

Explore Topics for the Childcare Conference “Recipe for Success”

Needs, Interests, and Abilities-Child-Centered Early Childhood Practices

Creating a space for all children to learn - seems like an easy task, right? The needs of children often seem complex and challenging in the early childhood classroom. During this session, we will talk about how you can create a space that invites discovery and offers the flexibility children need to support their unique needs, abilities, and capabilities, as well as foster their interests to create a lifelong love of learning. Taught by Amy Foster-Palmer, Project Specialist: Family & Community Health for Texas A&M AgriLife Extension

Making Space for Big Emotions: Mindfulness and Yoga for Children

Mindfulness and Yoga foster children's confidence while enhancing resilience and self-regulation skills. Michelle Saylor, a board member at the University of Colorado, offers guidance to administrators on integrating social-emotional learning and mindfulness practices into school environments. With certification in children's yoga from KAY (endorsed by the internationally recognized Yoga Alliance), Michelle brings expertise in promoting holistic well-being among students.

Healthy Carbohydrates

Curious about the optimal carbohydrate intake to mitigate the risk or address obesity, prediabetes, and type 2 diabetes? Join us for a discussion on the appropriate quantity, strategies for balance, and diverse methods of integrating carbohydrates into your meals. Led by Amanda Molina and Sonia Coyle, Family & Community Health agents at Texas A&M AgriLife Extension.

Culinary Medicine-Healthy Food Culinary Preparation

Texas A&M AgriLife Extension agents, Kate Blankenship and Elsie Lacy provide food samples and education on culinary medicine. Food prepared to benefit health.

Active Shooter/Armed Intruder

Gain knowledge on the strategies, guidance, and procedural frameworks designed to address active shooter events potentially affecting your daycare facility. Jeff Fant, boasting 25 years of experience in law enforcement, currently holds the esteemed position of Disaster Assessment & Recovery Area Chief for the West Region at Texas A&M AgriLife Extension.

Childcare Center Disaster Preparedness

Disasters or emergencies can strike unexpectedly, making preparedness crucial, particularly in childcare settings where infants and children may lack the ability to protect themselves adequately. Childcare facilities equipped with a well-defined plan and regular practice sessions are better positioned to safeguard the children under their care. Presented by Kyra Sucharski, Disaster Assessment & Recovery (DAR) AgriLife Extension Agent.

Color Me Healthy

How to incorporate the “Color Me Healthy” curriculum into your day. This nutrition and physical activity curriculum is for ages 4-5 and is designed to stimulate the senses of young children: touch, smell, sight, sound, and of course, taste. Taught by Gayle Bludau & Dru Benavides, Family & Community Health Agents for Texas A&M AgriLife Extension.