



## About The Sponsors

### Lifesteps Early Education Centers

At Lifesteps Early Education Centers, child care, preschool and summer discovery services are for children of all abilities. These programs help children grow and develop in a safe and positive environment. Children are nurtured by educational professionals to learn, develop a positive self-image, and form friendships. Programs provide appropriate intervention for children with special needs to help them overcome a wide range of developmental and learning concerns.

### Family Retreat Center



## Registration

Registration and Fee **must** be received:  
**No Later than February 26, 2016.**

**Register on-line at the PA Keys website:**  
**www.pakeys.org**  
and

### Mail payments to:

Lifesteps  
Attn: Building Bridges Conference  
383 New Castle Road  
Butler, PA 16001

### For registration questions or concerns:

Contact Sarah Walaschek at Lifesteps  
724-283-1010 • 800-225-2010  
swalaschek@lifesteps.net

## Cancellations

If workshop is cancelled due to bad weather, it will be announced on local radio stations and refunds will be issued. Otherwise, *refunds will not be given.*

## Directions

### From the North:

Follow Evans City Rd/PA-68 towards Lindsay Rd/PA-528. Continue on PA-528 towards I-79 S. Proceed on I-79 S for approximately 4 miles. Take the PA-228 exit, exit 78, toward Cranberry/US-19/Mars and merge onto PA-228 towards Cranberry. Turn left onto Perry Hwy/US-19 S and after  $\frac{3}{4}$  of a mile, turn left onto Freeport Road. Follow Freeport Road for  $\frac{3}{4}$  of a mile and the Family Retreat Center will be on your left. (*gated entrance*) Parking will be directly to your left and the facility will be to your right.

### From the South:

Follow 65 S towards Freedom. Turn left onto 9th Street towards Freedom Crider Road. Continue on Freedom Crider Road for approximately 5 miles. Continue onto Freedom Road for 2  $\frac{1}{2}$  miles. Turn right onto US-19 S and after  $\frac{3}{4}$  of a mile, turn left onto Freeport Road. Follow Freeport Road for  $\frac{3}{4}$  of a mile and the Family Retreat Center will be on your left. (*gated entrance*) Parking will be directly to your left and the facility will be to your right.

19th Annual Conference

# Building Bridges for Children



Friday  
March 4, 2016

8 am – 4:30 pm  
Family Retreat Center  
Cranberry/Mars Area

Sponsored by:



## About the Conference

Lifesteps is proud to announce the 19th Annual Building Bridges Conference. The sessions are designed to enhance professional development.

Early Care and Education Professionals are invited to participate in this opportunity to collaboratively learn and share ideas with others in their field. The day offers 6 hours of training credit.

## Schedule

8 – 8:15 am	Registration/ Continental Breakfast
8:15 – 8:20 am	Opening/Welcome
8:20 – 10:20 am	Session 1
10:20 – 10:30 am	Break
10:30 am – 12:30 pm	Session 2
12:30 – 1 pm	Lakeshore Presentation
1 – 1:45 pm	Lunch
1:45 – 3:45 pm	Session 3
3:45 – 4:30 pm	Conference Evaluation & Certificate Completion

## Conference Highlights

**WHEN:** Friday, March 4, 2016

**WHERE:** Family Retreat Center  
1100 Freeport Road  
Mars, PA 16046

**COST:** \$45 per person for full day or  
\$15 per session

*Includes: Seminars  
Certificate of Completion (up to 6 hours)  
Full day registration includes:  
Continental Breakfast  
Lunch*

### TRAINING CREDITS:

Child Care Providers attending are eligible to receive 6 hours of DHS & STARS annual training credits.

## Questions

Contact Sarah Walaschek at Lifesteps  
724-283-1010 • 800-225-2010  
swalascchek@lifesteps.net



### Lakeshore Presentation

#### Matt Mignogna

*National Accounts Manager  
Lakeshore Learning Materials*

Presentation on developmentally appropriate activities the Lakeshore way.

### Session 1

*Curriculum, Child Assessment, and/or Early Learning Standards*

#### Integrating Math Experiences Into the Curriculum

*Deb Lanzo – Certified Instructor, Valley Community Services*

In this course, participants will look at a constructivist approach to facilitating math experiences, and integrating these experiences into the curriculum. Teachers will engage in hands-on experiences exploring math materials, then design lesson plans which can be used in their classrooms.

### Session 2

*Health, Safety, and Nutrition*

#### Childhood Obesity Prevention: Inspiring Physical Activity

*Darlene Sansone – Better Kid Care Coordinator,  
Penn State Extension*

*Let's Move! Child Care* (LMCC) is part of *Let's Move!*, a comprehensive initiative started by Michelle Obama to help turn the rising tide of childhood obesity in the United States. Child care providers play an important role in helping to develop healthy eating and physical activity habits in young children. The two Let's Move! Child Care goals that relate to physical activity are the focus of this workshop. The following topics are covered:

1. An overview of the issue of childhood obesity
2. An introduction to the LMCC Initiative
3. LMCC Goal "Increase Physical Activity"
4. LMCC Goal "Limit Screen Time"
5. Instructions for participation in the LMCC Initiative

### Session 3

*Child Observations and/or Inclusive Practices*

#### Supporting Children III: The ABCs of Behavior Change

*Dan Richason – System 123 Professional Development Designer*

The topics covered are functional assessment and positive behavior support. This session focuses on the nuts and bolts of assessing how challenging behavior may serve the child using it and developing well designed behavior intervention.

