



FAMILIES & EDUCATORS AS PARTNERS CONFERENCE

TAKING CARE OF OUR CHILDREN,
TAKING CARE OF OURSELVES

Do you provide care and education to children ages birth - five?
If so, join us to explore the connection of supporting young children's development and prioritizing the well-being of families and early childhood educators.



Saturday
April 13, 2024



4850 Mark Center Dr
Alexandria, VA 22311



9:00AM-
3:00PM



Lunch provided

Speakers, Resources, Door Prizes, and More!

Register Now
Scan or Click QR Code



KIDS' FIRST

YEARS



WHO WE ARE

Kids' First Years is a collective of individuals and organizations who work together to ensure all children in Alexandria have healthy and strong starts in life.

The collective is committed to strengthening our early childhood system by supporting children, families, and providers.

Together, we coordinate partners, connect families, and promote the collective.

CONFERENCE GOALS

- Strengthen partnerships between families and early childhood educators
- Learn to prioritize self-care
- Create environments where young children can thrive emotionally, socially, and academically

Agenda

of the Conference

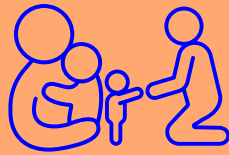


Saturday
April 13th 2024

- 8:30AM- 9:00AM
Registration and Breakfast
- 9:00AM- 9:15AM
Welcome and Opening Remarks
- 9:15AM- 10:30AM
Featured Speakers
- 10:45AM- 12:00PM
Breakout Session #1
- 12:00PM- 1:00PM
Lunch and door prizes
- 12:00PM- 3:00PM
Community Resources Fair
- 1:15PM- 2:30PM
Breakout Session #2

[**REGISTER NOW**](#)

BREAKOUT SESSIONS



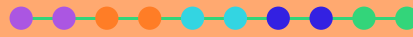
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Welcome & Opening Remarks

9:00- 9:15
RM 1305,
RM 6411



Featured Speaker: How is your well-being, my friend?

9:15-10:30
RM 1305

One part of nurturing our well-being is exploring self-compassion. When we practice self-compassion, we feel more confident in ourselves and view ourselves more positively. People who practice self-compassion have more motivation, increased productivity, better relationships, and better physical health. So, let's join together to learn how our kindness to ourselves and others improves our well-being and to explore ways to be kinder to ourselves. Leave with strategies you can practice to quiet your inner critic and celebrate your unique strengths.

Karin Spencer, EdD, NCPT & Heather Walter, Ed.D.



Breakout Session: Introduction to Infant and Early Childhood Mental Health Consultation I

9:15-10:30
RM 6411

The Early Childhood Mental Health Consultation Project in Washington, DC, known as the Healthy Futures Program, operates in 24 child development centers located throughout the District. This panel of implementers will share their insights on how they moved from a pilot to having their Healthy Futures Project written in policy and practice with full funding. Join this panel for a 2-part discussion as they share insights on how they provide services for children, families and programs. Services support improvement of social-emotional competence, provide education about children's mental health issues and consultation around program policies that promote staff wellness, team building classroom observation, program consultation and professional development.

Infant and Early Childhood Mental Health Consultation Session II will take a deeper dive into Implementation, Evaluation, and Impact of Infant and Early Childhood Mental Health Consultation for educators and program leaders.

Stephen O'Connor, LMFT, Travis M. Spencer, LCPC, Kaela M. Tidus, Ph.D. student, Kamilah Crawley, MPH

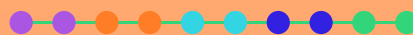


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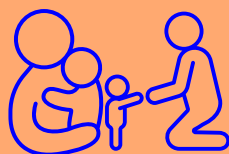
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Quiet Wellness Space

9:00 AM-
2:30 PM
RM 1301

BREAKOUT SESSIONS



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10:45-12:00
RM 9151

Breakout Session: Promoting mental health for children and caregivers through art and creativity

In this hands-on workshop, participants will explore the intersection of art, creativity, and mental health for children and their caregivers through the practice of journaling. Through interactive experiences and discussions, participants will learn practical techniques to incorporate journaling into their personal and caregiving routines, foster social and emotional well-being and strengthen connections between caregivers and children and self.

Carey Helmick & Ruthie Tapp



10:45-12:00
RM 6651

Breakout Session: Reducing Classroom Disruptions through Sensory Integration

Learn about techniques and a sensory-based tool that reduce classroom disruptions and support self-regulation in the classroom and other natural environments.

Pamela Little, DCHS Early Childhood Wellness Team



10:45-12:00
RM 6654

Breakout Session: Intentional Interactions

This workshop focuses on the importance of being intentional when interacting with children through planned experiences and daily routines.

Milanell Velazquez-Nieves, Streamin3 Coach



10:45-12:00
RM 6403

Breakout Session: A Little Dirt: Outdoor Wellness and Meaningful Experiences

Come experience the connections with the outdoors and wellness for the children you care for as well as yourself. We will share some simple and easy ideas for you to integrate outdoor wellness into your day.

Maia Dargan & Raena Mitchell- ACPS Teachers



10:45-12:00
RM 1352

Breakout Session: Connecting with your Neighborhood and Community for Wellbeing

Connecting with others is a key component of wellness and well-being. This workshop enables participants to share and discuss various strategies used to build connections within your own neighborhood and community, especially when new to the area.

Ashgan Abbas, Mahbobullah Rahmani, and Tomashia Cornitcher, ALX Family Council



10:45-12:00
RM 1356

Breakout Session: Self-Care: A Restorative Practice

As caregivers, we must remember to stop, breathe, and value our well-being through meaningful avenues such as written expression, community connections and an exercise in filling our cups. Come and learn how to focus on yourself.

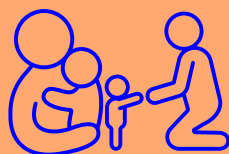
Kim Jagwe, ACPS teacher



9:00 AM-
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1:15-2:30
RM 1305

Breakout Session: Movement 2 Feel and Teach Your BEST!

In this fun, interactive breakout session, educators and family members will explore the science of movement, the mind-body connection, and come away feeling inspired to use movement as a tool to feel their best. Participants will practice simple, yet effective movements, dynamic stretches, and deep breathing techniques and develop a plan to put their best foot forward at home or in the classroom. Each participant will receive their own Move2Learn Toolkit, access to M2L online movement materials, and an invitation for classroom evaluation. Come move and learn with us!

Jen Wisner, Move2Learn



1:15-2:30
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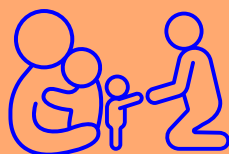


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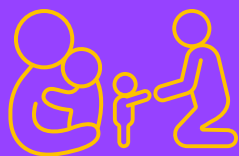


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CONFERENCE POLICIES



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Consent to Record

By attending the conference, you consent to being recorded or photographed. If you do not wish to be recorded or photographed, please inform event staff upon check-in. We will make every effort to accommodate your request.

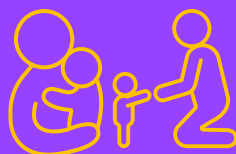
Capacity Limit

Each session has a maximum capacity. Admission is on a first-come, first-serve basis. Once a session reaches its maximum capacity, no additional participants will be admitted.

Childcare Capacity

Childcare has a maximum capacity and is based on a first-come, first serve basis. Child minding services can only be provided to children aged 3 to 12. The Childcare space is located in room 1607.

CONFERENCE ESSENTIALS



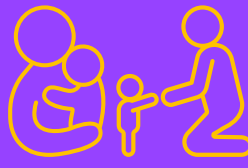
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Location Facilities

4850 Mark Center Dr is located on the West End of the City off I-395, Seminary Road and Beauregard Street. A four-level parking garage is adjacent to the rear of the building with elevator access to the building lobby. For the first year, there will be no charge for parking.

If you're taking public transit, the Mark Center is a five-minute walk from the Mark Center Transit Station and can be accessed through routes on the MetroBus and the free DASH Bus. Some DASH routes to the Mark Center Transit Center are featured in the table below. Please visit the **DASH website** for more routes and bus schedules.

Visit the [Transportation to the Del Pepper Community Resource Center](#)



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IT'S NEVER
TOO EARLY
TO PLAN.

IT'S NEVER
TOO LATE
TO RELAX.

