

The North Carolina  
Child Care Health Consultant Association

2019 Annual Conference

Planting the Seeds  
of Healthy Child Care



Monday, October 14th (Afternoon)  
Tuesday, October 15th (Full day)

The Friday Center,  
Chapel Hill, North Carolina

The Annual NC Child Care Health Consultant Association Conference is sponsored by:  
NC Child Care Health Consultant Association

with support from:  
NC Child Care Health and Safety Resource Center



North Carolina  
Child Care  
Health and Safety  
Resource Center  
800.367.2229  
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# CONFERENCE AGENDA

## Monday, October 14th

- 12:00 PM**      **Check-In**
- 12:30 PM**      **Welcome**
- 12:45 PM**      **Session 1: Smart Start & CCHC Update: Continuing to Strengthen the Partnership**  
*Lakeisha Johnson*
- 1:25 PM**      **Session 2: Harvesting the Rewards of Healthy Child Care (CEHU Update)**  
*David Brown*
- 2:05 PM**      **Break and Snack**
- 2:25 PM**      **Session 3: NC Rated License Assessment Project Update**  
*Allison Hall & Marilyn Thompson*
- 3:05 PM**      **Session 4: Division of Child Development & Early Education Update**  
*Justin Berrier & Alison Keisler*
- 3:45 PM**      **Q&A Panel: Getting On the Same Page: Application of Rules & Regulations**  
*David Brown, Justin Berrier & Alison Keisler, Allison Hall & Marilyn Thompson*
- 4:45 PM**      **Annual NC CCHCA Meeting**
- 5:30 PM**      **Social Hour and Activities**

## Tuesday, October 15th

- 8:00 AM**      **Check-In, Continental Breakfast, Visit Exhibitors**
- 8:30 AM**      **Welcome**
- 8:45 AM**      **Keynote Address: Adult Resilience: Building Your Bounce!**  
*Dr. Betty Rintoul, Ph.D.*
- 9:45 AM**      **Visit Exhibitors**
- 10:15 AM**      **Graduation of New CCHCs: NC Child Care Health & Safety Resource Center**
- 10:45 AM**      **Session 1: Building Relationships for Better Care**  
*J. Lanier DeGrella, Ph.D.*
- 11:45 AM**      **Visit Exhibitors**
- 12:15 PM**      **Lunch, Networking, Visit Exhibitors**
- 1:15 PM**      **Session 2 (Breakouts):**
- A. The Impact of Alcohol Exposed Pregnancies: FASDs, It's a Brain Thing!  
*Amy Hendricks*
  - B. Bringing the Farm to Early Care and Education  
*Maria Hitt*
  - C. Solutions to the Dilemma: Reducing Suspension and Expulsion in ECE Programs  
*Karissa Livingston*
- 2:15 PM**      **Break and Snack**
- 2:35 PM**      **Session 3 (Breakouts):**
- A. Around the State with the NC Children and Youth Branch Programs  
*Tamara Dempsey-Tanner*
  - B. Expanding Support for Families in Early Care and Education: The North Carolina Breastfeeding-Friendly Child Care Designation  
*Jessica Bridgman*
  - C. Connections Matter  
*Nadia Moreta*
- 3:35 PM**      **Wrap Up, Evaluations, Drawings**
- 4:00 PM**      **Dismissal and Sign Out**

## Monday, October 14th

### Sunflower Room (All Sessions)

#### Session 1: 12:45 - 1:25 PM

##### **Smart Start and CCHC Update: Continuing to Strengthen the Partnership**

*Lakeisha Johnson*, Program Officer  
NC Partnership for Children

The Smart Start network continues to support the work of Child Care Health Consultants in early childhood program facilities to promote healthy environments for children and staff. This session will provide updates and information relevant for CCHCs funded by local Smart Start partnerships.

#### Session 2: 1:25 - 2:05 PM

##### **Harvesting The Rewards Of Healthy Child Care**

*David Brown*, Surveillance Coordinator  
Children's Environmental Health Unit  
NC DHHS/DPH/ Environmental Health Section

By the end of this session, participants will have a greater understanding of current child care sanitation and safety regulations. Participants will be made aware of sanitation regulatory trends, and what is on the horizon. Discussion of how child care sanitation rules and CCHC guidance are complementary, reinforcing the key concepts and structures to keep child care safe and healthy, will take place.

#### Session 3: 2:25 - 3:05 PM

##### **NCRLAP Update**

*Allison Hall*, Reliability Checker  
*Marilyn Thompson*, Assessor Supervisor  
NCRLAP, UNC Greensboro

As the North Carolina Rated License Assessment Project nears its 20th year of conducting assessments across the state, there are still questions regarding the assessment process.

We will discuss and demonstrate how to most effectively use the NCRLAP website and resources to find answers to common questions and stay prepared for an Environment Rating Scale assessment.

#### Session 4: 3:05-3:45 PM

##### **Division of Child Development and Early Education Update**

*Justin Berrier*, Training & Professional  
Development Supervisor  
*Alison Keisler*, Regulatory Policy & Planning  
Unit Program Manager  
NC DHHS/DCDEE

This presentation will highlight the Division of Child Development and Early Education's current work to promote quality early childhood programming across the state. You will hear from the Regulatory Services Section about the latest rule changes, how to access an overview of the changes in Moodle, and updates about other early childhood system projects potentially impacting programs.

#### Q&A Panel: 3:45 - 4:45 PM

##### **Getting On the Same Page: Application of Rules & Regulations**

*Justin Berrier & Alison Keisler* DCDEE,  
*David Brown* CEHU,  
*Allison Hall & Marilyn Thompson*, NCRLAP

The many rules and regulations related to child care facility operations can, at times, seem to conflict. Do they really, or are they simply not being interpreted or applied consistently by the agencies and individuals charged with enforcing them? This multi-agency panel will address the conflicts that CCHCs often encounter while working with child care facilities, and provide the clarification and coordination necessary to ensure compliance with these regulations which are intended to promote healthy environments.

Sunflower Room

**Child Care Health Consultant  
Association Annual Meeting:  
4:45- 5:30 PM**



- Annual Reports
- Recognition of Newly Certified CCHCs
- Annual Achievement Award Presentation
- Election of New Officers



**Social Hour!!**

**Trillium Room 5:30 - 6:30 pm**



*Good Food and Lots of Fun!*



**Tuesday, October 15<sup>th</sup>**

**Keynote Address 8:45 – 9:45 AM**

**Sunflower Room**

**Adult  
Resilience:  
Building  
Your Bounce!**



**Keynote Speaker: *Dr. Betty Rintoul, Ph.D.*  
Executive Director, Encouraging Connections**

**A clinical child psychologist whose career has been focused on infants, toddlers, preschoolers, and their families, with particular focus on those involved with child protective services. Over her 40-year career, she has served as teacher, administrator, researcher, consultant, and therapist. Her training initiative, *Encouraging Connections*, provides engaging presentations with the goal of translating research to public policy and practices that will allow every child to receive the nurturing attention that builds the foundation for life success and well-being.**

We all understand the importance of responsive, nurturing care in early childhood, but many of us struggle with our own childhood histories of toxic stress. It is never too late to structure our environments in ways that build resilience, positive emotion, and the capacity to share loving connections with children. This keynote will focus on specific resilience-building strategies you can put into practice immediately.

**Session 1 (Plenary): 10:45 - 11:45 AM**

**Sunflower Room**

**Building Relationships for Better Care**

*J. Lanier DeGrella, Ph.D.*  
Retired Early Education Professional  
Member, NC Child Care Commission

If you are curious about what or who the NC Child Care Commission is and what we do, please join me for an information session that should provide some answers. As CCHCs you have an important role to play in supporting the child care community to understand and implement the rules that keep our children in group care safe, healthy and ready to learn. This session will challenge you to expand your role and engage with the work of the NCCCC.



**Session 2 (Breakouts): 1:15 - 2:15 PM (Each session limited to first 25 registrants.)**

**Sunflower Room**

**2 A. The Impact of Alcohol Exposed Pregnancies:  
FASDs, It's a Brain Thing!**

*Amy Hendricks*, Coordinator  
NC Fetal Alcohol Prevention Program (FASD in NC)

The primary symptom of Fetal Alcohol Spectrum Disorders is challenging behavior, because it's a brain thing!! Through this interactive session, participants will be able to define FASDs, recognize how this disorder may present in an individual across the lifespan, gain strategies for working with a child with an FASD and recognize everyone's role in the prevention of this disorder.

**Azalea Room**

**2 B. Bringing the Farm to Early Care and Education**

*Maria Hitt*, Growing Up Healthy Project Manager  
Orange County Partnership for Young Children

This session will present an overview of the components of Farm to Early Care and Education, resources available to CCHCs and child care centers to promote Farm to ECE and ideas for encouraging centers to add gardens, fresh foods and other aspects of Farm to ECE to their programs to improve the health of young children.

**Mountain Laurel  
Room**

**2 C. Solutions to the Dilemma: Reducing Suspension and  
Expulsion in ECE Programs**

*Karissa Livingston*, Healthy Social Behavior Specialist  
Child Care Services Association

Expulsions and suspensions occur at high rates in early childhood settings. In fact, preschoolers are more than three times as likely to be expelled compared to elementary, middle, and high school students. In this session, we will review research related to suspension and expulsion in preschool, including how implicit bias and social-emotional development are related to these exclusionary practices, the DCDEE Early Childhood Suspension and Expulsion Policy, evidence-based practices that prevent challenging behaviors, and effective program-wide practices that promote retention.

**Session 3 (Breakouts): 2:35 - 3:35 PM (Each session limited to first 25 registrants.)**

**Sunflower Room**

**3 A. Around the State with the NC Children and Youth Branch Programs**

*Tamara Dempsey-Tanner*, Access to Care Specialist  
for Children with Special Needs  
NC Division of Public Health/Children & Youth Branch

The primary purpose of the NC Children and Youth Branch is to develop and promote programs and services that protect and enhance the health and well-being of children and families. This presentation will review the wide array of program services and initiatives offering preventive, genetic and specialized services available in local counties and statewide.

**Azalea Room**

**3 B. Expanding Support for Families in Early Care and Education: The North Carolina Breastfeeding-Friendly Child Care Designation**

*Jessica Bridgman*, Nutrition Program Consultant  
NC Breastfeeding-Friendly Child Care Designation  
NC Division of Public Health, Child and Adult Care Food Program

Explore ways to engage providers and encourage their application to the NC BFCCD. The 3-page-application will be described and tips for success shared. We'll answer frequent questions received in the field around breastfeeding support while highlighting ways in which providers gain state and local publicity through designation achievement. Learn how support for breastfeeding families aligns with state regulations and the Early Childhood Action Plan.

**Mountain Laurel Room**

**3 C. Connections Matter**

*Nadia Moreta*, Partnership Engagement Manager  
Prevent Child Abuse North Carolina

Attendees will participate in activities that provide them with the language and tools to build resiliency; discuss the importance of building caring connections; and engage in the role that we have in building healthy brains, relationships, and communities. The goal of Connections Matter is to inspire and advance the important community engagement work already underway.

**Closing Session: 3:35 – 4:00 PM**

**Sunflower Room**

**Wrap Up, Evaluation, and Prizes!**



**Dismissal & Sign Out: 4:00 PM**