

The Collaboration for Early Childhood is delighted to present our ninth Symposium. This annual gathering provides an arena for parents, educators, caregivers and anyone who works with young children to gain knowledge, perspective and practical skills in promoting and living a positive and healthy lifestyle from early childhood well into adult life.

This year's theme is **Wild about Wellness: Growing Healthy Children in Mind, Body and Spirit**. This theme underscores the importance of building our children's capacity to learn *how* to live and grow mentally, physically and emotionally as they incorporate a spirit of wellness by making wise choices with food, physical and mental fitness, and lifestyles. This focus will inspire our participants to guide children to make good choices that will lead to lifelong healthiness and happiness.

We invite you to become an active participant in exploring the many aspects of a healthy lifestyle in early childhood and beyond by joining us at Percy Julian Middle School on **Saturday, February 25, 2012**. The day will include a continental breakfast, a keynote address, lunch, a panel discussion, and a variety of morning and afternoon breakout sessions led by noteworthy presenters. Participants will have the opportunity to network, collect resources, and explore books and materials that support living a life of healthy choices, be it eating well, moving often, or establishing good habits for the mind, body and spirit.

Looking forward to seeing you there.

ANTONIA DEMAS

Keynote Speaker

Antonia Demas has a Ph.D. in education, nutrition and anthropology from Cornell University. Dr. Demas has worked in various capacities for over 40 years developing food-based curriculums and teaching food studies in a variety of educational settings. Because of her excitement about the learning and health improvements that occur among children when they have positive, sensory-based, hands-on experience with food, she has devoted herself to engaging in research to document this observation scientifically. She is the founder of the Food Studies Institute, a non-profit devoted to improving the long-term health and education of children and their families, and her widely used curriculum is *Food Is Elementary*. A Visiting Scholar at Johns Hopkins University School of Public Health and at the University of Illinois Medical School, Dr. Demas consults throughout the United States and abroad and certifies teachers as food educators.

MESSAGE

From the Symposium
Planning Committee
Chairpersons

Helen Kossler
Maura Stockmann



Collaboration
for Early Childhood



Oak Park Village Hall
123 Madison Street, Room 209
Oak Park, Illinois 60302



Growing healthy children in mind, body and spirit



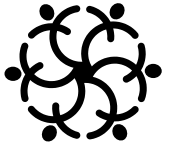
9th Annual Symposium
Saturday, February 25, 2012
Fees and Online Registration
Information Inside!



**GROWING HEALTHY
CHILDREN IN MIND,
BODY AND SPIRIT**

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for Early Childhood



REGISTRATION INFORMATION

Symposium Registration Fees:

\$30 Attendee Registration Fee, postmarked, or paid online, by February 15, 2012

\$20 Full-Time Student Registration Fee (ID must be presented at check-in), postmarked, or paid online, by February 15, 2012

\$40 Registration Fee for ALL individuals registering after February 15, 2012, postmarked, online or on-site.

Space is limited and pre-registration is encouraged.

For Online Payment: www.collab4kids.org, click on "Symposium"

For Mail-In Payment: Mail registration form and payment to:

Collaboration for Early Childhood
Oak Park Village Hall
123 Madison St., Room 209
Oak Park, IL 60302

No faxed registrations accepted. For further information, please call 708-613-6122.

Name _____

E-mail _____

Home Street Address _____

City, State, ZIP _____

Home Telephone _____

Name of Center/School _____

Center/School Location _____

Which best describes your place of employment:

- Half-Day Early Childhood Program (am, pm or both)
- Full-Day Early Childhood Program
- Kindergarten
- Family Child Care Home
- Early Intervention
- Parent
- Other _____

Please check primary role for attending:

- Assistant Teacher
- Teacher
- Administrator
- Education Student
- Early Interventionist
- Parent
- Other _____

Sponsors:

Grand Victoria Foundation
District 97 PTOs



Growing healthy children in mind, body and spirit

**9th Annual Symposium
Saturday, February 25, 2012**

Percy Julian Middle School • 416 S. Ridgeland Ave. • Oak Park, IL 60302
PARKING IS LIMITED: please allow extra time for on-street parking

EVENT SCHEDULE

Note: Space in morning breakout sessions is limited – Sign-up is first-come, first-served – beginning at 8:00 am during registration/breakfast. Selections for afternoon breakout sessions will be completed during the networking lunch.

8:00 - 9:00 Registration and Continental Breakfast – ALL ATTENDEES

A few tables will be set aside for family child care providers to gather, share resources and ideas, and explore ways to support one another beyond the Symposium.

9:00 - 10:10 Morning Breakout Sessions

10:20 - 11:40

Welcome: Cynthia Michul, Convener; Collaboration for Early Childhood

Introduction of Keynote Speaker: Maura Stockmann, Faculty, Triton Community College, Co-Chair of Symposium Planning Committee

Keynote: Making Food Literacy an Educational Priority for Healthy Children, Antonia Demas, Ph.D., President/Founder, The Food Studies Institute

INCCRRA Announcement: INCCRRA Registry Representative, introduced by Helen Kossler, Director of Specialized Services, Perspectives Charter Schools

Announcements: Carolyn Newberry Schwartz, Executive Director, Collaboration for Early Childhood

11:40 - 12:50 Lunch/Networking/Resources

1:00 - 2:10 Afternoon Breakout Sessions

2:15 - 3:00 Panel Discussion: Where do Early Childhood Educators Go from Here? *Pioneering Healthy Communities* joins us to discuss next steps, with Antonia Demas, Elizabeth Lippett, Jill Moorhead, Sandy Noel and Charice Phillips

Certificates of Attendance will be provided.

BREAKOUT SESSIONS

AM **Early Infant Crying – What We Know and What Can Help**
Marsha Baker

AM **Bringing the Outdoors Back Home: Exploring Nearby Nature in Your Neighborhood**
Robin Cline

AM **We are All Welcome Here**
Helen Kossler & Jan Patterson

AM **How the Arts Contribute to Raising Healthy Children**
Kimberly Kurrus

AM **Feeding the Young Child: Is "Picky" Eating Normal?**
Nancy Lannan

AM **Choreography with Lines: A Gross Motor Exploration Integrating Literacy, Art and Dance**
Donna Mandel

AM **What is Physical Activity for Preschoolers? And... How Can I Do it Cheaply?**
Diana Rosenbrock

AM **Hah! No TV & Screen-Machine Time? Let's Get Real!**
Sheryl Stoller

AM & PM **Nourish to Flourish: Reclaiming the Healthy Family Dinner**
Melissa Elsmo

AM & PM **Fit to Learn**
Sandy Noel

AM & PM **Fun, Focus and Flexibility: The Physical, Mental and Spiritual Benefits of Yoga for Youngsters**
Kim Vulinovic

PM **The Role of Sensory Education in Wellness**
Antonia Demas

PM **The Importance of Tummy Time: Practical Positioning Strategies to Prevent Bucket Babies**
Danielle Lemon & Meg Bracco Liebreich

PM **Multicultural Dance**
Donna Mandel

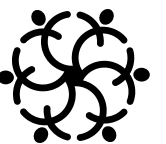
PM **Sleep Easy and Well**
Gina Orlando

PM **Common Allergic Issues in Childhood**
John Ruckauf

PM **Healthy Earth, Healthy Kids: Teaching and Learning About Wellness Through Hands-On Gardening**
Deirdra Stockmann

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