating children, adolescents, adults, couples and families. She developed The Hooray 4 Me Workshop! A social skills group for elementary aged children and CHOICES - a support group for teen and pre-teen girls. Krysta is the proud Mother of two children - Laura and Jack.

F25 New Teacher-Director Roundtable: What is my job? Who's the boss?

Take this opportunity to share with professionals working in Parent Participation Nursery Schools. Discuss YOUR ROLE in parent education, leadership development, volunteer recruitment and retention, managing transition of Board Members, better communication with regional Councils, promoting community interest and involvement, collaborating with other schools for grants, extra time spent for more effective programs, unofficial check list for getting started, possible impact of Universal Preschool-Kindergarten, revitalizing your program for children and adults.

Target Audience – Teachers, Directors

Susie Stone, a registered nurse, has a BA in biology, and is a credentialed K-12 educator, a WCC Adult Educator, a Kindergarten teacher, and retired from 20 years of working as teacher-director of Hansel & Gretel PNS. She is the past President and Advisor to East Bay Council, and the past President of Parent Cooperative Preschools International, currently serving on Contra Costa County Local Planning Council for Childcare and Development.

F26 Holistic Pediatrics for Parents: Homeopathy, Nutrition, and Natural Parenting

This lecture will include holistic pediatric principles applied to well-baby care, nutrition, introduction of solids, alternatives to drugs for both acute and chronic illness, making vaccine choices and using homeopathic medicine at home. Your natural lifestyle should extend to your children's pediatric care, and this interactive lecture will explain how to make that happen.

Target Audience – Parents

Dr. Neustaedter has practiced homeopathy and Chinese medicine for over 25 years, specializing in child health care. An accomplished and well-recognized author, he has written *The Vaccine Guide: Risks and Benefits for Children and Adults*, a book that helps consumers make informed choices about vaccination. His new book, *Child Health Guide: Holistic Pediatrics for Parents*, represents a state of the art guide to raising children with natural medical care. As an authority in pediatrics, Dr. Neustaedter teaches and writes about current approaches to the holistic management of childhood illness. www.cure-guide.com

F27 You Drive Me Crazy! Dealing with Parental Anger

If you are angry more than you wish, come to this workshop. Discussion will be based on the behavior which leads to parental anger. Sue will explore adult anger in the following ways: analyze adult anger, consider acceptable and unacceptable responses to child behavior in various situations and according to your family values, and discover triggers of parental anger. The workshop will also examine the "anger cycle", and a variety of methods to cope with anger. Participants will have an opportunity to consider techniques which fit their personal style and create their own plan of action to cope with future anger.

Target Audience – Parents, Teachers, Directors, Board

Sue Dinwiddie, MA, teaches parent education and staff development throughout the Bay Area and New York City. Sue, a former head teacher at Bing Nursery School, Stanford University, has published two books *I Want It My Way: Facilitating Child-Child Conflicts* and *Let Me Think: Activities To Enhance Problem Solving*. Sue has taught classes in early childhood education at Stanford University, Pacific Oaks College and various community colleges and agencies. Sue gives a lecture series at Parents Place each quarter.

F28 Movement & Learning: How Daily Activities and Play Develop a Child's Capacities for Success in School & in Life

This is a workshop for parents and educators of young children. Movement develops a child's brain, his spatial orientation, and the other senses vital to learning. Everyday activities around the home and neighborhood can support the child's healthy development for success in the classroom and in life. Learn how a busy parent or caregiver can help create the best movement environment for the growing child.

Target Audience – Parents, Teachers, Directors

Valerie Baadh is a movement consultant to schools and organizations, a movement trainer and mentor to teachers. She has been the Movement Education instructor at San Francisco Waldorf School from 1990 through 2006. She helped develop and taught a comprehensive developmental movement program for grades one through twelve and leads workshops for parents, teachers and the community on Healthy Movement for Young Children. . www.sfmovement.com

F29 Surviving the Mine-Mine Wars: Sibling Rivalry Solutions

Is the backseat bickering driving you insane? While it's true that sibling rivalry is normal, that doesn't mean you have to live with it. In this workshop, we'll answer the tough questions ("Who do you love more?"), discuss the research about how much parents should intervene, and go through the 'dos' and 'don'ts' of how we can keep rivalry issues at an absolute minimum in our families. There are no guarantees; we can't insure our children will be best friends for the rest of their lives. But we can teach them to be polite, gentle, and kind with each other.

Target Audience – Parents

Beth Proudfoot is a licensed Marriage, Family and Child Counselor with twelve years of experience working with young children and their families. A former cable television talk show host, she has lectured for schools, churches and day cares all over the Bay Area and at conferences for the National Center for Self Esteem and the National Association for the Education of Young Children. She has written several articles for local parenting magazines and has published two books on tape for parents: *Go to Your Room! Stress, Anger and Children* and *The Tightwad Option: Managing Motherhood and Money*. www.bethproudfoot.com

Friday Session III

3:45 pm – 5:00 pm

F31 Raising Boys: How to Create a Boy-friendly Home and Raise Strong, Sensitive Young Men

Workshop will explore how boys are different from girls, and what they most need from parents and teachers in order to best learn to combine empathy with becoming a "force for good."

Target Audience – Parents, Teachers

Jomary Hilliard, Ph.D. is a licensed psychologist who trained at UCLA and Stanford. In her Palo Alto private practice, she works primarily with parents and with pre-school and school-age children. She also conducts one-on-one, on-site social skills coaching with elementary age children. A parent educator for fifteen years at The Children's Health Council, she currently teaches at Parent's Place and lectures throughout the South Bay. She and her husband are the parents of three adult sons.

F32 New Board Training: Balancing Act

Responsibilities in a parent participation school are divided amongst Board of Directors, Directors, and school membership; everything progresses smoothly when each fulfills their designated role in a timely manner. This system keeps everything in balance. Come and hear how Board members can fulfill their responsibilities, working as a team, to operate an effective and happily balanced school. This workshop is open to all who are interested in the inner workings of a parent participation school, but directed towards Board members.

Target Audience – Boards

Susie Stone, a registered nurse, has a BA in biology, and is a credentialed K-12 educator, a WCC Adult Educator, a Kindergarten teacher, and retired from 20 years of working as teacher-director of Hansel & Gretel PNS. She is the past President and Advisor to East Bay Council, and the past President of Parent Cooperative Preschools International, currently serving on Contra Costa County Local Planning Council for Childcare and Development. Susie has been married 39 years, and is the proud mother of three, and grandmother of one.

F33 Building Moral Character in Children

Everyone wants to raise a moral child, but how do you do that? This workshop will help you understand the complexity of the issue and guide you to successful strategies. Sue will examine what constitutes moral character and how it is affected by individual development stages, as well as cultural and gender perspectives. The class will also explore the development of sharing, the effect of rewards and punishment on the lasting development of morals, and the influence of peers. Participants will leave with concrete suggestions on how to guide children toward morality.

Target Audience – Parents, Teachers, Directors, Boards

Sue Dinwiddie, MA, teaches parent education and staff development throughout the Bay Area and New York City. Sue, a former head teacher at Bing Nursery School, Stanford University, has published two books *I Want It My Way: Facilitating Child-Child Conflicts* and *Let Me Think: Activities to Enhance Problem Solving*. Sue has taught classes in early childhood education at Stanford University, Pacific Oaks College and various community colleges and agencies. Sue gives a lecture series at Parents Place each quarter.

F34 Finger Dances and Singing Games - a movement workshop for Parents & Educators

Movement educator Valerie Baadh leads caregivers in enchanting and developmentally appropriate singing finger plays and singing games suitable for children ages 3 - 5.

Target Audience – Parents, Teachers, Directors

Valerie Baadh is a movement consultant to schools and organizations, a movement trainer and mentor to teachers. She has been the Movement Education instructor at San Francisco Waldorf School from 1990 through 2006. She helped develop and taught a comprehensive developmental movement program for grades one through twelve and leads workshops for parents, teachers and the community on Healthy Movement for Young Children. www.sfmovement.com

F35 The Difficult Child: Diagnosis & Classroom Intervention

Difficult children have two characteristics in common: they have somewhat prickly temperaments, and they simply don't respond to attempts to change their behavior in the same way as their 'easier' brothers and sisters. In this workshop, we'll review the research on temperament as it applies to difficult children and talk about concrete solutions to classroom behavior management. 'Difficult' children are often unique in interesting, creative and surprising ways. Our purpose is not to 'squash' them, but to teach them how to survive and even flourish in the classrooms they'll encounter for the rest of their lives.

Target Audience – Directors, Teachers, Parents of "Difficult Children"

Beth Proudfoot is a licensed Marriage, Family and Child Counselor with twelve years of experience working with young children and their families. A former cable television talk show host, she has lectured for schools, churches and day cares all over the Bay Area and at conferences for the National Center for Self Esteem and the National Association for the Education of Young Children. She has written several articles for local parenting magazines and has published two books on tape for parents: *Go to Your Room! Stress, Anger and Children* and *The Tightwad Option: Managing Motherhood and Money*. www.bethproudfoot.com

F36 Everyday Early Literacy Play for Families

Experience literacy from head to toe by dancing, singing, playing and reading together... all to engage young children and foster school readiness. Through songs, rhymes and of course books, parents will learn easily employable techniques to develop early literacy skills including language development and phonological awareness. Who knew early literacy could be so much fun!

Target Audience – Directors, Parents, Teachers

Christy Estrovitz is the Early Literacy Specialist for the San Francisco Public Library and is also known as “Miss Christy” from her previous tenure with the San Mateo Public Library. As a passionate children’s librarian and storyteller, she has spent the past 10 years working with young children, families and communities to promote the joy of reading.

F37E Preschool Zen: Finding Peace and Patience with Your Child Right Now

This workshop is designed for parents and teachers who need more patience and need it right now! Participants will see how the principles of Zen unravel the frustrations of parenting and teaching preschoolers and provide greater peace of mind, joy and spontaneity in every moment. This workshop is more than talk, offering a way to transform your relationships and access your own intuitive wisdom. Come prepared to solve your most pressing everyday problems at home and school. In the second half of the session we'll explore how these ancient principles address the most urgent parenting issues in your life today.

Target Audience – Directors, Parents, Teachers

Karen Miller is a real-life mother and Zen Buddhist priest and author of *Momma Zen: Walking the Crooked Path of Motherhood* which explores the Zen wisdom found in early parenting. She is a frequent speaker on the spiritual lessons in family life.

www.mommazen.com

F38E KIDPOWER: Helping Young Children Learn to be Safe without Scaring Them

Personal safety skills help young people stay safe from bullying, violence, and abuse — but they can also build confidence, communication skills, and relationship skills! The early years are a wonderful time to build a foundation for talking about and practicing ‘people safety’ skills in an upbeat, non-scary way that will help your child stay safe and thrive in interactions with other people — strangers, peers, siblings, and others they know — for years to come. Come practice ways of helping your children be safe as they learn to explore what the world has to offer!

Target Audience – Parents, Teachers, Directors, Board

Erika Leonard is the Assistant Director of Community Education for KIDPOWER TEENPOWER FULLPOWER International. She has worked for KIDPOWER in various capacities -- as a volunteer, advisor, instructor, and program coordinator -- for twelve years and has extensive experience adapting KIDPOWER skills to address the needs of people of all abilities and all ages — including very young children. Before joining KIDPOWER, she was a sixth grade public school teacher, and she is the mother of two children, ages 9 and 11. www.kidpower.org

F39E Nutritious Cooking for and with Children

Children shape their lifelong tastes within the first three years of life. Many parents ask “How do I get my children to eat and hopefully enjoy healthy foods?” Join us to discuss the nutritional needs of our children and ourselves and explore many creative ways to encourage lifelong healthy eating habits for our families. We'll explore the best organic choices, good choices for snacks/foods, healthy recipes and cookbooks and methods to get our children to enjoy healthy foods. This workshop will also discuss how to include our children when we cook.

Target Audience: Parents

Suzanne Zaino is a chef, nutritional educator and currently teaches parent education at Little Wonders in San Mateo. Her passion is children's nutrition and is dedicated to helping families to teach their children healthy habits happily from an early age.

DESCRIPTIONS OF WORKSHOPS: SATURDAY, MARCH 17, 2007

Saturday Session I

10:45 am – 12:00 pm

S11 Smart Start: Promoting Early Language and Literacy Strategies for ALL Children

Participants will receive research-based information and resources to promote intentional teaching of early language and literacy strategies for ALL three to five year old children, including those who are learning English and those with special needs. The workshop will include the research-identified causal predictors for later reading success, along with fun and interactive activities for making it come alive in the classroom and at home.

Target Audience – Parents, Teachers, Directors

Debbie Supple is the Bay Region 4 California Preschool Instructional Network (CPIN) Director serving Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo and Solano counties. She provides professional development to preschool leaders and teachers in early language and literacy focusing on three to five year olds. Debbie's two children attended a co-op preschool where she fully participated as a parent and substitute teacher.

Eloisa Mendoza-Hinds is the Bay Region 4 CPIN English Learner Curriculum Specialist. She views all research and practice through the lens of the English Learner (EL) and provides training and technical assistance to preschool administrators and teachers. Eloisa helped roll out the DRAFT *Preschool English Learner Guide* developed by the California Department of Education in collaboration with WestEd.

S12 Opening a Dialogue of Death with Families and Children

Families and teachers alike are often uncomfortable when confronted with death and dying. Feelings of loss and grief are mixed with intense memories and learning. Yet living and dying are part of the normal challenges that arise in early childhood programs. One way to address this delicate matter is to bring it into the classroom curriculum. See how one preschool program embraced these- and other matters of the heart- in ways that educated and enlarged everyone involved.

Target Audience – Parents, Teachers, Directors, Boards

Kate Williams Browne is a full-time faculty member of the Early Childhood Education Department at Skyline College. She is also the Coordinator for the San Mateo region of the CA Early Childhood Mentor Teacher Program.

Karen Wiggins-Dowler is a Head Teacher at the MML Child Development Center of the College of San Mateo. She is also a CA Mentor Teacher and supervises student teachers from two local community colleges.

S13 The Art of Encouragement: Keep Yourself Encouraged & Spread it Around

Many parents today feel discouraged and overwhelmed. Life at home can feel chaotic and disconnected. Using her own stories and those of parents she has taught and coached for ten years, Vickie shows parents how to apply the “Art of Encouragement” to the day-to-day world of bedtime battles and fussy eaters. She illustrates the encouragement principles with practical, experiential exercises so parents can immediately apply the information to create a harmonious household. Learn the important differences between encouragement and praise. Discover secrets to raising responsible, respectful, happy children. Develop a communication style that creates a conscious home. Greatly increase cooperation.

Target Audience – Parents

Vickie Falcone is the author of the book *Buddha Never Raised Kids and Jesus Didn't Drive Carpool: Seven Principles for Parenting With Soul*. She is the author of the *Conscious Parenting* online course, *Twelve Months of Positive Parenting* audio subscription, and the *Parenting With Soul* course. She conducts presentations and workshops around the country to help people improve their relationships and move through self-imposed blocks to true happiness. She speaks to family-friendly corporations who want to reduce the home-related stress that working parents bring to the workplace and to groups who are ready to get more of what they want out of life. www.parentingwithsoul.com

S14 Kindergarten Readiness: Preparing for School Success

How can I tell if my child is ready for kindergarten? "Should I hold my child 'back' another year in preschool?" As today's students are facing increasingly earlier academic demands, families, educators and pediatric professionals alike are asking how to best prepare children for school success. Key factors necessary for kindergarten preparedness will be discussed. Topics highlighted in this workshop will include: identifying developmentally appropriate milestones, implementing strategies for preacademic skill building and supporting and advocating for school readiness.

Target Audience – Parents, Teachers, Directors, Board

Melisa Kaye is a Pediatric Occupational Therapist and the Director of Firefly Center: Therapy Services for Children in San Mateo, California. In addition to her clinical work, Ms. Kaye lectures locally and nationally on issues related to child development. Ms. Kaye recently co-authored the booklet, *Let's Go to Kindergarten: A Family Guide to School Readiness*.

S15 How to Be In Charge When You're Not the Boss!

Parent participation schools have a unique division of power: the director, who is “in charge” as the administrator of the school, and the board of directors, who with the approval of the membership, govern the school. This balance of power can at times become a struggle of understanding responsibilities. In this workshop, Directors, both new and experienced, come together and discuss the responsibilities, difficulties, and joys of being director of a parent participation school. The open forum gives opportunity to network with directors from all areas of California to ask questions, solve problems, and share information. Let's learn from one another!

Target Audience – Directors

Marjorie A. Bohn is a retired Director of the Palos Verdes Hills Nursery School (15 years). She served on the CAPPNS Board of Directors for 10 plus years and continues as the Southern Area Advisor. Marjorie wrote the CAPPNS Personnel Manual, compiled Quick Check (on CAPPNS website), and just completed a Director Handbook.

S16 Strategies for Increasing Membership and Improving the Bottom Line

This workshop discusses methods to effectively market, attract new members, retain current members, and increase revenue for parent participation nursery schools.

Target Audience – Teachers, Directors, Boards

Kim Coontz has been working with cooperatives, and specializing in parent co-ops for more than 15 years. Among her most recent publication is her book: *Bringing Families Together: A Guide to Parent Cooperatives*.

S17 What Is With This Kid?: Understanding Temperament for More Effective Management and Discipline

Once participants understand temperament, many negative judgments and fears about their children's behavior will subside. Participants will learn nine temperamental traits and how to make temperamental evaluations of children and themselves. They will learn how to use the temperamental evaluation to create constructive experiences with the child; to minimize difficulties, and to empower the adult with effective strategies for interactions. Participants will also learn how to diagnose learning styles of children and adult's teaching/parenting styles.

Target Audience – Parents, Teachers, Directors

Ronald Mah, Licensed Marriage & Family Therapist and educator, combines concepts, principles, and philosophy with practical techniques and guidelines for effective and productive results. Ronald is the author of *Difficult Behavior in Early Childhood, Positive Discipline for PreK-3 Classrooms and Beyond* (Corwin Press, 2006). His experience includes: Asian-American community mental health, SED school programs, vocational programs for at risk youth, welfare to work programs, Head Start, supervising a high school mental health clinic, training and supervising therapists, private practice in Castro Valley, credentialed teacher, Masters of Psychology instructor, author of the Asian Pacific Islander Parent Education Support curriculum. Education experiences include 16 years in ECE, including owning and running a child development center for 11 years, elementary & secondary teaching credentials, community college instructor, Masters of Psychology instructor, and former Board of Directors of the California Kindergarten Association.

www.ronaldmah.com

S18♥ Teaching Preschool Concepts through Music (Children Welcome 2nd Half)

Using a CD of preschool concepts, Andrea will teach you how to use songs, props, instruments and movements interchangeably to always keep your child or children excited about learning. Be ready to sing, dance, and play. Children welcome (18 months+) to second half of this workshop.

Target Audience – Parents, Teachers, Children (2nd half)

Andrea Gaspari is the mother of two children who have both attended coop preschools. She has been teaching preschoolers for over 22 years. She has a BSW and is the founder of Andrea's Musical Adventures. Her Kindermusik program won Silver Medalist for the East Bay Area Parent Magazine. She has written two CD's, DRMY music, and developed other products. www.musicwithandrea.com

S19 Beyond Mad, Sad & Glad: Teaching Children to Express Feelings

Although we are considered "the thinking species" we all know that feelings count every bit as much as thought. In this workshop we will explore how the power of words, the power of play and the power of environment can come together to help children learn to express emotions in productive ways. You will learn how to help children recognize their own feelings and how to encourage the development of a "feelings vocabulary."

Target Audience – Parents, Teachers, Directors

Susan Hamlin is a Licensed Marriage and Family Therapist with a private practice in San Mateo. She treats clients (adults and children, in families, couples and as individuals) challenged by a variety of issues. She has done concentrated study in and had extensive clinical experience with young families facing illness and with young families coping in the aftermath of death.

Saturday Session II

2:00 pm – 3:15 pm

S21 Creative Children: Why do we want them and how to keep them

Together we will explore the definition and purpose of creativity. You will learn why creativity is essential to neural development, academic achievement and lifelong success. You will begin to recognize common roadblocks to creativity, strategize ways to eliminate them and discover how to create an environment which encourages productive creative expression while supporting the development of the whole child.

Target Audience – Parents, Teachers, Directors

Nancy Rahimi is currently a parent coach and Director of Carlmont Parents Nursery School. She holds a California Adult Education Teaching Credential in Human Development, Parent Education and Family Management. Ms. Rahimi is a frequent speaker at conferences, both locally and regionally. She has been working with young children and their families for more than twenty years.

S22 Raising Unspoiled Children in an Affluent Society

This workshop will address what is a spoiled individual: the pressure perceived over owning the hottest material things, when our values are sabotaged by the pace of our lives, and the ability to earn what you want and more.

Target Audience – Parents, Teachers,

Melisa Frank has taught young children and their parents for the last 21 years in the San Francisco Bay Area. She enjoys spending her days with young children as they share joy and openness. She also enjoys working with parents and other teachers sharing resources that help build better people and communities. Melisa has earned a BA in English, ECE Certificate for birth to 5, and a California Adult Education Certificate with a specialty in Parent Education.

S23 “No I Won’t and You Can’t Make Me!” Redirecting Power Struggles

Why is my child being so difficult? How can I get my children to listen? Yes, you will get in this car right now! Do you long for peaceful interactions, yet find yourself struggling to complete even minor tasks? In this program, Vickie reveals simple practices that prevent power struggles and reduce the intensity of those that do occur. Understand why your child power struggles. Learn to respond effectively vs. react emotionally. Minimize the hassles, tantrums and tears. Feel calmer and enjoy being a parent.

Target Audience: Parents, Teachers

Vickie Falcone is the author of the book Buddha Never Raised Kids and Jesus Didn't Drive Carpool: Seven Principles for Parenting with Soul. She is also creator and author of the Conscious Parenting online cyber-course, the 'Twelve Months of Positive Parenting' audio subscription, and the 'Parenting with Soul' course. She conducts presentations and workshops around the country to help people improve their relationships and move through self-imposed blocks to true happiness. She speaks to family-friendly corporations who want to reduce the home-related stress that working parents bring to the workplace and to groups who are ready to get more of what they want out of life. www.parentingwithsoul.com

S24 Raising Financially Savvy Children

Money management is a life skill that is rarely taught in our formal education system. Learn how to help heighten your kids' financial awareness in a challenging environment. Geared toward parents of pre-school and elementary school aged children, this workshop provides the basics to help children get ahead financially. Topics include: how to introduce money, how children gain an understanding of money, how to structure allowances, and many more!

Target Audience – Parents

Curtis S Chen, CFP has been providing personal financial planning services since 1996, focusing on Family Financial Planning, Stock Option diversification, and College Funding. A former Little Hands Board Member, Curtis currently serves on the Family Connections Board. He provides pro-bono planning through SF EARN. Curtis holds BS & MS degrees (Computer Science) from MIT. He lives with wife, Piming, and sons, Felix & Alex, in Belmont, CA. www.curtischen.com

S25 Balancing Work & Family

All mothers work, of course, but a large fraction of them are also drawing a paycheck by their baby's first birthday - and a majority by the time she starts 1st grade. While work often brings more resources for health and self-esteem, it also challenges a mother - and her family - in many ways. For example, mothers often feel torn between their children and their career, and even when mom's paycheck is bigger than her partner's is, she's still usually the one doing most of the childrearing and housework. Come hear effective, respectful ways - from a psychologist and former management consultant - to juggle all those balls without going crazy, and to find a wholesome and happy balance.

Target Audience – Parents

Rick Hanson Rick Hanson, Ph.D., is a psychologist and author of *Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships*. He has written and lectured extensively on parental stress and depletion, ways to nurture mothers and fathers, and how a couple can be both strong teammates and intimate friends while raising a family. His background also includes school consultations, psychological assessment, child and family therapy, and advising parents about childrearing practices. He regularly writes and teaches on the essential inner skills of happiness, love, productivity and wisdom, and is currently writing a book on the intersection of psychology, neurology, and Buddhism. A summa cum laude graduate of UCLA, Dr. Hanson did management consulting before earning his Ph.D. in clinical psychology from the Wright Institute. He has been President of the Board of FamilyWorks, a non-profit agency serving families in Northern California, and he currently sits on the Board of Spirit Rock Meditation Center. He and his wife of twenty-five years, Jan Hanson, an acupuncturist and nutritionist, are raising a daughter and son, ages sixteen and nineteen. www.nurturemom.com

S26 Raising Emotionally Healthy Children

Children's upsets cause some of the rockiest moments in care giving. This talk will outline the Hand in Hand approach to supporting emotional health in children. A framework for understanding children's emotional lives will be offered, and participants will learn practical things they can do to increase children's emotional well-being. 1) What is emotional health? 2) Recognizing the three states of mind of children 3) Understanding issues of influence and control in working with children 4) Connecting with children: keys to their emotional health, intellectual development, and building sound judgment. 5) Using Listening Tools: illustrations of successful problem solving.

Target audience: Parents, Teachers, Directors, Boards

Julianne Idleman is the Program Director at Hand in Hand, a non-profit serving parents and caregivers to develop the skills required to build healthy, connected families. Hand in Hand provides classes such as "Building Emotional Understanding", gives lectures such as "Emotional Readiness for Kindergarten" and provides literature on parenting topics. Julianne also co-writes the monthly column, "The Connected Parent" with Hand in Hand Executive Director, Patty Wipfler. Julianne is the mother of three, including two stepchildren. www.handinhandparenting.com

S27 Blood is Thicker Than Water: So Stop Trying to Spill Your Brother's & Sister's: Understanding & Dealing With Sibling Rivalry

The presentation brings together self-esteem theory, tantrum principles, developmental theory, family systems therapy principles, and communications skills as they apply to sibling relationships and rivalry. The presentation uses a family to illustrate how and why sibling rivalries develop due to birth order, temperament, parenting styles, and the family life cycle. Self-esteem among siblings is presented as a primary cause and cure for sibling rivalries. This theoretical knowledge is presented with practical techniques for prevention, mitigation, and resolution of sibling rivalries, including the 'Working it Out Plan': a practical guide to resolving conflict between siblings.

Target Audience – Parents, Teachers, Directors, Board

Ronald Mah, Licensed Marriage & Family Therapist and educator, is the author of *Difficult Behavior in Early Childhood, Positive Discipline for PreK-3 Classrooms and Beyond*. His experience includes: Asian-American community mental health, SED school programs, vocational programs for at risk youth, welfare to work programs, Head Start, supervising a high school mental health clinic, training and supervising therapists, private practice in Castro Valley, credentialed teacher, Masters of Psychology instructor, author of the Asian Pacific Islander Parent Education Support curriculum. Education experiences include 16 years in ECE, including owning and running a child development center for 11 years, elementary & secondary teaching credentials, community college instructor, Masters of Psychology instructor, and former Board of Directors of the California Kindergarten Association.

www.ronaldmah.com

S28 Raising Competent, Confident Daughters

Raising Competent and Confident daughters in our society is a very challenging task. This presentation will focus on "hot topics" facing our girls as well as communication skills and techniques that can foster a positive relationship between parent and child.

Target Audience – Parents, Teachers, Directors, Boards

Dr. Keely Sikes Rollings is a Licensed Clinical Psychologist with two private practice offices in Los Altos and Half Moon Bay, CA. She uses her doctorate and MBA to help individuals through psychotherapy, executive coaching and ADD coaching. Dr. Rollings also helps parents through parent workshops and private parent-coaching sessions.

S29 Licensing Issues

Do you have questions about licensing? Come and hear Betsy Rutana inform us about what is new in licensing. She will be available to answer questions and clear up those gray areas that directors and teachers encounter with the licensing requirements in California. Be informed and be in compliance by attending this licensing workshop.

Target Audience – Directors, Teachers, Boards

Betsy Rutana is a childcare advocate for Community Care Licensing, representing the Northern and Central Island areas of the State, in the California Department of Social Services. Betsy, in her role as a childcare advocate, promotes the delivery of quality childcare in California. She educates parents, childcare professionals, and community groups on the State's licensing requirements, assists county government and community agencies in capacity building and quality improvement efforts to ensure the availability of quality child care, and helps coordinate complaints and concerns on behalf of children in child care.

S30 Add a Twist to Songs you Know to Fit Your Program

All children can learn important concepts by incorporating one of the seven intelligences, music, with other learning styles, by using props, instruments, and visuals. Get ready to sing, dance, and let the child within you play. .

Target Audience – Teachers, Directors

Andrea Gaspari is the mother of two children who have both attended coop preschools. She has been teaching preschoolers for over 22 years. She has a BSW and is the founder of Andrea's Musical Adventures. Her Kindermusik program won Silver Medalist for the East Bay Area Parent Magazine. She has written two CD's, DRMY music, and developed other products. www.musicwithandrea.com

Saturday Session III

3:30 pm – 4:45 pm

S31 Understanding the Musical Development of Your Child

Musical development requires early exposure and access to a rich musical environment. We would all like our children to be musical, but how do we teach them if we are not musicians ourselves? Early Childhood Music Educator, Mona Dena, will present a workshop on how to recognize, support, and encourage musical behaviors in your child. Mona will discuss the natural tonal and rhythmic development in children and share some practical tools in helping to raise a child who loves to listen to and participate in music making.

Target Audience – Parents, Teachers, Directors

Mona Dena is the Director of Mo Music, a teacher, and a mother. Mo Music offers music classes for infants through 7 year olds to over 500 families here on the peninsula. Mona founded Mo Music in 2002 offering both Music Together and Kids Sing programs. She has a B.A. in Vocal Performance and teaching credential from California State University, Hayward, and has extensively studied the musical development of children. www.momusic.com

S32 Germs Away Safely -- Effective, Less Toxic Cleaners For Your School

A panel of presenters will share the research about healthier, environmentally friendly, cleaning products, and their experience in having recently switched to alternative safer cleaning products. Discussion includes practical tips for introducing a new cleaning and sanitizing regime to your school. Alternatives to bleach, the rationale for changing, and the effectiveness of alternative products will be demonstrated.

Target Audience – Directors, Parents, Teachers, Boards

Lori Longo, Director/Teacher at Bunker Hill Parent Participation Nursery School in San Mateo since 1989, has experience with NAEYC accreditation standards and CA licensing, as well as working with parent groups to institute changes. **April Peebler**, Parent and Board Member at Bunker Hill Parent Participation Nursery School, is an attorney with a Certificate of Specialization in Environmental Law. In her practice she dealt with cases involving spills of toxic chemicals, giving her a knowledge base regarding the effects of toxic chemicals on humans and the environment. **Heather Morado**, Executive Director, GeoKids/Menlo Survey Day Care Center Located on the USGS in Menlo Park, instituted alternatives to bleach in her center after attending a conference on alternative practices.

S33 Informal Q&A Session with Vickie Falcone

After two days of talks and presentations, do some of your parenting issues or questions remain unanswered? Come join Vickie for an informal Question and Answer session in a relaxed environment.

Target Audience – Parents, Teachers, Directors, Board

Vickie Falcone is the author of the book Buddha Never Raised Kids and Jesus Didn't Drive Carpool: Seven Principles for Parenting With Soul. She is also creator and author of the Conscious Parenting online cyber-course, the 'Twelve Months of Positive Parenting' audio subscription, and the 'Parenting With Soul' course. She conducts presentations and workshops around the country to help people improve their relationships and move through self-imposed blocks to true happiness. She speaks to family-friendly corporations who want to reduce the home-related stress that working parents bring to the workplace and to groups who are ready to get more of what they want out of life. www.parentingwithsoul.com

S34 What's New in Accreditation

Do you have questions and concerns about the new accreditation process? Karen Hampton, validator from NAEYC, will present information on the accreditation process and answer your questions. Since the mid 1980's the NAEYC accreditation-system has been a source of pride for programs that achieve NAEYC Accreditation, the families they serve, and for childhood professionals as a whole. The new standards under the Re-Invention System will enhance this source of pride as we move forward into another era recognizing the importance in improving the quality of early childhood education. Don't miss this opportunity to gain valuable information.

Target Audience – Teachers, Directors, Board

Karen Hampton, NAEYC Validator and Validation Consultant, was founder and director of Holy Family Children's Center, an accredited NAEYC pre-school, and served as the Director of Community Education for the San Mateo Community College District. She has been a past Validator and Consultant for NAEYC accreditation and is currently a candidate for the newly created Assessor's position for NAEYC's Re-Invented Accreditation

S35 Childhood Stress: Intrusions into the Magic Kingdom

The focus of this workshop is on helping adults understand how stress is appropriate and essential to healthy development. Ronald will discuss what makes stress potentially harmful, how becoming stress "free" aborts opportunities for growth, and the relationship between stress and self-esteem. Developmental theory is used to illustrate the different stress issues at different stages. These concepts are made real, understandable, and applicable to the dynamics between adults and children through the use of examples. Implications for effective adult interactions with children are also discussed.

Target Audience – Parents, Teachers, Directors

Ronald Mah, Licensed Marriage & Family Therapist and educator, is the author of *Difficult Behavior in Early Childhood*, *Positive Discipline for PreK-3 Classrooms and Beyond*. His experience includes: Asian-American community mental health, SED school programs, vocational programs for at risk youth, welfare to work programs, Head Start, supervising a high school mental health clinic, training and supervising therapists, private practice in Castro Valley, credentialed teacher, Masters of Psychology instructor, author of the Asian Pacific Islander Parent Education Support curriculum. Education experiences include 16 years in ECE, including owning and running a child development center for 11 years, elementary & secondary teaching credentials, community college instructor, Masters of Psychology instructor, and former Board of Directors of the California Kindergarten Association.

www.ronaldmah.com

S36♥ Massage for the Growing Child (Children Welcome 2nd Half)

Infant massage doesn't have to end when your child is no longer a baby. The benefits of massage continue for children throughout toddlerhood, preschool, elementary school, teenage years and into adulthood. Regular massage has been proven to help reduce aggression, lengthen nap times, and improve learning in preschool children. But as your baby gets older and more mobile, massage becomes more difficult. Certified Infant Massage Instructor Kathleen Harper will talk about the benefits of massage for the growing child, demonstrate various techniques, and share tips for massaging active older children. Children are welcome to attend this workshop with their parents for the second half.

Target Audience –Parents, Teachers, Directors, Boards, Children welcome 2nd half

Kathleen Harper is a Certified Massage Therapist (CMT), a Certified Infant Massage Instructor (CIMI) through the International Association of Infant Massage (IAIM) certification program, and is also a certified newborn massage instructor. She has completed a massage therapy workshop for children with special needs at California Pacific Medical Center's Institute for Health and Healing. She is the mother of two wonderful boys. www.touchbluesky.com

S37 Turning "No" Into "Yes": Eliciting Cooperative Behavior from Young Children

Young children are expected to test limits both at home and in a school or childcare setting. But constant 'no's can be both frustrating and exhausting to hear. Turning 'no' into 'yes' is a skill that requires patience, consistency, and creativity. Come hear some strategies for positive redirection and limit setting that support your relationship with the children in your care.

Target Audience –Parents, Teachers, Directors, Boards

Heidi Emberling, MA, is an Early Childhood Educator at Parents Place. Heidi has been working with parents and young children for five years, specializing in areas such as positive discipline, limit setting, sleeping and eating issues, potty learning, understanding temperament, and socialization. She teaches parent-toddler classes and two-year old classes and twins classes. She also presents workshops on a variety of topics to Mother's Clubs, Childcare Centers, and community organizations. She has a son in kindergarten and a daughter in preschool.

S38E KIDPOWER: Helping Young Children Learn to be Safe without Scaring Them

Personal safety skills help young people stay safe from bullying, violence, and abuse — but they can also build confidence, communication skills, and relationship skills! The early years are a wonderful time to build a foundation for talking about and practicing 'people safety' skills in an upbeat, non-scary way that will help your child stay safe and thrive in interactions with other people — strangers, peers, siblings, and others they know — for years to come. Come practice ways of helping your children be safe as they learn to explore what the world has to offer!

Target Audience – Parents, Teachers, Directors

Erika Leonard is the Assistant Director of Community Education for KIDPOWER TEENPOWER FULLPOWER International. She has worked for KIDPOWER in various capacities -- as a volunteer, advisor, instructor, and program coordinator -- for twelve years and has extensive experience adapting KIDPOWER skills to address the needs of people of all abilities and all ages — including very young children. Before joining KIDPOWER, she was a sixth grade public school teacher, and she is the mother of two children, ages 9 and 11. www.kidpower.com

S39E Challenging Play: Deepening our Understanding, Developing Effective Strategies

Why does my son turn every construction toy into a weapon? Is all “rough and tumble” play aggressive? My daughter plays with Barbie dolls but my friend says that type of play encourages sexist, stereotypical images of women. How should I respond to these comments? This workshop will focus on certain types of play parents and teachers often find challenging—weapon play, rough and tumble play, dominated play, etc. The presenters will briefly review current developmental understandings about play and how those understandings frame our concerns and values. The primary focus of the discussion will be on how parents and teachers can develop management strategies for play that are effective and personally comfortable.

Target Audience – Parents, Teachers, Directors,

Carolee Fucigna is the Pre-kindergarten Teacher at The Nueva School in Hillsborough, CA. She has been involved in early childhood education and research for over 25 years, both in Northern California and the New England area. She is especially interested in young children's development in play and in the visual arts and has collaborated on 2 books on the latter topic.

Mark Mabry has been teaching young children in the Bay area for over 18 years including 10 years as a head teacher at Bing Nursery School, Stanford University. He is currently the admissions director at Ring Mountain Day School in Mill Valley. His research interests include play, early literacy and the use of computers with young children and educators.

S40E Teamwork and Intimate Friendship for Parents

Studies have shown that the greatest challenge most couples face is staying strong partners after becoming parents. Children innocently challenge both the teamwork dimension of a relationship/marriage as well as the intimate friendship. Come hear effective, practical ways to parent from the same page, share the load fairly, preserve a caring friendship, and keep the spark of passion alive.

Target Audience – Parents, Teachers, Directors, Boards

Rick Hanson, Ph.D., is a psychologist and author of *Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships*. He has written and lectured extensively on parental stress and depletion, ways to nurture mothers and fathers, and how a couple can be both strong teammates and intimate friends while raising a family. His background also includes school consultations, psychological assessment, child and family therapy, and advising parents about childrearing practices. He regularly writes and teaches on the essential inner skills of happiness, love, productivity and wisdom, and is currently writing a book on the intersection of psychology, neurology, and Buddhism. A summa cum laude graduate of UCLA, Dr. Hanson did management consulting before earning his Ph.D. in clinical psychology from the Wright Institute. He has been President of the Board of FamilyWorks, a non-profit agency serving families in Northern California, and he currently sits on the Board of Spirit Rock Meditation Center. He and his wife of twenty-five years, Jan Hanson, an acupuncturist and nutritionist, are raising a daughter and son, ages sixteen and nineteen. www.nurturemom.com

CONVENTION COMMITTEE

Many thanks to the committed parents and their generous families who planned and executed this year's convention. We also extend our thanks to the schools that provided these individuals to our committee and supported their valued efforts. Your time and achievements are greatly appreciated.

Convention Co-Chairs

Susan Kelly St. Paul's Nursery School
Sabah Mirza Little Wonders

Awards

Margaret O'Connell St. Paul's Nursery School

Workshops

Mireille McKee Little Wonders
Sabah Mirza Little Wonders
Caroline Bowers Little Wonders

Secretary & Progressive Dinner

Bettina Oelke Carlmont Parents Nursery School

Treasurer

Jim O'Connell St. Paul's Nursery School

Hotel

Marisa Wachurst UMC Nursery School

Vendors

Melinda Meier Redwood Parents Nursery School

Registration

Claudia Buttigieg UMC Nursery School
Amy Lenane UMC Nursery School

Goody Bags

Heidi Stamper Sequoia Parents Nursery School

Publicity

Julianne Lindars Little Hands, A Parent Child Center

Child Watch

Tiffany Teele Open Gate Nursery School
Pamela Kurtzman Open Gate Nursery School

Hospitality Suite and Fundraising

Renee Zimmerman Family Connections

Volunteers

Lisa Meltzer Penn Bunker Hill Nursery School

Progressive Dinner Host Schools

Bunker Hill Nursery School
Carlmont Parents Nursery School
St. Paul's Nursery School
Little Hands, A Parent Child Center

SAN MATEO COUNCIL OF PARENT PARTICIPATION SCHOOLS

Bunker Hill Nursery School, Director Lori Longo
2145 Bunker Hill Drive, San Mateo (650) 349-1581
www.bunkerhillsschool.org

Carlmont Parents Nursery School, Director: Nancy Rahimi
751 Alameda de las Pulgas, Belmont (650) 593-4155
www.carlmontparents.org

Family Connections, Director: Reneé Zimmerman
(650) 369-6467 www.familyconnections.org

Little Hands, A Parent Child Center, Director: Pat Meyer
1300 5th Ave., Belmont (650) 595-4830
www.littlehands.org

Little Wonders A Parent Child Center, Director: Mireille McKee
225 Tilton Ave., San Mateo (650) 348-0736
www.littlewonders.org

Millbrae Nursery School, Director: Brigadan Bogni-Rodriguez
86 Center St., Millbrae (650) 589-3028
www.millbraenurseryschool.org

Open Gate Nursery School, Director: Kristi Calcagno
2124 Brewster Ave., Redwood City (650) 369-6833
www.ogns.org

Redwood Parents Nursery School, Director: Margie Lawson
3997 Jefferson Ave., Redwood City (650) 368-7060
www.rpns.org

Sequoia Parents Nursery School, Director: Nancy Martin
1839 Arroyo Ave., San Carlos (650) 593-3344
www.spns-home.org

St. Paul's Nursery School, Director: Susan Kelly
405 El Camino Real, Burlingame (650) 344-5401
www.stpaulsnurseryschool.org

United Methodist Church Nursery School, Director: Jeanne Lindberg
1443 Howard Ave., Burlingame (650) 343-1082
www.umcnurseryschool.org

Woodside Parents Nursery School, Director: Andrea Dierolf
3154 Woodside Road, Woodside (650) 851-7112
www.woodsideparents.org

CCPPNS CONVENTION 2007 REGISTRATION FORM – page 1

Name _____
Title _____ School _____
Address _____
Phone _____ Email _____

Registration Fees:	Fri. & Sat.	One Day
CCPPNS Co-op School Members	\$80	\$70 _____
*Member Couple (same household)	\$90	\$80 _____
Non-member	\$90	\$80 _____
Student (25 and under with ID)	\$45	\$40 _____
Child Care (2.5 and older)	\$30 per day	_____
Each additional child	\$25	_____
Children's Box Lunch	\$5 each	_____

Friday, March 16th

Luncheon \$20 _____
*please indicate if vegetarian
Progressive Dinner \$10 (bus ride) _____

Saturday, March 17th

Awards Luncheon \$25 _____
*please indicate if vegetarian

T-shirt Advance Order - 100% Cotton - Convention Logo!

Unisex (U) S, M, L, XL or Women's (W) X, M, L, XL \$12 each
Youth (Y) XS (2-4), SM (6-8), M (10-12), L (14-16) \$10 each
Toddler 2T, 3T, 4T \$10 each

TYPE	SIZE	QTY	PRICE	
U, W, Y, T	_____	_____	\$ _____	total: _____
U, W, Y, T	_____	_____	\$ _____	total: _____

Total of all of above _____

***Fee for a couple to attend is just \$10.00 more than a single registration. For a partner to attend just the Couple's Workshop, the fee is only \$10.00 if you register before the deadline. After the deadline it will be \$15.00 to attend the Couple's Workshop.**

***Presenters may attend workshops for free on the day they are presenting.**

***LATE FEE (rec'd after March 1st) or onsite registration add \$20 to total**

Please send form with a check to "CCPPNS CONVENTION 2007" to:

CCPPNS CONVENTION Registration, P.O. Box 105, Millbrae, CA 94030

Go to www.ccppns.org/convention to register online. Print your receipt and completed registration form. Please bring this to the convention to receive your packet and badge. Please also print a copy of the convention brochure for your convenience.

Online registration will CLOSE March 9th, 2007

Please check if "Certificate of Professional Growth" is requested _____

Please check if ECE Credit is requested _____

Please list email for information on registration _____

CCPPNS CONVENTION 2007 REGISTRATION FORM – page 2

Workshop Selections

Please indicate your workshop selections by writing the code number of the workshop on the line provided. In the event that your first choice workshop is full, you will automatically be placed in your second choice. Remember to set aside time to shop the vendors and network in our Hospitality Suite. Please feel free to leave yourself an open time slot.

1st Choice 2nd Choice

Friday 9:00-11:00am Convention Kickoff with Janis Keyser

Friday Session FI: _____ _____

Friday Session FII: _____ _____

Friday Luncheon Yes / No

Friday Session FIII: _____ _____

1st Choice 2nd Choice

Saturday 8:30-10:30am Vickie Falcone Keynote: How to Create More Cooperation and Peace at Home: Connect!

Saturday Session SI: _____ _____

Awards Luncheon (all welcome): Yes / No

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Saturday Session SIII: _____ _____

Questions? See our website for more information: www.ccppns.org/convention

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