

REGIONAL WORKSHOPS

Eastman Region - Professional Development Day

EAS - 001
Saturday, March 16, 2019



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Join us for a full day of professional development with two workshops and lunch!

9:30 am – 12:00 pm
Top 10 Guidance Techniques

Are you sometimes challenged by children's behaviours? Would you like to learn how to guide behaviour without being exhausted at the end of the day? Join Marilyn Valgardson for the morning workshop to explore her time tested, instinctive guidance techniques. Learn the difference between guidance, discipline and punishment. Discover how room arrangement, equipment placement and temperature and noise impact children's behaviour. Talk about your goals for the children's behaviour and what you hope to accomplish with them. Review and re-think your expectations – what's realistic. Come away with Marilyn's favorite "Top Ten" techniques that will have the children and you enjoying fun filled, respectful and exciting days together.

FACILITATOR: Marilyn Valgardson is the Executive Director at Assiniboine Children's Centre. She is passionate about lifelong learning and loves when others are inspired to change their practice after a professional learning opportunity. With over 30 years of experience in early learning and child care, Marilyn will draw on her knowledge and experience to help you understand some of the "why" and "what's important about that" in your daily practice.

1:00 pm – 3:30 pm
What's the Risk?
Embracing Risky Play in Childhood

From the time children can move they have an innate motivation to take risks. As they continue to grow, children want and need more risk taking opportunities in order to develop self-esteem, confidence and independence. Yet, we have entered an era of "helicopter parenting" and "being as safe as possible" where children are being stopped from testing out their abilities and taking appropriate risks. This has a lifelong effect on overall child development. Let's be the change for our children. Let's embrace risky play and give children back their independence.

This workshop will answer:

- What is risky play?
- What happens when we restrict children's play?
- What are the benefits of trusting your children to take risks?
- How can you help children learn to assess and manage risk?
- How can you incorporate risky play into your child care program/home?

FACILITATOR: Melinda Walden has been in the Early Childhood Education field for more than 18 years. She has been a front line ECE in a variety of child care settings, including preschool, school age, and nursery centres, with experience in infant and family child care as well. Currently, Melinda is an ECE Instructor in the Workplace Program at Red River College. Every chance she gets, she shares her passion about risky play and proudly applies her knowledge with her two young sons. As a mother she sees the value that comes with entrusting her children to take risks: "Without risk there is no learning." (Carl Rodgers)

LOCATION: Over 50 Club
733 Weiser Crescent, Anola, MB

COST: \$90.00 MCCA Member
\$180.00 Non-member

