

Truckee School Readiness  
Early Learning Project  
c/o R. J. Hall  
P.O. Box 2036  
Truckee CA, 96160

# “GROWING, LAUGHING AND LEARNING””

## 5th Annual Child Development Conference for Parents, Caregivers and Educators

May 3, 2008  
8:00 AM to 2:30 PM  
Sierra Mountain  
Community Education  
Center  
11603 Donner Pass Road  
Truckee, CA 96161

**(530)582-2583**



## Registration Form

### Don't miss out! Reserve your conference choices now!

\*\* workshops with asterisks available with Spanish translation

**Session A 8:30 to 10:00**

**KEYNOTE ADDRESS PETER ALSOP, Ph.D.**

**The Tooth Fairy, Easter Bunny and Santa:**

**Using Music, Humor & Story to Get Unstuck! \*\***

Make your selections from the workshops below:

**Session B 10:15 to 11:15 (Select your choices in ranking order 1- 4 with 1 being your top choice)**

- 1. Weaving the Family Blanket (for parents) \*\*
- 2. Music and Movement (for educators)
- 3. Eco-Art
- 4. Natural Parenting and Nurturing Touch \*\*

**Session C 11:30 to 12:30 (Select your choices in ranking order 1-4 with 1 being your top choice)**

- 1. Treasures of Literacy
- 2. Growing Healthy Children with Healthy Eating Habits \*\*
- 3. The 5 R's Reading, 'Riting, 'Rithmetic, Rhythm and Rital! (for parents)
- 4. Increasing the Odds: Maintaining positive relationships while managing children's challenging behaviors\*\*

**Session D 1:30 to 2:30 (Select your choices in ranking order 1- 3 with 1 being your top choice)**

- 1. Making Your Toolbox a Toybox (for educators)
- 2. Yoga for Toddlers and Preschoolers \*\*
- 3. Adolescence: The second toddlerhood \*\*
- 4. Five Minutes of Peace: Self-care for the busy caregiver

Also available:

- ECE professional growth hours
- Scholarships for conference tuition: Please call 582-2583.
- A child development program including yoga, music and movement, and bilingual storytelling will be available during the conference for children 2 through 5 years old, who are potty-trained. Space is limited to the first 20 children enrolled. Local Girl Scouts and leaders will supervise. Child care also includes breakfast, snack and lunch. Cost: \$25.00 per child. (Babes in arms are welcome at conference.)

Please send this form and a check payable to TTCF by April 25 to Early Learning Project, c/o R. J. Hall, P.O. Box 2036, Truckee CA 96160. The price includes workshops, continental breakfast, lunch and materials.

Please call 582-2583 or email [rhall@ttusd.org](mailto:rhall@ttusd.org) for info.

I have enclosed \$ \_\_\_\_\_ for the Conference (\$45 per adult)

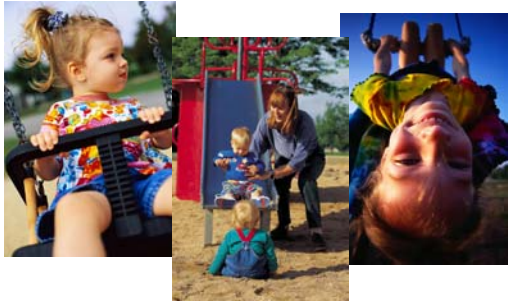
I have enclosed \$ \_\_\_\_\_ for child care (\$25.00 per child for child care)

Name \_\_\_\_\_ Email \_\_\_\_\_

I am a parent \_\_\_ I am a children's services provider \_\_\_ I am (other) \_\_\_\_\_

Mailing Address \_\_\_\_\_ Phone \_\_\_\_\_

Names and ages of children attending and any special needs \_\_\_\_\_



**Sponsored by  
First 5 Nevada County  
and the  
Truckee School  
Readiness Project**



**Co-Sponsoring Organizations**

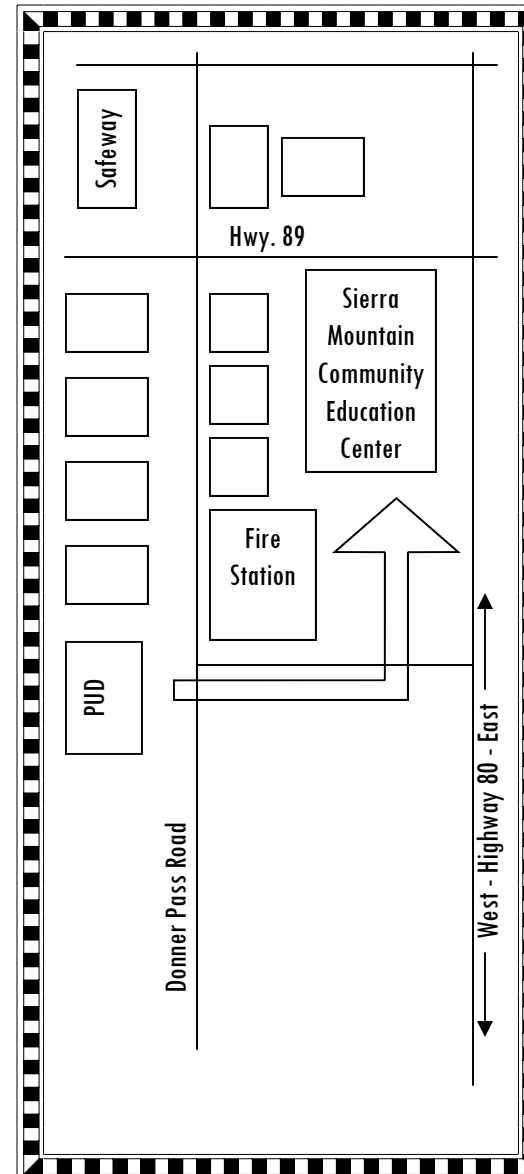
- Tahoe Truckee Child Abuse Prevention Council
- Child Care Coordinating Council of Nevada County
- Wrather Family Foundation
- Rotary Club of Truckee
- Tahoe Truckee Unified School District
- Truckee Donner Recreation and Park District



**“GROWING,  
LAUGHING  
AND LEARNING”**



Sierra Mountain Community  
Education Center  
11603 Donner Pass Road  
Truckee, CA 96161



**More community “Early Learning”  
Classes and Events**

**Evening of conference: May 3, 7-8 P.M.  
Family Concert with Peter Alsop: for  
children ages preschool through elementary.  
7-8pm TDRPD Community Center.**

**Open Gym Time!** Drop in to a full-sized gymnasium with your toddlers for exciting, developmentally- based big muscle play.

**Baby & Me –** Interactive Classes for parents and caregivers and their non-ambulatory infants birth through 12 months, featuring organized activities, informal discussion, child development info and fun.

**Puente al Exito/Bridge to Success** Parents of children under six who are English-learners will receive ESL instruction, academic and study skills along with tools and knowledge to become a child’s first educator and primary resource for school support.

**Your Amazing Infant** Deepen your bond, learn to massage your infant, understand your baby’s needs. For caregivers and infants birth to 3 months.

**Bilingual Story Time** Preschool age storytelling and literacy activities Fridays 10am and 1pm at the Truckee Library

**Club Amiguitos** Kidzone hosts bilingual child development activities targeted for 3-5 year olds on Mondays at 10:00 AM and 1:00 PM.

**Jugando Juntos/Playing Together** – Series of bilingual interactive classes with songs, games and stories for ages walking to 3 years and their caregivers.

**Tiempo Para el Bebe/Time for Baby** bilingual classes for parents/caregivers with songs, movement and education for parents and infants birth to 12 months.

***For more info about any of these activities, call the Early Learning Project at 582-2583 or email [rhall@ttusd.org](mailto:rhall@ttusd.org)***

# Conference Schedule

8:00 to 8:30

Sign In

& Continental Breakfast

Catered by Wild Cherries

**Session A 8:30 to 10:00**

**PETER ALSOP, Ph.D.**

**Keynote Workshop for everyone!**

**The Tooth Fairy, Easter Bunny and Santa: Using Music, Humor & Story To Get Unstuck!\*\***

Humans used story, song and dance to find spiritual guidance when they were stuck, long before the first word was written. Our brains are designed to remember stories and make connections. Our beliefs carry great power to shape reality. When all human children feel safe to laugh and sing and tell their stories, our culture will be healed. Come and begin!

**Session B 10:15 to 11:15**

**1. Weaving the Family Blanket: ( for parents) Peter Alsop, Ph.D.**

Collect valuable family survival tactics we can pass on to our children, instead of the many "uneven parenting techniques" we received. Peter explores alternatives with insightful sing-alongs, group discussion, tears, laughter and silliness.

**2. Music and Movement (for educators) \*\***

**Rita Whitaker-Haun**

Using Musikgarten research-based concepts, this user-friendly workshop will include activities for children in any care setting: preschool, in-home or home-visiting. Children will appreciate listening, singing, playing instruments and movement. Live demonstration included!

**3. Eco Art**

**Alyssa Morganti, MA**

Are you passionate about art and the environment? This workshop is for you. Join a local art instructor for experiential art activities that will stimulate children with diverse learning styles. Learn how to use ordinary household supplies to engage children's curiosity and creativity.

**4. Natural Parenting and Nurturing Touch \*\***

**Gia Mandy, CIMI, CIIT**

This workshop will help caregiver and baby strengthen their bond and connection through nurturing touch and communication. Demonstrations will include: massaging the infant, understanding infant cues, relaxing with baby, infant crying, the newborn's brain, baby yoga and more. Learn how massage helps relieve discomfort from gas, colic and constipation; improves blood circulation; aids in digestion; improves sleep; reduces stress hormones; improves immune function; stimulates neurological development; releases oxytocin (the nurturing hormone); enhances development of the nervous system and increases alertness and awareness.

**Session C 11:30 to 12:30**

**1. Treasures of Literacy: Sensorium**

**Marie Smith & Christine Sproehle**

A potpourri of activity stations, this year's "Sensorium" is dedicated to enjoying and exploring creative ways to bring literacy alive with children. Teachers will find refreshing, innovative ideas across the curriculum. Parents will find enlightening ways to have fun and encourage a lifelong love of language.

**2. Growing Healthy Children with Healthy Eating Habits \*\***

**Heather Lutz, MS, RD**

A dietitian and experienced mother will provide you with strategies for helping your child become a competent eater and help you make sense of media nutrition messages. She will also provide you tips on how to set clear and consistent expectations and limits with food and how to reduce mealtime battles with children.

**3. The 5 R's: Reading, 'Riting, 'Rithmetic, Rhythm and Rita! (for parents)**

**Rita Whitaker-Haun**

Participants will experience methods to stimulate early literacy through musical activities, including movement, melody, rhythm and improvisation.

**4. Increasing the Odds: Maintaining positive relationships while managing children's challenging behaviors \*\***

**Keith Malley, MFT, MA**

In the absence of an owners manual, we will explore parenting strategies that increase the odds of creating and maintaining positive relationships with the children in our care. Building on this positive foundation, our children learn to respect their parents, teachers, and themselves. Generally, they are able to accept the role of these authorities in their lives. Successful teachers & parents provide limited choices and, when necessary, apply discipline with the goal of teaching children pro-social values.

**12:30 to 1:30**

**Enjoy Lunch catered by**

**"Piper's Patisserie." Visit the Resource Tables, Sensorium and Family Resource Center. Resource Center of Truckee**

**Session D 1:30-2:30**

**1. Making Your Toolbox A Toybox (for educators) Peter Alsop, Ph.D.**

Playful sing-alongs, stories and strategies demonstrate how we can use music and laughter to help balance our own lives, and pass these techniques on in our work with children and families.

**2. Yoga for Toddlers and Preschoolers \*\***

**Gia Mandy, Child Yoga Practitioner**

**Leticia Aguilar**

There are many "things" we can give our children, but for children to feel calm and centered in their own bodies is a powerful, lifelong tool. Learn how and why you and your children thrive and benefit from yoga; learn how various poses optimize balance and wellbeing. Live demonstration included!

**3. The Second Toddlerhood-Adolescence! \*\***

**Cindy Maciel**

What's the truth behind the 2's and 12's connection? This workshop is perfect for anyone with an adolescent in his/her life or interested in what's ahead. What expectations should parents and teachers have for children at this important developmental stage. This workshop will cover typical challenges during the delicate stage of adolescence: behavior, adult-child relationships, quest for independence, appropriate boundaries and emerging sexuality.

**4. 5 Minutes of Peace Nichole Hull**

This workshop is designed for any adult who wants a "sampler" of simple 5-10 minute techniques for relaxing, self-calming and energy rejuvenation. Learn simple skills toward bringing more peace of mind and balance into your life. It is a wonderful gift to give to yourself.

## KEYNOTE SPEAKER PETER ALSOP, PH.D.

PETER ALSOP is a nationally known singer-songwriter, educator and humorist with a Ph.D. in Educational Psychology. He graduated from Trinity College in Connecticut and did his doctoral work at Columbia University's Teachers' College and Columbia Pacific University. He worked as the Director of The Harbor Schools Residential Treatment Center for emotionally disturbed adolescents in Maine and as a New York City elementary school teacher in the South Bronx ghetto.

Peter has produced 19 audio recordings and 7 videos and dvd's for which he consistently wins "BEST CHILDREN'S" awards from Parents' Choice and the Association For Independent Music. His songs are used daily by thousands of parents, educators and human service professionals to help discuss sensitive issues. His "Wake Up" video with John Ritter helps families prevent child abuse and abduction. He's acted on stage and on television, directed a feature film and performs throughout the U.S. and Canada as well as hosting annual training workshops at his Otter Space Conference Center in Northern California. He lives in Topanga, California with his wife, actress/director Ellen Geer, and their two daughters Willow and Megan.

## CONFERENCE PRESENTERS

**Leticia Aguilar** has been owner-director of Lety's Preschool in Truckee for 26 years where she provides a Pre-K Spanish Immersion Program. Leticia holds an AA Degree in Human Development and a CA Site Supervisor Permit. She is active in the community and church and is on the Board of Directors of the Family Resource Center of Truckee. Leticia and her husband Ramiro have three children and two grandchildren.

**Martha Cerna** has been a Community Educator/Promotora for the past 5 years in the areas of childhood development, dental health education and literacy. She also provides a weekly Bilingual Story Hour at the Truckee Library. She and her husband, Javier are the parents of two teenage boys.

**Nichole Hull** is a Certified Massage Therapist, a Mini Yogi's Certified Instructor, mother of two sons and owner of Sierra Tahoe Computer.

**Heather Lutz, MS, RD** is a clinical dietitian at Tahoe Forest Hospital and a mother of two growing boys. Heather has been providing nutritional counseling on disease prevention and disease management for over 15 years. Heather's career focus has been on helping people translate nutritional messages into practical daily eating behaviors that they can enjoy.

**Cindy Maciel** has been the Program Manager at STEPP (Sierra Teen Education and Parenting Program) since the doors opened in 1998. She oversees the operation of the Infant/Toddler Center and teaches parenting and life skill classes. Her background is in Childhood Development. She holds a B.A. in Psychology with an emphasis on Adolescent Development. She has worked with all ages and finds each stage of development enjoyable. Cindy is the mother of a teenager.

**Keith Malley, MFT, M.A.** is a licensed Marriage, Family & Child Counselor with a Master of Science degree in Counseling. He also holds Teaching & School Counseling credentials. He has specialized training in the areas of Infant & Early Mental Health and Parent-Child Interaction Therapy (PCIT). His experience includes work in schools, camps, psychiatric hospital and residential treatment centers as well as county mental health settings. Providing consultation to child care providers, Head Start Staff, and shelter facilities add variety to his practice with younger children and their families. His experience as a father of four children and two grand daughters provides ongoing reality check on his parenting theories and instills in him the empathy and caring for which he is known.

**Alissa Morganti**, has an M.A. in Environmental Policy and a B.A. in Art. She is the mother of 2 young children and Coordinator of North Tahoe Arts Youth Art Camp and is the art teacher for Truckee's Forest Charter School.

**Gia Mandy, CIMI, CIIT, Child Yoga Practitioner**, holds a BA from the University of CO in Music. Following university, Gia raced triathlons professionally and was a member of the US National Triathlon Team. In 2002, Gia moved to Asia for several years, studying Pilates and Gyrotonics as well as the techniques of Sonia Sumar, a leading children's yoga instructor with a special interest in improving functioning of children with special needs. Gia is dually certified as a parent/baby massage instructor and an infant massage educator. Gia currently teaches children's yoga and baby massage in Truckee and is a coach for "Girls on the Run."



**Marie Smith** holds a Master Teacher's Permit in Early Childhood Education. She is Director/Owner of Marie's Place, a small private preschool program in Truckee for over 20 years. Her commitment to children in Nevada County began as a preschool teacher in 1981. The strength of her curriculum is nature-based science, literacy and the joy of physical adventures.

**Christine Sproehle, B.A.** holds a Program Director Permit in Child Development, a Literacy & Science certificate from Berkeley L.H.S. and certification in Sunform Alphabet Systems. She is currently our local Professional Mentor to Nevada County First 5's Educator Support Program. Christine is the mother of a teenager and Director/Owner of Christine's House, a private preschool program in Truckee. She is passionate about storytelling and art.

**Rita Whitaker Haun** is a professional musician with 28 years teaching experience for children birth through 70 years! Her approach is influenced, in part, by education in the Musikgarten, Kindermusik, Orff, Kodaly, Suzuki and Waldorf philosophies. Rita lives in Truckee with her husband and two children.

### **Conference Planning Committee**

**Rita Whitaker-Haun; Colleen Williams;  
Rosemary Winterberger; Julie Tester;  
Christine Sproehle; Marie Smith;  
Rebekah Shurtleff; Cindy  
Maciel; Bobbe Holt; Leticia Aguilar  
& Ruth Hall**

\*\*\*\*

**A Special Thank You to: Karen Pilaar,  
Terrina Woodard & Girl Scout Troop 136;  
Mary Ellen Lopez; Martha Cerna;  
Monina Vazquez, Tahoe Forest Hospital,  
Project MANA and the  
Family Resource Center of Truckee.**