Jefferson-Lewis Childcare Project
Annual Spring Conference
Saturday, March 21, 8:30-4:00 at Community Action Planning Council, Watertown

Session 1 from 8:30-10:30: Win-Win Communications with Melanie Rafferty of Cortel Improvement LLC
Session 2 from 10:45-11:45: Child Abuse and Maltreatment OR Basics of Child Passenger Safety (participant choice)
Lunch 11:45-12:45: Complimentary soup and bread will be available
Session 3 from 12:45-1:45: Tantalizing Taste Buds: Trying New Foods OR Squish, Splash, Mash (participant choice)
Session 4 from 2:00-4:00: Build Your Bounce—Personal Resiliency (Bonus FREE book for the first 20 to register!)

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

Six hours of training!
Cost: $45 JLCP Members, $50 Non-members

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

For more information contact JLCP at jlcp@capcjc.org or 782-4900 ext 237 or 239

Scholarship funding to participate in training may be available through the Educational Incentive Program (EIP).
For more information or to apply for a scholarship, please visit www.ecetp.pdp.albany.edu
You may also contact EIP at eip@pdp.albany.edu or 800-295-9616.

Keynote Presentation
Win-Win Communications: Balancing Desire, Need, and Delivery
Presented by Melanie Rafferty, Cortel Improvement LLC
Do you love your job until you need to raise an issue with a child’s parent or guardian? This workshop will enhance your natural communication strengths by layering in new perspectives and techniques. When you need to deliver not-so-good news to parents at the end of the day or week, learn to set the right stage, pace yourself appropriately, and avoid common pitfalls. Enjoy learning the helpful “Sandwich Model” to ensure you END each interaction on a high note!

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

Time: 2 hour
OCFS Topic Areas: Safety and Security Procedures
Session 2: Choose one on registration form

Child Abuse and Maltreatment: The CPS Perspective
Presented by Nate Johnson, Jefferson County Child Protective Service
Get the information you need to help you protect the children in your care. Your role as a mandated reporter will be explained, including what to do and what to expect if you ever need to report suspected abuse. You’ll want to take advantage of this unique opportunity to ask questions and share in discussion of this important topic with a local CPS professional.
Time: 1 hour
OCFS Topic Areas: Child Abuse and Maltreatment ID and Prevention, Statutes and Regulations Pertaining to Child Abuse

Basics of Child Passenger Safety
Presented by Julia Ielfield, Child Passenger Safety Instructor
This workshop will answer your questions about child passenger safety seat requirements, installation, and what seat is right for what child. Get hands-on with seats and leave with resources and information to share with parents.
Time: 1 hour
OCFS Topic Areas: Safety and Security Procedures, Nutrition and Health

Session 3: Choose one on registration form

Tantalizing Taste Buds: Trying New Foods with Children
Get hands-on with this tasty workshop! We will offer some great ideas for incorporating new foods in your menu, encouraging kids to give them a try, and tips to help you simplify food preparation. Come learn, play, and taste with us!
Presented by Tracie Young, Jefferson-Lewis Childcare Project
Time: 1 hour
OCFS Topic Areas: Nutrition and Health, Statutes and Regulations Pertaining to Child Daycare

Squish, Splash, Mash!
Presented by Angie VanWormer, Jefferson-Lewis Childcare Project
In this interactive workshop we will discuss the importance of including sensory play in curriculum. Explore how easy and fun sensory activities can be and leave with new ideas and recipes to try in your program!
Time: 1 hour
OCFS Topic Areas: Principles of Child Development, Child Daycare Program Development

Session 4

Build Your Bounce—Personal Resilience
Presented by Cathy Stenfeldt, Jefferson-Lewis Childcare Project
We all experience challenging times in life. Personal resilience determines how quickly and effectively we “bounce back” from challenges, changes, and unfortunate situations. In this workshop participants will self-assess protective factors and learn ways to build and strengthen personal resilience. BONUS!!! The first 20 people to register for this conference will receive a FREE copy of the book “Building Your Bounce: Simple Strategies for a Resilient You”
Time: 2 hours
OCFS Topic Areas: Business Record Maintenance and Management
Spring Conference Registration Form  
Saturday March 21, 2015  
8:30-4:00 at CAPC  

$45 JLCP Members  $50 Non-Members  

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

### Participant Information

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<th>Type of Program: FDC GFDC DCC SACC Informal</th>
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### Workshop Information

- **Session 2:**  
  - Check your workshop choice for this session: Child Abuse and Maltreatment  
  - Basics of Child Passenger Safety

- **Session 3:**  
  - Check your workshop choice for this session: Tantalizing Taste Buds  
  - Squish, Splash, Mash

### JLCP Membership - if you would like to become a JLCP member, please complete the section below and include membership fee in your total

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<th>Choose Level</th>
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<td>Center or SACC Membership - $80.00</td>
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### Payment Information

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**Form and full payment must be received by March 13**  
Registration must be mailed or delivered to CAPC Administration Office during business hours.  
Mail completed form and payment to: Community Action Planning Council, 518 Davidson Street Watertown, NY 13601