



September 24, 2020

Dear Northern:

Aboriginal Infant Development Programs (AIDP)
Aboriginal Supported Child Development Programs (ASCD)
Aboriginal Early Childhood Development Programs (AECD)
Infant Development Programs (IDP)
Supported Child Development Programs (SCD)

RE: NAECD Conference :

Our first ever virtual Northern Aboriginal Early Childhood Development



(NAECD) conference via Zoom [zoom](#) is fast approaching!

Attached is the schedule of workshops being offered during the week of October 5 through October 9!

Thanks to the generous support provided by the Ministry of Children and Family Development, registration fees are waived for this exciting professional development opportunity which can be accessed from wherever you are without the hassle of traveling.

If you are interested, please complete the attached form and clearly indicate which workshops you want to virtually attend and include your email address. Please ensure that everything is clear and legible.

There will be a Zoom Meeting link for each individual workshop along with the Meeting ID and Passcode sent to the email address you provide just prior to the workshops.

Spaces are limited, so please return your completed registration form as soon as possible via email to aifdadmin@pgnfc.com, or via fax to 1-250-564-5946.

Thank-you for your continued commitment to doing this important work with children and families!

In Friendship,

NAECD Planning Committee

Registration Form
Northern Aboriginal Early Childhood Development Conference
PLEASE REGISTER BY: A.S.A.P.

Telephone: 250-564-5941

Fax: 250-564-5946

Email: aifdpadmin@pgnfc.com

Please print clearly, thank you!

Name & Role/Occupation:	Organization:
Address:	Telephone:
Email Address:	What type of program? (Circle one) AIDP /ASCD /AECD /BB /IDP /SCD

Please use a \checkmark mark to identify which training you wish to attend each day.

<u>MONDAY, October 5th</u>	<u>TUESDAY, October 6th</u>	<u>WEDNESDAY, October 7th</u>	<u>THURSDAY, October 8th</u>
<input type="checkbox"/> Session 1 (9:00 – 12:00) Infant Development Program DAY C- 2 Discussion (For those who already have the training.) Please submit any discussion topics and questions by September 28 th to idp@aimhi.ca	<input type="checkbox"/> Session 2 (8:30 – 10:00) How to Navigate Children's Emotions during COVID Presenter: Dr. Jean Clinton <input type="checkbox"/> Session 3 (10:30 – 12:00) Becoming an Effective Advocate for your Child Presenter: John Gaipman, Chief Executive Officer BC Confederation of Parent Advisory Councils (BCCPAC) <input type="checkbox"/> Session 4 (1:00 – 2:00) Compassion Fatigue Presenter: Dr. Jody Carrington	<input type="checkbox"/> Session 5 (8:30 – 10:00) Infant and Toddler Mental Health , Presenter: Chaya Kulkarni, BAA, M.Ed., EdD <input type="checkbox"/> Session 6 (10:30 – 12:00) Managing Change: Relationship Matters Presenter: Kim Barthel <input type="checkbox"/> Session 7 (1:00 – 4:00) The Importance of Positivity: Strategies to Increase Children's Positive Behaviour Presenter: Kirsten Bevelander BC Aboriginal Childcare Society	<input type="checkbox"/> Session 8 (8:30 – 10:00) Resilience and Indigenous Healing Rituals Presenter: Denise Findlay, M.Ed., CPCC, ACC Neufeld Institute Faculty Intern and Facilitator Owner of Kweykway Consulting ½ hour break (continued) <input type="checkbox"/> Session 9 (10:30 – 12:00) Resilience and Indigenous Healing Rituals Presenter: Denise Findlay, M.Ed., CPCC, ACC Neufeld Institute Faculty Intern and Facilitator Owner of Kweykway Consulting <input type="checkbox"/> Session 10 (1:00 – 4:00) Understanding Anxiety: Learning How Fear Impacts Behaviour Presenter: Kirsten Bevelander BC Aboriginal Childcare Society

Training Descriptions

Session 2



How to Navigate Children's Emotions during COVID
Dr. Jean Clinton
Associate Clinical Professor, Department of Psychiatry and
Behavioural Neurosciences McMaster University

Dr Jean Clinton is an Associate Clinical Professor, Department of Psychiatry and Behavioural Neurosciences at McMaster, division of Child Psychiatry. She is on staff at McMaster Children's Hospital with cross appointments in Pediatrics and Family Medicine, and an Associate in the Department of Child Psychiatry, University of Toronto and Sick Children's Hospital. She is also a senior scientist at the INCH (INfant Child Health) Lab at McMaster University. She has been a consultant to children and youth mental health programs, child welfare, and primary care for almost 30 years. Dr Clinton was recently appointed as an education advisor to the Premier of Ontario and the Minister of Education.

She is the Faculty Lead for the provincial primary care education strategy for Ontario's Enhanced 18 month well baby visit. She was a founding Board member and a Fellow of Dr Fraser Mustard's Council for Early Child Development. Dr Clinton is a ZERO TO THREE International Fellow as well as a Fellow for the Child Trauma Academy.

Her work for children has been recognized locally in Hamilton where she was nominated for Citizen of the Year in 2005 and in 2010 Dr Clinton was awarded the Woman of Distinction award. She was also honoured nationally, receiving the Naomi Rae Grant Award from the Canadian Academy of Child and Adolescent Psychiatry for career commitment and dedication to community intervention, consultation and prevention in the area of early child development in Ontario and Canada.

Dr Clinton is renowned locally, provincially, nationally, and more recently internationally as an advocate for children's issues. Her special interest lies in brain development, and the crucial role relationships and connectedness play therein. Jean

champions the development of a national, comprehensive child well-being strategy including a system of early learning and care for all young children and their families. She is equally committed to ensuring that children's and youths' needs and voices are heard and respected.

She has authored papers in a number of areas, including early child development and poverty, infant neglect, attachment, children's mental health, resilience, and adolescent brain development. She has also provided chapters in a number of books.

Dr Clinton holds a Bachelor of Music Degree in Education and a medical degree and Fellowship in Psychiatry from McMaster University. Jean's greatest accomplishment is being the mother of 5 great kids who range in age from 20 to 30 years.

Session 3

Becoming an Effective Advocate for your Child

Presented by:
John Gaipman, Chief Executive Officer
BC Confederation of Parent Advisory Councils (BCCPAC)

Join us to better understand how the School Act provides parents/guardians with the right to appeal any decision they feel significantly affects the education, health or safety of the student. Parents and guardians are their child's natural advocate, making sure their child's rights, needs and opinions are respected. Advocacy is about working to achieve a successful solution for the benefit of the child. This workshop will provide you with knowledge and tools to successfully handle situations that negatively impact your child's education and to navigate the school district Appeals Process (Section 11 of the School Act).

Presented by: Dr. Jody Carrington

As we are expected to “do more with less” in this world of increasing disconnection, our employees are becoming more and more tired of giving, particularly in professions where we hold people with trauma histories. Some would say, however, that we are wired for compassion and that you cannot tire of the things we are born to do. When our hearts get tired, it often happens when we are triggered by our own stories. When we have nowhere to put the hard stuff, we can’t do our jobs like we used to do. We can’t “show up” like we used to. And we start to wonder “what’s wrong with me?” This happens because no one (seriously) can serve from an empty vessel. This talk is about how we need to (AND CAN) look after each other, so we can continue serving the children and families who need us most.

BIO



Over the past 15 years, Dr. Jody Carrington has assessed, treated, educated and empowered some of our most vulnerable and precious souls on the planet. She is a child psychologist by trade, but Jody rarely treats kids. The answer lies, she believes, in the people who hold them. Especially when kids have experienced trauma, that’s when they need big people the most. Some of her favourites include educators, parents, first responders, and foster parents. Jody has shifted the way they think and feel about the holy work that they do.

Before Jody started her own practice and speaking across the country, she worked at the Alberta Children’s Hospital on the inpatient and day treatment units where she held families with some of the difficult stories. They taught her the most important lesson: we are wired to do hard things. We can handle those hard things so much easier when we remember this: we are wired for connection.

This all started when Jody received her Bachelor of Arts with Distinction from the University of Alberta. She completed a year-long internship with the Royal Canadian Mounted Police during that time, and worked alongside families struggling with chronic illness at the Ronald McDonald House. She received her Master’s degree in Psychology at the University of Regina and completed her PhD there as well, before completing her residency in Nova Scotia.

Her first book, [Kids These Days: A Game Plan for \(Re\)Connecting with those we Teach, Lead & Love](#), came out in 2019 and sold 20,000 copies in just three months. It is now on Amazon’s Best Sellers List.

Session 5

Infant and Toddler Mental Health

Presented by: Chaya Kulkarni, BAA, M.Ed., EdD

This session will provide an overview of early development with a unique focus on mental health and the factors that can both support or hinder development. The science that supports the importance of infant and early mental health and is used to understand behaviors and influencing factors will be explored and considered within the context of community programs that work with young children and their families. The session will conclude with a discussion about the challenges faced when implementing infant and early mental health into program design and delivery, and how to overcome some of the existing barriers.

Learning Objectives :

1. To become familiar with the meaning of infant and early mental health.
2. To understand normal infant and toddler development with a focus on mental health.
3. To gain insight into the science that supports the importance of infant and early mental health.
4. To understand the influence of risk and protective factors on a young child's development.
5. To become familiar with what promotes or impairs the development of positive early mental health.

To understand the challenges that may be experienced when implementing infant and early mental health into community programs.

Bio: Chaya Kulkarni, BAA, M.Ed., EdD

Director, Infant Mental Health Promotion (IMHP), The Hospital for Sick Children, Toronto

Dr. Chaya Kulkarni is the Director of Infant Mental Health Promotion (IMHP) at The Hospital for Sick Children, a national organization which improves outcomes across the lifespan through translating and promoting the science of early mental health into practice with families during pregnancy, infancy, and early childhood. Dr. Kulkarni has over 25 years of experience in a number of leadership roles including frontline service delivery, policy analysis, research, and curriculum and resource development. Prior to joining IMHP, she was VP, Parent and Professional Education at Invest in Kids, and has also served as Senior Policy Analyst and Researcher for the Office of

the Official Opposition, Queen's Park. Dr. Kulkarni is an adviser to Dolly Parton's Imagination Library and a member of the Board at Family Day Care Services.

Session 6

Managing Change: Relationship Matters

We all know change is inevitable. Sometimes it is imposed upon us, other times we seek it out. Regardless of how it comes to be, whether the change is perceived as good or bad, transitions are a part of life that can cause a range of reactions – from paralyzing stress to joyful celebration. How we manage change, therefore, is a critical factor in how we cope and how we thrive, personally and collectively. This illuminating keynote will acknowledge the challenges of dealing with change, and offer insights into key factors, scientific and interpersonal, which make it easier. In a fast changing, interdependent and multi-cultural world in which opportunities are possibly more present than at any time in history, adaptability is strength. Human connection is at the middle of it.

Kim Barthel

Kim is a bridge between the science of neurobiology, mental health, and everyday function. A proponent of “putting your mind in the mind of the other,” she teaches globally about understanding what is behind complex behaviour. Her specialties include attachment, trauma, addiction, sensory processing, movement and learning how we learn and how we heal. Kim’s process of helping people to become behavioural detectives is based on 30+ years of actively integrating a wide range of trans-disciplinary perspectives, through both a scientific and a compassionate lens. She makes a compelling case that “*There is always a reason for the behaviour*” and “*We are all doing the best we can with what we have*” and she shares the bottomline with caregivers world-wide that “*It’s not what you do but how you do it that matters*”

Session 7

The Importance of Positivity: Strategies to Increase Children’s Positive Behaviour

Presented by: **Kirsten Bevelander** of The BC Aboriginal Child Care Society (BCACCS)



Educators who work with toddlers often struggle with how to deal with behaviour like biting, hair-pulling, pushing and grabbing. This workshop assists participants to understand the motivation behind this type of challenging behaviour. We practice strategies that can assist with responding in the moment of crisis but most importantly we look at ways educators can promote problem solving and positive communication. Participants should come with an open mind, ready to share their stories and experiences and with energy to make changes in their practice.

BIO: **Kirsten Bevelander, BCACCS**

Kirsten Bevelander is the manager of the BC Aboriginal Child Care Society (BCACCS) Aboriginal Child Care and Referral program (ACCRR). Kirsten is part of the ACCRR Advisors team which supports Indigenous and non-Indigenous educators and child care providers around the province through training, advocacy and sharing of resources. Kirsten has worked with children and families for over 25 years, specializing in toddler care, children with additional needs, literacy learning and Aboriginal early child development and care. She is also an instructor for the Burnaby ECE Continuing Education Program.

Session 8 & 9



Resilience and Indigenous Healing Rituals

Presented by Denise Findlay, M.Ed., CPCC, ACC

Resilience is defined as the capacity to bounce back after a stressful event and the inability to bounce back is rooted in a loss of resilience which has often been compromised long before the event. If we know what to look for we can see whether our youth is resilient or is lacking resilience. Tears are one of the key indicators of resilience alongside playfulness and feelings. The expression of vulnerable emotions such as sadness and disappointment are essential for emotional health and well-being. Tears are also a symbol of adaptation. The loss of tears is linked to not only a loss of resilience but an escalation of aggression, the inability to adapt to life's circumstances and a hardening of the heart and loss of emotion in general leading to depression and anxiety.

So how can we get a child's feelings back?

Our Indigenous Cultural Rituals are a beautiful, indirect way of accessing one's sadness without risking the provocation of defenses. Rituals contain us, our relationship needs are met, we are in a suspended time and space and as a result the defenses are lowered sometimes just long enough for us to feel our sadness. Instead of teaching resilience or working at resilience rituals can have direct access to our sadness and as a result healing can occur. A youth who is stuck, with a hardened heart or suffering from anxiety will find some rest and relief once tears are restored. Instead of talking about their wounds directly ritual can provide what is needed indirectly. I only have to think about the ritual of listening to certain songs being sung or participating in certain dances or even going to the water, common in many cultures, when we feel stuck. The water symbolizes movement and cleansing and can help us to move and feel the emotions that need restoration in order for healing and growth to occur. This is the magic of Indigenous ways of knowing and being. Nothing is approached directly. Everything is done in a sacred, indirect manner with wisdom and faith.

BIO:

Denise Findlay, M.Ed., CPCC, ACC

Educator, Facilitator and Consultant
Neufeld Institute Faculty
Owner of Kweykway Consulting

Denise is a bi-cultural person of Indigenous and European ancestry, proudly belonging to the Squamish Nation, who has dedicated the last 16 years to travelling throughout British Columbia and across Canada supporting Indigenous peoples in regards to social healing with a strong focus on parenting and caregiving. Being of Indigenous heritage and working at a grassroots level with peoples most impacted by inter-generational trauma, Denise has adapted her approach to honour and prioritize Indigenous ways of knowing and being that draw on the inherent, often unconscious, wisdom of Indigenous Peoples. This has led to the discovery and application of an intuitive voice and language of the heart in ritual and ceremony that have the power to communicate across typical barriers such as race, gender, sexuality, class, and religion.

To be able to reach into the heart of matters that are humanly universal underscores all that she aims to do in every aspect of her work. Denise has spent countless hours facilitating group processes in response to social issues, including workplace harassment, racism, child protection, suicide, addiction, and domestic violence.

Denise holds Master's Degree in Education from Simon Fraser University focusing on Indigenous Epistemology with plans to begin doctoral studies in the fall of 2020. She has the privilege of holding a Faculty position with The Neufeld Institute specializing in Development, Attachment Psychology, Trauma and Resilience. Denise holds a BC Provincial Instructors Diploma from VCC and is a Certified Professional Coach with advanced training in systems work. Denise has spent over 6 years studying Process Psychology with Dr. Stephen Schuïteveorder as her mentor. Her particular focus is on Indigenous Healing Rituals as indirectly providing the context for teaching, learning, healing, cross-cultural relationships, resiliency, and spirituality. Denise works with all adults wanting to make sense of children and youth using Dr. Neufeld's insight and evidence-based model of attachment and development to tease apart complex issues.

Denise has experience training Educators, Parents and Parent Groups, Social Workers, Early Childhood Educators, Mental Health Practitioners and other Helping Professionals.

Session 10

Understanding Anxiety: Learning How Fear Impacts Behaviour

Presented by: **Kirsten Bevelander** of The BC Aboriginal Child Care Society
(BCACCS)

Anxiety is a deceptive disability that masks the true feelings and motivations of individuals.

Children's real or perceived fears will often show up in challenging forms of behaviour.



If we as caregivers react to these behaviours we only cement the underlying anxiety and end up increasing the overall problem. In this interactive workshop we will explore: how anxiety sometimes looks in children, how to see beyond the surface behaviour, and how to understand the underlying fears. We will discuss strategies that support all children in reducing anxiety and learning to take appropriate risks.