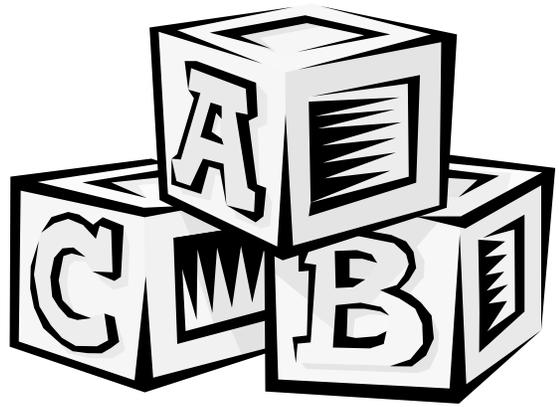


# The 8th Annual Caring for Babies Forum



***A free event for Cambridge and Somerville parents, teachers, providers, and all those who care about and care for infants and toddlers, birth to age three!***

Join us for a day of  
fun and learning!

Saturday, March 14, 2009

9:00 AM—3:30 PM

Peabody School, 70 Rindge Ave  
Cambridge, MA

9:00-9:30

Arrive & Breakfast

9:30-9:45

Gather to hear welcome address by  
Cambridge Mayor E. Denise Simmons

9:45-10:15

Keynote address: **What's Play Got To Do With It?**

Marcia Farris is the Executive Director of the Massachusetts Association for the Education of Young Children. Much of Marcia's work is focused on developmentally appropriate practice in early childhood education. She provides training on practical ways that adults can provide meaningful interactions with children in their care through play.

10:30-12:15

Morning classes

12:15-1:00

Free lunch

1:15-3:00

Afternoon classes

3:00-3:30

Discussion/Good-bye

Please return the inside registration form by Thursday March 5, 2009

By Mail to: Child Care Resource Center, Inc., Attn. Meg

130 Bishop Allen Drive, Cambridge MA 02139

Or Fax to: (617) 547-3340 Attn. Meg

*Registrations will be processed on a first come first serve basis.*

# About the 2009 Caring For Babies Forum



The Caring For Babies Forum is a *free* event for Cambridge and Somerville parents, caregivers, early childhood educators, and anyone interested in the growth and development of young children age zero to three. Participants will learn exciting and useful information about caring for young children during workshops and a keynote address. They will also learn about community agencies that serve young children and their families and have the opportunity to meet other parents and caregivers. If you have questions or would like more information, please call Meg at 617-547-1063 x220.

## Registration

Space is limited—registration is required! Please complete the registration form and return it to the Child Care Resource Center by Thursday March 5. Registrations can be mailed to Child Care Resource Center, Attn: Meg, 130 Bishop Allen Drive, Cambridge, MA 02139, faxed to 617-547-3340, or dropped off in person.

*Registrations will be processed on a first come first serve basis.*

## Child Care

There is limited free child care available during the event. Please tell us on your registration form if you need child care and return your form by Thursday March 5, 2009. Parents of infants are welcome to keep their children with them during the workshops if the child is not disrupting the rest of the group.

## Location, Transportation & Parking

The Peabody School is located at 70 Rindge Avenue (near Massachusetts Avenue) in North Cambridge and is easily accessible by foot from the Red Line or Bus #83 or #77. There is *limited* non-resident parking around the school. More information will be provided with your registration confirmation.



We rely on many partners to help us keep the Caring for Babies Forum free to all interested Cambridge and Somerville parents and providers. Please consider making a donation to help us keep this event free to all.

Checks can be made out to: Child Care Resource Center, Inc., and write Caring for Babies in the memo line. Thank you!

*The 2009 Caring for Babies Forum is presented by:*

*The Child Care Resource Center, Inc., the Agenda for Children Literacy Initiative, Cambridge Center for Families, the City of Cambridge Department of Human Services, the Cambridge Public Library, Cambridge Housing Authority, Cambridge-Somerville Early Intervention, Somerville Family Network and Somerville Community Partnerships.*



# 8th Annual Caring for Babies Forum

## March 14, 2009

### Morning Workshops 10:30-12:15

#### **AM 1 Keeping Sleep Time Safe: Reducing the Risk of SIDS** (Martha Childs, Director, Child Care Search)

*This workshop will provide participants with the most current information regarding SIDS including EEC regulations to help reduce SIDS, steps to evaluate the child care program, steps to develop an improvement plan and a safe sleep policy, suggestions for parent communications and the development of an emergency plan.*

#### **AM 2 Sign to Me Sing to Me** (Jill Tully, Instructor)

*Learn to communicate with your child before they can speak...and beyond! This class is designed to teach parents, caregivers, and children basic American Sign Language. Through songs, games, and activities, children learn how to use ASL to facilitate communication from infancy and beyond. This session is repeated in the afternoon.*

#### **AM 3 Environment and How They Can Affect Behavior** (Darragh Callahan, Doctorate in Early Care and Education, Researcher and Faculty at Boston University)

*Environments that are carefully set up with the right materials enhance the program quality for young children. This workshop will focus on environmental considerations necessary to support infants and toddlers.*

#### **AM 4 Babies Cry, Have a Plan** (Alice Newton, M.D, MSW, Director of the Child Protection Team, and Allison Scobie-Lloyd, Medical Director of the Child Protection Team, Children's Hospital Boston)

*This workshop will provide an understanding of shaken baby syndrome including its definition, causes, and consequences. Participants will discuss how to understand and respond effectively to infant crying and how to calm themselves in situations where they may be frustrated or overwhelmed with an infant's crying.*

#### **AM 5 PLAY and MAKE** (Marie Enochy, Cape & Islands Early Childhood Resources Center)

*Come to a hands-on workshop that will offer ways to use recycled materials as learning tools with infants and toddlers. Participants will have a chance to make something to use in their settings and walk away with new resources and ideas. This workshop is limited to 15 participants. This session is repeated in the afternoon.*

#### **AM 6 Red Flags and Child Development** (Cambridge-Somerville Early Intervention)

*Come and learn about a child's developmental milestones, and gain an understanding of when and how to recognize possible developmental delays and how to respond.*

#### **AM 7 Relaxing Activities To Do With Children Birth to 3 Years Old** (Christine Doucet, Center for Families)

*In this workshop we will explore ways to help babies and toddlers relax with activities that are appropriate for their ages. There will be lots of handouts about songs, rhymes, soothing techniques, and more!*

#### **AM 8 Los Bebés Lloran, Tenga un Plan** (Xandra Negron, Boston Public Health Commission, Boston Healthy Start Initiative and Ana Marina Vaquerano, Latino Health Institute)

*Este taller es diseñado para aquellos profesionales que cuidan niños para que comprendan sobre el síndrome del bebé sacudido; sus definiciones, causas y consecuencias. Los participantes también aprenderán sobre métodos en como envolver a los padres/madres y otras personas que cuidan niños, a que aprendan y comprendan como reaccionar efectivamente cuando un bebé llora y como mantenerse calmado durante una situación donde se encuentren frustrados y preocupado por los llantos de un infante.*

#### **AM 9 Hablemos...¡Hace una Diferencia!** (Mely Klapper and Valeria Vargas, Literacy Ambassadors, Agenda for Children)

*Investigadores mostraron la importancia de hablar y leer a los niños desde el nacimiento. Estos fondos promovieron a los investigadores hacer mas presentaciones. Demostraron técnicas específicas de compartir que esto pueden ser usados con los niños para desarrollar temprana literatura y proveendo/donando libros y actividades para que ellos lleven a sus casas!*

#### **AM 10 Discipline Timoun San Traka** (Judith Alexandre, Director, Multilingual Action Council, Wheelock College)

*Atelye sa-a ap bay tout moun ki ladann yo chans pou yo patisipe epi intèaji youn ak lòt. N'ap etidye epi diskite teyori D. Beaumrind sou divès kalite jan moun fè levasyon timoun. Ptisipan yo ap gen opòtinite pou yo reflechi sou kijan paran yo te konn discipline yo epi kijan metòd paran yo afekte jan yo discipline pitit pa yo jounen jodi a. Patisipan yo ap aprann nan ki kategori paran yo ye epi kijan sa afekte jan yo disiplin timoun; y'ap apran tou metòd disiplin pozitif ak prevansyon nan disiplin.*

#### **AM 11 Disciplina - O Limite na medida certa** (Fernanda Villar, Psicóloga Coordenadora do Programa de Apoio para Pais- Somerville Ma)

*Em termos de grandes mudanças, não é nada fácil para os pais identificarem com clareza os limites da verdadeira disciplina no trabalhoso e gratificante processo de educar os filhos. Nesta oficina discutiremos como nos posicionar diante de situações delicadas, surgidas na busca de liberdade de nossos filhos.*

# 8th Annual Caring for Babies Forum

## March 14, 2009

### Afternoon Workshops 1:15- 3:00

#### **PM 1 Picky Eaters** (Rebecca Rash, WIC Nutritionist)

*Can't get your child to eat anything? Does your child only eat certain foods or refuse meals altogether? If you need help or have questions about picky eating, join other parents and professionals for the Picky Eaters Workshop.*

#### **PM 2 Sign to Me Sing to Me** (Jill Tully, Instructor)

*Learn to communicate with your child before they can speak...and beyond! This class is designed to teach parents, caregivers, and children basic American Sign Language. Through songs, games, and activities, children learn how to use ASL to facilitate communication from infancy and beyond. This session is repeated in the morning.*

#### **PM 3 Your Child's Emotional Health** (Amy Bamforth, MS., LCSW )

*An overview of how to support young children's social and emotional learning, and when to look for help when you are concerned.*

#### **PM 4 Let's Talk... It Makes a Difference** (Lauren Leikin, Literacy Coordinator Agenda for Children)

*Research has shown how important it is to talk and read with children beginning at birth. This fun, interactive workshop turns research into practice, sharing specific techniques that you can use with your children to develop their literacy skills and providing tools, books, and activities for you to take home!*

#### **PM 5 PLAY and MAKE** (Marie Enochy, Cape & Islands Early Childhood Resources Center)

*Come to a hands-on workshop that will offer ways to use recycled materials as learning tools with infants and toddlers. Participants will have a chance to make something to use in their settings and walk away with new resources and ideas. This workshop is limited to 15 participants. This session is repeated in the morning.*

#### **PM 6 Play's the Thing: How to Support Your Infant and Toddler's Development Through Play**

(Sarae DeCoster-Pacetta, TRUCE Steering Committee, Adjunct Professor, BU School of Education)

*We know that babies learn through play, but today's society sends so many confusing messages to parents and caregivers about what kind of play is best. This workshop will look at the kinds of toys and play that supports the developmental needs of little ones and builds the foundation for strong relationships and success in school. Additionally, participants will learn about TRUCE (Teachers Resisting Unhealthy Children's Entertainment), a local advocacy group that works to support families and teachers. Participants will get copies of TRUCE's 2008 toy guide as well as material from their upcoming infant-toddler play guide.*

#### **PM 7 Reducing Stress for Parents and Caregivers** (Christine Doucet, Center for Families)

*Taking care of children can be stressful. In this workshop, we will explore healthy ways to relax ourselves and release daily stress, thereby helping us to maintain a healthy, stress-free environment for us and our children. The workshop will close with a simple, guided relaxation meditation.*

#### **PM 8 La Fiesta de Lectura** (Mely Klapper and Valeria Vargas, Literacy Ambassadors, Agenda for Children)

*Es importante para los padres o personas que cuidan a los niños, leerles todos los días! Venga aprender y practicar las diferentes técnicas de lecturas para niños con diferentes edades. Usted también recibirá libros y bolsas para llevársela a casa!*

#### **PM 9 Banderas Rojas y Desarrollo Infantil** (Intervención Primaria de Cambridge/Somerville)

*Venga y aprenda sobre el desarrollo infantil, y aprenda en cuando y como reconocer algunas retrasos de estos desarrollos, y como responder.*

#### **PM 10 Enpòtans jwe nan timoun aprann** (Judith Alexandre, Director, Multilingual Action Council, Wheelock College)

*Atelye sa-a ap bay patisipan yon konesans jeneral sou jwe epi epi sou koneksyon li genyen ak jan timoun aprann. Patisipan yo ap aprann diferan nivo nan jwe selon laj timoun nan epi tout fonsyon jwe ranpli nan devlopmand timoun. N'ap kouvri tou kijan sektè medical, santé mantal ak lekòl itilize jwe. N'ap bay paran ouswa moun ki travay ak timoun yo yon latriye teknik sou kijan yo ka itilize jwe pou motive epi discipline timoun.*

# Caring For Babies Forum Registration Form

*The Caring for Babies Forum is a free event! Register by March 5th as space is limited!*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Home Telephone: \_\_\_\_\_ Work Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

## Morning Workshops:

Please place a "1" for your *first* choice and a "2" for your *second* choice:

- |   |   |   |   |
|---|---|---|---|
| <input type="checkbox"/> AM 1 Safe Sleep and SIDS               | <input type="checkbox"/> AM 2 Sign to Me Sing to Me           | <input type="checkbox"/> AM 3 Environments and Behavior               | <input type="checkbox"/> AM 4 Babies Cry Have A Plan          |
| <input type="checkbox"/> AM 5 PLAY and MAKE                     | <input type="checkbox"/> AM 6 Red Flags and Child Development | <input type="checkbox"/> AM 7 Relaxing Activities To Do With Children | <input type="checkbox"/> AM 8 Los Bebes Lloran, Tenga un Plan |
| <input type="checkbox"/> AM 9 Hablemos...¡Hace una Diferencial! | <input type="checkbox"/> AM 10 Disipline Timoun San Traka     | <input type="checkbox"/> AM 11 Disciplina- O Limite na medida certa   |   |

## Afternoon Workshops:

Please place a "1" for your *first* choice and a "2" for your *second* choice:

- |  |   |   |   |
|--|---|---|---|
| <input type="checkbox"/> PM 1 Picky Eaters                         | <input type="checkbox"/> PM 2 Sign to Me Sing to Me       | <input type="checkbox"/> PM 3 Your Child's Emotional Health | <input type="checkbox"/> PM 4 Let's Talk... It Makes a Difference |
| <input type="checkbox"/> PM 5 PLAY and MAKE                        | <input type="checkbox"/> PM 6 Play's the Thing            | <input type="checkbox"/> PM 7 Reducing Stress               | <input type="checkbox"/> AM 8 La Fiesta de Lectura                |
| <input type="checkbox"/> PM 9 Banderas Rojas y Desarrollo Infantil | <input type="checkbox"/> PM 10 Enpotans jwe nan edikasyon |   |   |

## Are you? (please check all that apply)

- Parent
- Grandparent
- Family Child Care Provider. Name of program: \_\_\_\_\_
- Center-based Child Care Teacher. Name of program: \_\_\_\_\_
- Center-based Child Care Director. Name of program: \_\_\_\_\_
- Other caregiver: \_\_\_\_\_

Do you need EEC Training Hours?  Yes  No

Do you need child care for the day?  
 Yes  No

I need care for \_\_\_\_\_ children

If you need child care, please fill in your child's information:

Child's name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

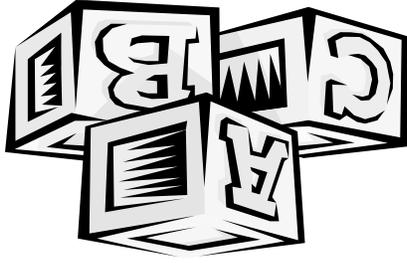
Child's name: \_\_\_\_\_ Date of birth: \_\_\_\_\_



Please return this form by Thursday March 5, 2009 by mail to:

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Or by fax to: 617-547-3340, Attn: Meg



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Cambridge Massachusetts 02139  
ph: (617) 547-1063 x220/ fax: (617) 547-3340



**To:**