

# Early Years Conference Program



Boise State University  
Student Union Building  
2<sup>nd</sup> Floor  
October 29-30, 2014

# Welcome to Idaho's 8<sup>th</sup> Early Years Conference!

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There is a distinct energy in the air around early childhood issues in Idaho! Robust initiatives, strong collaborations, and impassioned visionaries working to make a difference in the lives of young children and their families have resulted in national attention for our state's literacy and health programs. This conference can serve as a catalyst for positive change within your program, as well as an affirmation of the things you are already doing. The conference format provides opportunities for you to build community and share ideas. We hope that you develop a synergy over these two days that will carry you forward to positive outcomes in your field of work.



There will be many opportunities for learning at the conference. We have invited state and national experts to share their vision and knowledge with us. A three-hour special session to fulfill teacher education credit from Boise State University will be held Wednesday evening.

Lunch on Wednesday is on your own unless you registered for the lunch hosted by the Idaho Association for the Education of Young Children and Treasure Valley Association for the Education of Young Children (AEYC-TV). They are sponsoring this lunch for participants who are interested in learning more about their program.

You are invited to a free presentation by nationally acclaimed speaker Dr. Donna Beegle about poverty issues on October 29; 6:30-8:00 p.m. Dr. Beegle grew up in generational poverty and has a message to share about what poverty is and how to make a difference. The presentation will be held at BSU's Student Union Building, in the Simplot Ballroom. Parking is free in the Lincoln Parking Garage for this event. Join us for an engaging, thought-provoking presentation.

Thursday's lunch includes a Round Table discussion where attendees can choose one of several "hot topics" in the world of early childhood and contribute to a facilitated discussion.

This year's conference is a partnership between the Idaho Head Start Collaboration Office and the Idaho Commission for Libraries. We're excited to have you join us and hope that you come away informed and energized to further the important work you do to support Idaho's children and their families.



### Donna M. Beegle, EdD

#### ***Concrete Tools For Breaking Poverty Barriers***

**DONNA M. BEEGLE** is a highly experienced national public speaker, discussion leader, trainer, and the author of *"See Poverty, Be the Difference,"* a resource book for professionals who work with people in poverty. Donna has written articles providing insights and strategies for communicating more effectively across race, class, gender and generational barriers for 17 years. Her inspiring story and work have been featured in newspapers around the nation, on local TV and on national programs such as PBS. She works with organizations all over the nation who want to make a difference for those living in the crisis of poverty.

Donna is the only member of her family who has not been incarcerated. After growing up in generational migrant labor poverty, leaving school for marriage at 15, having two children and continuing to cope with poverty, she found herself, at 25, with no husband, little education, and no job skills. What followed in 10 short years were: self-confidence, a G.E.D., an A.A. in Journalism, a B.A. (with honors) in Communications, a Master's Degree in Communication with a minor in Gender Studies (with honors), and completion of a Doctorate Degree.

Donna completed her Doctorate in Educational Leadership at Portland State University in 2000, where she taught speech communication courses for eight years. She is currently president of Communication Across Barriers, a consulting firm devoted to improving communication and relationships. Donna is also founder of the new nonprofit, Poverty Bridge, which is dedicated to changing lives for people in poverty.



### Cindy Oser

#### ***What Can We Learn From Babies? Relationships, Resilience and Readiness***

**CINDY OSER** is an experienced pediatric nurse with a focus on building comprehensive early childhood systems, early intervention for infants and toddlers with disabilities, and infant-early childhood mental health policy. Ms. Oser has been with ZERO TO THREE since 1998 in a variety of roles including founder and first Director of the Western Office in Los Angeles, Director of State Policy Initiatives, and Technical Assistance Specialist with the National Early Childhood Technical Assistance System. Ms. Oser is the author of many publications, including *America's Babies: The ZERO TO THREE Policy Center Data Book* (2003), *Making It Happen: Overcoming Barriers to Providing Infant-Early Childhood Mental Health* (2012) and most recently, *Nurturing Change: State Strategies for Improving Infant and Early Childhood Mental*

*Health* (2013). She also serves as a spokesperson for the organization and has been featured in articles and reports for many media outlets including ABC News, Idaho Public Television, the Washington Post, the Wall Street Journal and KIWI magazine.

Prior to joining ZERO TO THREE, she served as Chief of the Bureau of Early Intervention Services at the Ohio Department of Health and was an Executive-on-Loan to Governor George Voinovich and the Ohio Family and Children First Initiative.



### Matthew Wappett, PhD

#### ***Healthy, Happy & Wise: Managing Life & Learning with Laughter***

**MATTHEW WAPPETT** is the Associate Director of the University of Idaho Center on Disabilities and Human Development and an Associate Clinical Professor in the College of Education Department of Curriculum and Instruction. He is the driving force behind the University's Laughter Club and has been referred to by many as the "Laughter Doctor!" His teaching and research focuses on the effects of stress on student learning/behaviors, and creating inclusive learning environments that

meet the needs of all students and that foster a sense of belonging. In a recent Associated Press article Dr. Wappett said, *"Students are some of the most highly stressed people out there, and it's affecting their ability to learn and pay attention, especially with more at-risk populations."* His primary focus is on providing teachers, counselors, and other educational professionals with the tools they need to help students manage their stress and to create healthy student-centered learning environments.

Dr. Wappett earned his PhD in Special Education, a MEd in Educational Studies, and a Bachelor of Arts in English from the University of Utah. He completed his secondary teaching certification while pursuing his Master's degree at the University of Utah. Dr. Wappett has also participated in Clinical Training for Mind-Body Medicine through the Harvard Medical School.

*"Laughter is essential to learning!  
We love those whom we laugh  
with, and students learn from those  
whom they love!"*  
~Matthew Wappett

**Keynote • 9:00 AM-10:15 AM • Wednesday, October 29 • Simplot Ballroom****Donna M. Beegle, EdD • Concrete Tools For Breaking Poverty Barriers**

As an authentic voice from poverty, Donna provides a hands-on training to empower helping professionals to assist children and families to move out and to stay out of the war zone of poverty. This session provides attendees with a deeper understanding of poverty and offers concrete tools for breaking poverty barriers. Participants become skilled in communicating and working more effectively with people who live in the crisis of poverty. Dr. Beegle presents three models of best practice for breaking poverty barriers. [CEU]

**Session A • 10:30 AM-12:00 PM • Wednesday, October 29**

**A1 [Simplot]** Jane Zink, MA and Maureen Durning, BS • *Strengthening Families: Building the Protective Factors from the Inside Out* [CEU]



**A2 [Hatch CD]** Helen Brown, RD, MPH • *Idaho Childhood Obesity and Food Insecurity* [CEU]



**A3 [Barnwell]** Megan Egbert, MLS • *Is There An App for That?* [CEU]



**A4 [Trueblood]** Kristina Taylor, BA and Lori Fascilla, BS • *Grant Writing 101 for Child Care Providers* [CEU]



**A5 [Farnsworth]** Carrie L. Mori, PhD, IMH-IV®, OTR/L, BCP • *Impact on the Dyadic Relationship with a Late Pre-term Delivery* [CEU]

**AEYC-TV Luncheon • 12:15 PM-1:30 PM • Wednesday, October 29 • Hatch AB**

**Idaho Association for the Education of Young Children and Treasure Valley Association for the Education of Young Children (AEYC-TV)** - This informative session will provide participants with information on how AEYC-TV can support their organization's work benefiting children and families. AEYC-TV is hosting this lunch to explore ways to expand their community work.

**PRE-REGISTRATION REQUIRED**

**Session B • 1:30 PM-3:00 PM • Wednesday, October 29**

**B1 [Simplot]** Donna Beegle, EdD • *Community Systems for Supporting People in Poverty* [CEU]



**B2 [Trueblood]** Samantha Ramsay, PhD, RDN, LD • *What Every Provider Should Know About Feeding Young Children in Group Settings* [CEU]



**B3 [Barnwell]** Jonathan Brendefur, PhD and Sam Strothers, MEd • *Developing Mathematical Thinking for Young Children* [CEU]



**B4 [Hatch CD]** Shannon Dunstan, MSW, LCSW and Fredé Trenkle-MacAllister, BA • *School-Based Medicaid for Early Special Education*



**B5 [Farnsworth]** Jessica Smith-fisher, BA • *Coaching Families Involved in Child Protection* [CEU]

**Session C • 3:15 PM-4:45 PM • Wednesday, October 29**

**C1 [Farnsworth]** Johanna Jones, EdD • *Family Matters: What Does it Look Like in Indian Country?* [CEU]



**C2 [Trueblood]** TJ Thompson, MPA; Beth Oppenheimer, BA; and Rebecca Lemmons, MHS • *Healthy Kids, Healthy Futures: A Study in Child Care Policies and Practices* [CEU]



**C3 [Hatch CD]** Matthew Wappett, PhD • *Creating a Culture of Inclusion and Belonging* [CEU]



**C4 [Hatch AB]** Shannon Dunstan, MSW, LCSW • *Early Childhood Special Education: Focus on Social and Emotional Development*



**C5 [Barnwell]** Melissa Bandy, MEd • *Early Brain Development and Responsive Relationships* [CEU]

**Evening Session • 5:30 PM-8:30 PM • Wednesday, October 29**

**F1 [Hatch- All]** Melissa Bandy, MEd • *Social Emotional Development Using the CLASS Framework* [CEU]

**6:30 -8:00 PM • Wednesday, October 29 Simplot Ballroom****Donna M Beegle, EdD • Community Systems for Supporting People in Poverty**

Nationally acclaimed speaker Dr. Donna Beegle grew up in generational poverty and has a message to share about what poverty is and how to make a difference.

**Keynote • 8:45 AM-10:00 AM • Thursday, October 30 • Simplot Ballroom****Cindy Oser • *What Can We Learn From Babies? Relationships, Resilience and Readiness***

By considering how babies are “seen” by the general public, the media, parents, policymakers and practitioners, this session will engage participants in thinking about the unique needs and experiences of infants and young children, how these experiences shape their later learning, health and relationships, and how we can promote well-being of children and their families. Ms. Oser will also discuss current, critical issues that affect early childhood policy and how these issues affect and inform public policy and practice. The session will conclude with recommendations for what needs to be done to promote relationships, resilience and readiness in infants, young children and their families. [CEU]

**Session D • 10:15 AM-11:45 AM • Thursday, October 30**

**D1 [Hatch AB]** Kimi Eames, MSW, LMSW, LCSW and Marla Lipscomb, MSW, LCSW • *Trauma and Acculturation: Ripple Effects on the Family System* [CEU]



**D2 [Farnsworth]** Stephanie Bailey-White, MEd • *Learn More about EatPlayGrow™* [CEU]



**D3 [Barnwell]** Carolyn Kiefer, MS • *Nurturing Connections: Play and Executive Brain Functions*



**D4 [Hatch CD]** David W. Allen, PhD, CCC-SLP and Julie Armstrong, MEd • *Understanding and Using the Idaho Early Care and Education Core Competencies!!!* [CEU]



**D5 [Trueblood]** Melissa Bandy, MEd • *Cultivating Cultural Humility* [CEU]

**Round Table Lunch • 12:00 PM-1:15 PM • Thursday, October 30 • Simplot Ballroom****Early Childhood “Hot Topics”**

Join colleagues in early childhood professions in an engaging, facilitated discussion on what is happening in your community related to one of five “hot topics.” Discussion points will include successes, challenges, resource building and partnership building. Topics to choose from include: How Poverty Impacts Children and Their Families; Hunger and Nutrition; Early Childhood Advocacy; Third Grade Reading Proficiency; or Impacts of Adversity on Early Social/Emotional Development. Grab a boxed lunch and head over to a table with your desired topic. [CEU]

**Session E • 1:30 PM-3:00 PM • Thursday, October 30**

**E1 [Hatch CD]** Liliana Vega, MS and Judith McShane, BS • *Engaging Latino Youth and Family* [CEU]



**E2 [Trueblood]** Melissa Carico • *Navigating the Healthcare Journey – Pediatric Patient-Centered Medical Home*



**E3 [Simplot]** Erica Compton, BA • *Building Young Makers* [CEU]



**E4 [Hatch AB]** Cindy Oser, RN, MS • *Meeting the Developmental Needs of Infants and Toddlers in the Child Welfare System* [CEU]



**E5 [Farnsworth]** Phyllis Vernon, BS • *Getting in Tune: Supporting the Individual Needs and Relationships of Infants and Toddlers* [CEU]

**Capnote • 3:15 PM-4:30 PM • Thursday, October 30 • Simplot Ballroom****Matthew Wappett, PhD • *Healthy, Happy & Wise: Managing Life & Learning with Laughter***

This highly interactive presentation will highlight the effects of lifestyle stress on physical and mental health and social functioning. Matthew offers an entertaining review of research-based evidence for using laughter as an antidote to stress and an adjunct to learning. This presentation will provide opportunities to practice several methods of laughter and relaxation that participants can add to their stress management toolbox. [CEU]

Five conference tracks are offered. Each track features workshop presentations which explore “what’s new and what’s working” to help children and families. You may attend sessions in any or all tracks.



**Building Family Strengths:** Identifies and supports the unique and specialized needs of children and their families.



**Health/Safety and Well-Being:** Emphasizes the importance of supporting and nurturing young children, including safety issues, child abuse and neglect, prevention, and intervention.



**Early Care and Learning:** Focuses on early child development, research, and educational practices that enable infants and young children to reach their maximum potential.



**Program/Professional Development:** Highlights program models and best practices to enhance professional work with young children and families.



**Infant/Early Child Mental Health:** Centers on the social and emotional development of children from birth through age five and their families, including key issues, relationships, risks, and best practice interventions.

## The Planning Committee

The Early Years Conference was made possible because of the time and dedication from planning committee members! If you see one of them, please take a moment to thank them for their great work!

Omair Shamim, IDHW and Stephanie Bailey-White, ICfL  
Co-Sponsors

Julie Armstrong, ICfL, Co-Chair	Merrylea Hiemstra, IDHW, Co-Chair
Kristi Armstrong, AimEarly Idaho	Donna McNearney, IDHW, Co-Chair
Melissa Bandy, ICF International	April Crosby, IDHW
Shannon Dunstan, State Department of Education	Debra Drain, IDHW
Beth Oppenheimer, Idaho AEYC	Carolyn Kiefer, IDHW
Staci Shaw, ICfL	Katie Lamansky, IDHW
LeAnn Simmons, Idaho Voices for Children	Ericka Medalin, IDHW
Mary Jo Surges-Prokop, Lee Pesky Learning Center	Melaine Shephard, IDHW
	Anna Smith, IDHW

## Sponsors and Contributors

### Primary Sponsors

Idaho Head Start Collaboration, Idaho Department of Health and Welfare (IDHW)  
Idaho Commission for Libraries, (ICfL)

### Conference Contributors

- **Idaho Association for Infant and Early Childhood Mental Health (AIMEarly Idaho)**
- **Idaho Association for the Education of Young Children**
- **Idaho Commission for Libraries**
- **Idaho Candy Company**
- **Idaho Dairy Council**
- **Idaho Department of Health and Welfare (IDHW)**
  - Division of Family and Community Services:
    - Infant Toddler Program
  - Division of Health:
    - Environmental Health
    - Maternal and Child Health
  - Bureau of Enterprise Services, ITSD
- **Idaho State Department of Education**

A special THANK YOU to the many volunteers who helped make Early Years a success, assisting with areas such as registration, room monitoring, hallway navigation, and conference preparation.

Thank you to all of our vendors for their support and contribution to the success of Early Years! Please take the time to visit the vendors and learn what they have to offer.

2-1-1 Idaho CareLine, IDHW  
AGBell Idaho Chapter/Strickland Ear Clinic  
AIMEarly Idaho  
Artisan Optics  
Boise State University, Dept. of Special Education & Early Childhood Studies  
Calico Pediatric Therapy Center  
Developmental Milestones/Idaho Infant Toddler Program, IDHW  
Idaho Assistive Technology  
Idaho Association for the Education of Young Children (IdahoAEYC)  
Idaho Children's Trust Fund – Crying Plan Task Force  
Idaho Commission for Libraries  
Idaho Dairy Council  
Idaho Division of Early Childhood  
Idaho Educational Services for the Deaf and Blind  
Idaho Lions Vision and Hearing Foundation  
Idaho Parents Unlimited  
Idaho Public Television  
Idaho Sound Beginnings, IDHW  
IdahoSTARS  
Idaho Voices for Children  
Kaplan Early Learning Company  
Lakeshore Learning  
Primary Health Medical Group  
Project Learning Tree  
Recreation Today of Idaho  
St. Luke's Idaho Elk's Hearing and Balance  
University of Idaho Assistive Tech  
WIC Program, IDHW

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Second Floor

- Ah Fong Room 1
- Alexander Room 2
- Art Gallery
- Barnwell Room 3
- Bergquist Lounge
- Boyington Room 4
- Brink Room 5
- Cataldo Room 6
- Chief Joseph Room 7
- Cultural Center
- Farnsworth Room 8

- Fisher Room 9
- Foote Room 10
- Hatch Ballroom 13
- International Student Services
- Jordan Ballroom 15
- Shipman Room 19
- Simplot Ballroom 18
- Student Involvement and Leadership Center
- Student Union Administration
- Trueblood Room 21
- Women's Center



### Lost & Found

You may turn in "Found" items or check for "Lost" items at the Conference Registration Desk.

### WiFi

Free WiFi will be available through the Bronco Guest public access account. No password necessary.

### Parking

Free all-day parking is available in the Lincoln Parking Structure across the street from the SUB. For speedy parking, please display the **EY '14 Parking Permit** (emailed to you) in your windshield. If you forgot your permit, you may use the EY '14 parking code to register your vehicle *with* your **stall number**.

### ATM Locations

ATMs are located on the 1<sup>st</sup> floor near the C3 Convenience Store.

### Handouts

In an effort to *go green* this year, we have asked presenters to make their handouts available electronically. Many are available during the conference on the Early Years website at [earlyyearsconference.dhw.idaho.gov](http://earlyyearsconference.dhw.idaho.gov). Additional handouts and PowerPoint presentations made available by presenters will be posted within two weeks of the end of the conference.

### Recycling

Water stations will feature recyclable cups and snack plates. Please use the recycle collection stations located throughout the SUB. To learn more about green measures, including BSU's rooftop garden and bee farm, visit: <http://sub.boisestate.edu/sustainability-in-the-sub/>.

### Beegle Book Selling

Donna Beegle will have materials available for purchase on Wednesday. A kiosk will be set up at the Simplot Ballroom.

### Professional Development Credits

A *Certificate of Attendance* documenting contact hours will be passed out at the end of each applicable session stating title, level, and contact hour verification.

Sessions available for CEUs are listed in brackets at the end of each workshop listing: [CEU]

For more detail, please check out information under Conference Resources on our conference website: [earlyyearsconference.dhw.idaho.gov](http://earlyyearsconference.dhw.idaho.gov)

### Hotels

#### Spring Hill Suites Marriott Boise Park Center

424 E. ParkCenter Blvd, 83706  
208-342-1044  
[www.marriott.com/boidt](http://www.marriott.com/boidt)

#### TownePlace Suites Marriott Boise Downtown

1455 S Capital Blvd, 83706  
208-429-8881  
[www.marriott.com/boits](http://www.marriott.com/boits)

### Where to Eat

Eateries in the SUB, 1<sup>st</sup> floor:  
Subway, Mai Thai, La Tapatia, Chick-fil-A, Moxie Java, and the C3 Express

### Wednesday, October 29

7:45-8:30 [Simplot Ballroom]	Registration and Breakfast, 2nd floor Student Union Building (SUB)
8:30-9:00 [Simplot Ballroom]	Welcome and Introductions
9:00-10:15 [Simplot Ballroom]	Keynote: Dr. Donna M. Beegle <i>Concrete Tools for Breaking Poverty Barriers</i>
10:15-10:30	Break, visit vendors
10:30-12:00	<b>Session A</b>
12:00-1:30	Lunch on your own (see list of eateries on "More Useful Information" page); visit vendors
12:15-1:30 [Hatch AB]	Idaho Association for the Education of Young Children and Treasure Valley Association for the Education of Young Children (AEYC-TV) luncheon; pre-registration required
1:30-3:00	<b>Session B</b>
3:00-3:15	Break, visit vendors
3:15-4:45	<b>Session C</b>
<b>Evening Sessions</b>	
5:30-8:30 [Hatch AB]	Melissa Bandy • <i>Social Emotional Development Using the CLASS Framework</i> This session or a pre-conference workshop is required for anyone applying for the BSU teacher education credit (in addition to attending all other conference sessions).
6:30-8:00 [Simplot Ballroom]	Evening Community Presentation: Dr. Donna M. Beegle <i>Community Systems for Supporting People in Poverty</i> . Free to public and conference participants.

### Thursday, October 30

8:00-8:30 [Simplot Ballroom]	Registration and Breakfast
8:30-8:45 [Simplot Ballroom]	Welcome
8:45-10:00 [Simplot Ballroom]	Keynote: Cindy Oser • <i>What Can We Learn From Babies? Relationships, Resilience and Readiness</i>
10:00-10:15	Break, visit vendors
10:15-11:45	<b>Session D</b>
12:00-1:15 [Simplot Ballroom]	Lunch and Round Table Discussion • <i>Early Childhood "Hot Topics"</i>
1:15-1:30	Break, visit vendors
1:30-3:00	<b>Session E</b>
3:00-3:15	Break, visit vendors
3:15-4:30 [Simplot Ballroom]	Capnote: Matthew Wappett, Ph.D. • <i>Healthy, Happy and Wise: Managing Life and Learning with Laughter</i>

#### Conference Goals

- To improve knowledge of current research, evaluative techniques, and best practices that benefit infants and young children.
- To promote networking and strengthen early childhood partnerships, programs, and initiatives at community, regional, and state levels.
- To promote the benefits of prevention and education and enhance the quality of early intervention services in Idaho.
- To strengthen and support families and the unique and diverse populations within Idaho communities.