

Title of Training: Building Strong Parent Provider Partnerships

Board Present: Jennifer Bowman – President, Rebecca Dunahoo – President Elect, Emma Tempest – Secretary, Anna Cannon – Washington County Member-at-Large, Terri Teters - Ex-Officio, Elizabeth Scudder – Advisor

Participants Present: 37

The meeting was called to order at 7.00pm by Jennifer Bowman. Jennifer welcomed the participants to the NWAECA meeting. She thanked Natalie Mazzaranti and The Hill School in Fayetteville for hosting the meeting and allowing the tour of their program.

Business:

1. Jennifer noted that the by-laws have been revised and emailed out to members to read and give feedback on. Members will be able to vote on these online on February 12th. If you are a member and have not seen them, please get in touch with Emma for the link emma.tempest@hotmail.com
2. Jennifer shared that the Amazeum Educator's Night Out was a success and we will be partnering with the Amazeum for their next Educator events in October 2020 and January 2021.
3. Jennifer announced that a viewing of No Small Matter will be held at NWACC on Monday 13th April at 6.30pm for our Benton County special event.
4. Jennifer welcomed back Susan Edwards as a board advisor, working with Benton and Washington County. She also welcomed Anna Cannon, who is serving on our board as our new Washington County Member-at-Large.
5. Natasha Kile, NWAECA Treasurer, was not present but reported that we have \$530.71 as our current balance.
6. Jennifer shared that the Northwest Child Care Aware Conference will be held in Springdale on Saturday May 30th.

Speaker: Sarah Paul – Curricula Concepts **Host:** The Hill School, Fayetteville

Sarah shared that her work with Curricula Concepts is rooted in relationship building, parent-provider connection and family engagement. She encouraged everyone to get in touch for training opportunities at sarah@curriculaconcepts.com

Sarah began with an ice breaker game where she split the attendees into two groups. One person from each group had a pile of cards with action words on them. They had to hold the cards against their head, showing the word to the rest of their group. The group then had to act out what was on the card for the person to guess – without saying any words. Words included: "obstacle course", "volleyball", "squatting". It was a great game with lots of laughs!

One of the classes that Curricula Concepts offer is "Parenting with Purpose". There are three topics; "Responsive Caregiving", "Self-Control" and "Healthy Media for Very Young

Children". She shared one of the activities they teach for deep breathing to promote calm. You lie down on your back and place a soft toy on your stomach. As you breathe in and out, the toy rises and falls as you control your breathing. Children can see the toy on their stomach and can challenge themselves to not let it fall off by ensuring they are taking slow, deep breaths. These then activate the vagus nerve which switches the parasympathetic system on, creating a sense of calm and access to problem solving and decision making.

Another training Sarah shared is called "Move It!". This is a training is made up of "Yoga in the Classroom", "Gross Motor Play" and "Music and Movement". This training is for preschool educators to practice aspects of physical development in order to understand more about gross motor skills for children. One of the activities they teach is to use a pack of Uno cards and assign an action to each color e.g. jump, twirl, hop. When you draw a card, you must do the action as many times as the number on the card. Volunteers at the meeting did a great job of demonstrating how to play this game, way to go!

The Arkansas Guide for Promoting Family Engagement is another training Curricula Concepts offers. This is a three-hour training that supports programs to have systems in place to involve families and then engage them on a deeper level.

The final trainings that Curricula Concepts offer are the Parent Cafés. These trainings are offered at any time of the day to suit your schedule. The café is guided by Curricula Concepts trainers but led by the participants in the room. Each table has a 'host', usually a member of staff from the center, who has specific questions for discussion on topics relevant to families. Each café has three questions. The trainer starts a timer and the host facilitates the discussion with the parents at each table. When the timer goes off, feedback is shared and then participants are invited to move to another table and sit with someone new. Then the next question is discussed in the same way. By the third question, everyone should have sat with someone else in the whole group. Evaluation forms are given out and the most common feedback is that the parents feel good that they're not the only one having these experiences with their child. They feel connected with other parents, heard and understood. This also then leads to a closer relationship between providers and parents as each table host gets to hear from each parent, and the parents get to hear from the staff outside of 'the school day'. At the end of the session, Sarah asks participants to write a note to themselves which is placed in a self-addressed envelope, unseen by anyone else. Three weeks later Sarah posts out their note to act as a reminder of what the parent learned from the training.

Meeting was adjourned by Jennifer Bowman

Next Meeting: March 3, 2020 6.30pm-8.00pm Course ID: 21603

Host: Sunshine School & Development Center, 3400 Woods Ln, Rogers, AR 72756

Topic: Choice Language **Presenter:** Gipsye Robinson Minutes shared by Emma Tempest