



22nd Annual Early Years Conference
**Collaborating to Nurture
the Whole Child**

March 7 and 8, 2025





Welcome!

We are excited to have you join us for the **22nd Annual Early Years Conference**. This year's theme, ***"Collaborating to Nurture the Whole Child,"*** seeks to highlight the importance of building strong, supportive environments where children can feel safe, seen, and empowered to reach their full potential. It is also an opportunity to foster collaboration among fellow early childhood educators to support the development and well-being of every child.

On behalf of the San Diego County Office of Education, we want to thank you for attending and celebrate your dedication, love and commitment for this profession. We are proud to offer you a series of interactive and insightful presentations on a variety of topics that we know will support your professional growth and provide you with resources that support your daily practices and nourish the caregiver in you.

We know that by working collectively, we can foster environments that nurture not only early learning but social emotional development and a sense of belonging—ultimately helping every child to flourish. Let's come together to share knowledge, cultivate strategies, and strengthen our collective ability to support the whole child.

With gratitude and appreciation,
Early Years Planning Committee

Bienvenidos

Estamos emocionados de que nos acompañen en la **22ª Conferencia Anual de los Primeros Años**. El tema de este año, ***"Colaborando para Nutrir al Niño en su Totalidad,"*** busca resaltar la importancia de construir entornos sólidos y de apoyo donde los niños puedan sentirse seguros, vistos y empoderados para alcanzar su máximo potencial. También es una oportunidad para fomentar la colaboración entre educadores de la primera infancia con el fin de apoyar el desarrollo y bienestar de cada niño.

En nombre de la Oficina de Educación del Condado de San Diego, queremos agradecerles por asistir y celebrar su dedicación, amor y compromiso con esta profesión. Nos enorgullece ofrecerles una serie de presentaciones interactivas y enriquecedoras sobre una variedad de temas que sabemos fortalecerán su crecimiento profesional y les brindarán recursos para apoyar sus prácticas diarias, además de nutrir al cuidador dentro de ustedes.

Sabemos que, trabajando colectivamente, podemos fomentar entornos que no solo impulsen el aprendizaje temprano, sino también el desarrollo socioemocional y el sentido de pertenencia—ayudando en última instancia a que cada niño florezca. Unámonos para compartir conocimientos, cultivar estrategias y fortalecer nuestra capacidad colectiva de apoyar al niño en su totalidad.

Con gratitud y aprecio,
Comité de Planificación de la Conferencia de los Primeros Años

Conference Schedule

FRIDAY

TIME		ACTIVITY
7:30 a.m.	8:30 a.m.	Registration, Expo Hall, and Breakfast Service
8:30 a.m.	9:45 a.m.	Welcome and Keynote, with continued breakfast service
10 a.m.	11:30 a.m.	Session 1
11:30 a.m.	12:30 p.m.	Lunch and Expo Hall
12:30 p.m.	2 p.m.	Session 2
2 p.m.	2:15 p.m.	Snack and Expo Hall
2:15 p.m.	3:45 p.m.	Session 3
3:45 p.m.	4:15 p.m.	Expo Hall

SATURDAY

7:30 a.m.	8:30 a.m.	Registration, Expo Hall, and Breakfast Service
8:30 a.m.	9:30 a.m.	Welcome and Keynote with continued breakfast service
9:45 a.m.	11:15 a.m.	Session 1
11:15 a.m.	12:15 p.m.	Lunch and Expo Hall
12:15 p.m.	1:45 p.m.	Session 2
1:45 p.m.	2 p.m.	Snack and Expo Hall
2 p.m.	3:30 p.m.	Session 3
3:30 p.m.	3:45 p.m.	Raffles and Expo Hall

KEYNOTE *Speakers*



Sandra Ampudia

MS-SLP, MS-ESE

With more than 20 years of experience, Sandra Ampudia has been dedicating her work to the early intervention field as a speech pathologist and early childhood educator. The combination of her experience and knowledge supporting classroom teachers and their families has taken her to work partnering with a variety of organizations within the early childhood community at the state, local and national levels, to ensure all children, teachers, and families have an opportunity to succeed and develop their Social-Emotional skills to the fullest. She believes in the importance of the impact that early childhood educators make in the lives of all children and wants to ensure that other members of the community acknowledge their stories and voices.



Patty Rodriguez

Patty Rodriguez is one of the most influential American Latino leaders as a nationally recognized entrepreneur, radio producer, media personality, founder, angel investor, and best-selling author who was proudly raised in Los Angeles by Mexican immigrant parents. Patty founded Lil' Libros, the #1 family-trusted bilingual children's media publisher, inspired by her desire to teach her two beautiful boys, Alexander and Oliver, about their family's culture and language. Her passion for uplifting her community extends beyond children's books, having made angel investments in early-stage startups and launching sin miedo productions in 2021 to elevate the voices and stories of the American Latino experience. Patty is best known as Senior Producer and On-Air Talent for the internationally syndicated radio show, "On Air With Ryan Seacrest," on iHeartMedia's 102.7 KIIS FM Los Angeles.

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SATURDAY, MARCH 8, 2025

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Friday

SESSION 1

Act Early- Overview on Autism Early Signs and Early Intervention Services

Yessenia Rodriguez

The presentation is meant to provide a simple overview of early signs of ASD and how to access early intervention services through the San Diego Regional Center.



Building Your Tricky Kid Toolkit

Chelsea Gould

Have you seen an increase in behavioral and social emotional challenges with our early childhood students? Learn about some of the factors that may be impacting our “Bunker Babies,” and how we can compete with “permissive parenting” and screen time with tips to add to your “tricky kid toolkit” that will help support staff and families alike.

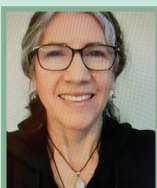


Designing a Collaborative Part C to B Transition Process: Using Culturally Responsive Practices to Foster Positive Relationships and Trust Between Families and Service Providers

Nitza Romero and Mayra Jaramillo

This presentation will explore the development and implementation of a collaborative transition process between Part C (Early Intervention) and Part B (Special Education) services, with a

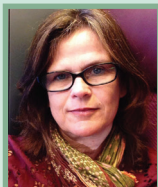
focus on using culturally responsive practices. The transition from Part C to Part B is a critical phase in a child's developmental journey, and effective communication and collaboration between families and service providers are essential to ensuring a smooth and positive experience. An overview of the transition process, key timelines and required practices will be provided, while introducing culturally responsive practices and how understanding cultural values, traditions and communication styles can impact the effectiveness of transition planning.



Impacto de la Colaboración del Equipo Multidisciplinario: Apoyando a la Familia y al Niño en su Viaje de Aprendizaje

Francisco Castillo, Angeles Flores, M.Ed.; Caroline Loretan, M.A., M.S., LMFT; Heidi Leininger, M.S., CCC-SLP; Laura Ruiz; Breanna Gabriel, OTR/L

Los proveedores de cuidado infantil y los maestros desempeñan un papel crucial en la vida temprana de un niño. Nuestra presentación está diseñada para ser interactiva y apoyar la comprensión del maestro sobre el niño en su totalidad. Al reconocer los diferentes aspectos del desarrollo social, emocional y cognitivo del niño, estaremos mejor preparados para apoyar su aprendizaje de una manera positiva, enriquecedora, segura y atractiva.



El propósito de esta sesión es presentar los Servicios de Desarrollo Saludable (HDS) como un recurso comunitario y apoyar la necesidad del niño de tener éxito, reconociendo los factores detrás de sus dificultades que podrían generar posibles retrasos en el aprendizaje, comportamientos negativos y reacciones sensoriales.



Durante la presentación, definiremos el impacto positivo de la colaboración al involucrar a la familia en el tratamiento del niño. También discutiremos los diferentes roles de nuestro equipo multidisciplinario, que incluye coordinadores de atención, especialistas en desarrollo, terapeutas del habla, terapeutas ocupacionales y profesionales de salud mental y conductual, en nuestro esfuerzo por empoderar a la familia y apoyar al niño.



Intern Pathway to Teaching PK-3 Janna Anderson and Shannon Harrington

In this session, we'll explore different avenues for obtaining a teaching credential to support young students. We will delve into the specific requirements for becoming an intern in either a PK-3 classroom or an Early Childhood Special Education classroom. This session aims to assist participants in figuring out the subsequent actions necessary to earn a teaching credential.



Literacy, Math, Science and the DRDP

Cynthia Dionne

In the workshop, participants will learn how to plan meaningful literacy, math, and science activities that will not only build the skills of the children in their classrooms but will also provide specific documentation for their DRDP. Strategies for connecting skills of all three domains during activities will be shared. Participants will explore activities for individual children, small groups of children and large groups of children. In addition, participants will be given suggestions for gathering documentation for DRDP measures while conducting these activities.



Self-Regulating and Self-Love

Gris Alves

Explore the different stories we tell ourselves about who we are, where they come from, and how they serve as protective behaviors we developed as children to connect with our caregivers. By understanding these stories, we can practice self-compassion and begin to shift the ones that block our growth and self-love. In this session, you will learn techniques for positive self-talk and tools to improve emotional self-regulation. The session will end with a calming practice-like meditation, sound healing, or stretching.



Desarrollo Socio-emocional Temprano y Manejo de Comportamientos Dificiles con un Enfoque Familiar

Berenice Salas, M.A., and Elva Vera, LMFT

Nuestra misión es el promover un desarrollo socioemocional saludable, por lo tanto, nos enfocamos en aumentar la calidad de la relación entre padres/tutores/maestros y el niño con la finalidad de cambiar su trayectoria

socioemocional. Esta presentación se enfocará en alentar a los participantes a usar estrategias que consideren las diferencias culturales y la dinámica familiar de cada niño, así como la presencia de algún síntoma de trauma.

Friday

SESSION 2

Cantar y Hacer Señas: La Alegría en el Desarrollo del Lenguaje Dual

Mike Longoria, Ph.D. (Dr. Mike)

Una de las formas más efectivas de enseñar un segundo idioma es a través de canciones y movimiento. Cantar no representa una amenaza, aporta alegría al aprendizaje, ayuda a los estudiantes a familiarizarse con las conexiones y proporciona una forma divertida de adquirir un nuevo idioma.

El uso de señas es una poderosa herramienta kinestésica que favorece la retención a largo plazo, al mismo tiempo que promueve el enfoque, la concentración, el conocimiento de las letras y la ortografía. Además, cantar y hacer señas fomentan una alta motivación, autoconfianza, una buena autoestima y un bajo nivel de ansiedad, aspectos clave para ayudar a los estudiantes a tener éxito en la adquisición de un segundo idioma.

Juntos, el canto y las señas sirven como el “puente” que conecta ambos idiomas, mientras aportan ALEGRÍA al desarrollo del lenguaje dual.



Early Attendance, Lifelong Success: Strategies for a Cohesive P3 System

Julia Bridi and Tami Hester-Johnson

Chronic absenteeism impacts early learners' ability to thrive academically, socially, and emotionally. In this interactive session, we'll reflect on current attendance practices, explore proactive strategies, and ideate around creating school systems where

every student feels seen and motivated to attend. Together, we'll examine the root causes of chronic absenteeism for TK-3 students, discuss ways to foster a sense of belonging, and learn how to use data to identify early signs of disengagement. Participants will walk away with practical, adaptable strategies to reduce chronic absenteeism. This session is ideal for anyone committed to improving attendance through relationship building and ongoing conversations that promote a positive climate in a P3 system.



Sound Healing Workshop: Restoring Balance Through Vibration

Gris Alves

In this immersive sound healing workshop, we will explore the profound impact of sound and vibration on the body, mind, and spirit. Sound healing is an ancient practice used by many cultures to promote deep relaxation, emotional release, and energetic alignment.



Fostering Artistic Exploration: Nurturing Curiosity and Creativity Through Art

Denisse Camargo and Jena Kubiak

Young children are innately curious, exploring the beauty, color, and sights around them. Art provides a unique avenue for self-expression, creativity, and a sense of belonging. In this session, we will explore the important role that visual arts have in early education classrooms and how to use visual art to foster a sense of

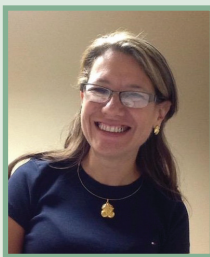
belonging and community among young children. Participants will learn how to create opportunities where children can explore with various art and natural materials that encourage children to share their ideas, emotions, and stories through creative expression.



Intentional Outdoor Learning Environments

Cynthia Dionne

Learn how to create an outdoor learning environment that is inviting and offers learning in all domains. In this training we'll discuss how to create a blueprint of your outdoor environment that includes multiple areas and that can be tied to your lesson plans.



Neurodiversity in Bloom: Celebrating Diversity and Empowering Strengths with Atlas and Friends

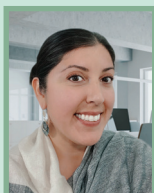
Sandra Ampudia

This session explores how the characters from Atlas and Friends inspire individuality and supportive friendships. Teachers will use scripted stories and hand puppets to foster social-emotional growth, self-expression, and inclusivity, helping children celebrate unique traits and embrace diversity in the classroom.

Señales Iniciales de Autismo: Aprende a Reconocerlos

Yessenia Rodriguez

La presentación tiene como objetivo brindar una visión general sencilla sobre las primeras señales del Trastorno del Espectro Autista (TEA) y cómo acceder a los servicios de intervención temprana a través del Centro Regional de San Diego.



“The Time for Change is Now!”

Reimagining Child Care with Equity and Holistic Solutions

Amy Isiaho, Dez Martinez, Michelle West, Nikki Kelsay, Sarah Glass, Sarina Lynn, Shelby Gomez, Tara Ryan

Presenters will provide a brief overview of the Child Care Blueprint, detailing its history, vision, approach, and goals. Presenters will share updates on the progress of the Blueprint workgroups toward the Blueprint Implementation Plan, along with the current status of strategy implementation, and some lessons learned.



A significant portion of the session will focus on attendee participation through small group discussions and a poster input activity (related to question 2.6). Feedback gathered from participants will play a crucial role in shaping the Blueprint Implementation Plan.

Additionally, presenters will introduce the upcoming Child Care Blueprint website, anticipated to launch in 2025, and outline further opportunities for communication and engagement.

Friday

SESSION 3



Autoregulación y Amor Propio

Gris Alves

Explora las diferentes historias que nos contamos sobre quiénes somos, y de dónde provienen y cómo han funcionado como comportamientos protectores que desarrollamos en la infancia para conectar con nuestros cuidadores. Al comprender estas historias, podemos practicar la autocompasión y comenzar a transformar aquellas que bloquean nuestro crecimiento y amor propio. En esta sesión, aprenderás técnicas para el diálogo interno positivo y herramientas para mejorar la autorregulación emocional. Finalizaremos con una práctica relajante como meditación, sanación con sonido o estiramientos.



Connecting Kids and Nature: Growing the Littlest Learners into Environmental Stewards

Kimberly Tomlinson

Join Coastal Roots Farm to dig deep into the benefits of connection to nature during the early childhood years. The littlest learners have so much to gain from authentic, hands-on experiences in nature. Whether you have access to a robust outdoor space or limited green space access, educators can integrate the natural world into everyday interactions to promote motor skills development, social skills development and sensory exploration. So, grab your gardening gloves and let's get messy together connecting kids and nature.



HOPE y la Salud mental. El rol del YMCA y La Atención Continua

Laura Salas SantaCruz

El objetivo principal del marco HOPE es reducir la adversidad, promover experiencias positivas y crear una base sólida para la salud y el desarrollo de los niños. HOPE se centra en la idea de que el cerebro de los niños se desarrolla en respuesta a una variedad de experiencias, incluidas las positivas y las adversas. En YMCA brindamos una variedad de servicios en nuestro enfoque de atención continua que se enfoca en experiencias tempranas, así como servicios que mejoran la calidad de vida de las personas de 0 a 99 años que cruzan nuestras puertas. En esta sesión, los participantes aprenderán sobre los cuatro pilares de HOPE y los programas de la YMCA que los respaldan.



Neurodiversidad en Flor: Celebrando la Diversidad y las Fortalezas con Atlas y sus Amigos

Sandra Ampudia

Esta sesión explora cómo los personajes de Atlas y sus amigos fomentan la individualidad y las habilidades de amistades. Los maestros usarán las historias y sus títeres para promover el desarrollo socio-emocional, la autoexpresión, y las oportunidades de inclusión, ayudando a los niños a celebrar sus rasgos únicos y a aceptar la diversidad en el aula.



Nurturing the Whole Child Through Meaningful Conversations in the Classroom

Melissa Wheelahan

Meaningful conversations are a cornerstone of early learning, fostering critical thinking, language development, and deeper connections to concepts. In this engaging workshop, preschool and TK teachers will explore the power of intentional dialogue to nurture the whole child. Participants will learn strategies for asking thought-provoking questions that expand children's thinking, spark curiosity, and enhance vocabulary.

Through guided reflection, educators will assess current conversational practices and identify opportunities for growth. The session will also provide hands-on activities to develop actionable strategies, equipping teachers to implement purposeful, impactful conversations in their classrooms right away. Join us to discover how to transform everyday interactions into meaningful learning moments that support cognitive, social-emotional, and linguistic development.

Sing and Sign: The Joy in Dual Language Development

Mike Longoria, Ph.D. (Dr. Mike)

One of the most effective ways to learn a second language is through songs and movement. Singing is non-threatening, it brings joy to learning, helps familiarize students with connections and provides a fun way to acquire a new language. Signing is a powerful kinesthetic tool that promotes long term retention while also promoting focus and concentration while also promoting letter knowledge and spelling. Furthermore, singing and signing promote high motivation, self-confidence, a good self-image and low level of anxiety which are critical in helping students succeed in acquiring a second language. Together, singing and signing serve as the "bridge /puente" that connects the two languages while bringing JOY to dual language development.



**The Risky Playbook:
A Manual to Support Brave Play**
Gabriela Padilla and Katherine Clark

Risky play is an innate, exciting, and inevitable form of play for young children. Simply saying “no” to this play will do little to stop it from happening. By intentionally facilitating risky play, early childhood educators have the opportunity to guide children and lead them

to safe exploration. The experience of saying yes to risky play begins with laying out a framework including guidelines for safely supporting and allowing children to take risks.

This presentation outlines our journey in implementing risky play at Alexa’s PLAYC, including the development of guidelines for safely supporting children as they take risks, acknowledging diverse perspectives, and fostering staff engagement and training. It also reflects on our limitations and key takeaways, along with our next steps.



**Whole-Person Leadership: Leading with Vulnerability,
Inclusion, and Intention**
Holly Arnold

In non-profit leadership, leaders are often promoted up from social worker, therapist, and front-line worker positions but many do not have substantial tools for leadership besides what they have experienced and witnessed. Having to learn on the fly while also building substantial programming, supporting your staff who are undergoing vicarious trauma, and ensuring funding are never easy tasks.

This presentation aims to invite thoughtful exploration of strength-based and reflective leadership styles that enhance the therapeutic approaches we are familiar with when supporting families. This presentation also aims to center on concepts of compassionate accountability, a whole-person mind frame, and inclusive practices. We will examine opportunities to lean into vulnerability, courage, and team building. There will be space for conversation and discussion of real-life examples as well as opportunities for program collaboration and professional networking.

Saturday

SESSION 1



Autoregulación y Amor Propio

Gris Alves

Explora las diferentes historias que nos contamos sobre quiénes somos, y de dónde provienen y cómo han funcionado como comportamientos protectores que desarrollamos en la infancia para conectar con nuestros cuidadores. Al comprender estas historias, podemos practicar la autocompasión y comenzar a transformar aquellas que bloquean nuestro crecimiento y amor propio. En esta sesión, aprenderás técnicas para el diálogo interno positivo y herramientas para mejorar la autorregulación emocional. Finalizaremos con una práctica relajante como meditación, sanación con sonido o estiramientos.

Building Trust Through Communication: Supporting Early Childhood Educators in Talking About Challenging Behaviors

Rosa Cabrera Jaime

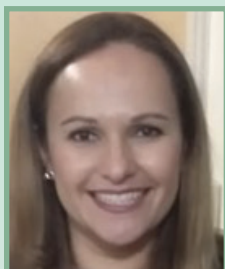
The workshop will be interactive and designed to help early childhood educators effectively engage with parents when addressing challenging behaviors in preschool-aged children. Participants will explore strategies for initiating and maintaining open, positive conversations with families, even when discussing sensitive or difficult topics. We will focus on building trust and empathy, emphasizing the importance of collaboration between preschool staff and parents to support the child's growth and development. Through real-world examples and practical tools, educators will gain confidence in framing behavior discussions in a way that is both constructive and solution-focused. By the end of the workshop, attendees will leave with concrete skills and tools to foster better communication, reduce misunderstandings, and strengthen partnerships with parents—ensuring that both the child's needs and the family's perspective are respected and understood.



Desarrollando el Lenguaje y la Comunicación en Programas

Laura Cecilia Jimenez

El objetivo de este entrenamiento es el de comprender el desarrollo de la comunicación en las primeras etapas de vida. Aprenderás a aplicar estrategias que permitirán cambiar la dinámica de la comunicación entre maestro-alumno. Identificarás los factores que obstaculizan y favorecen el desarrollar el lenguaje bilingüe.

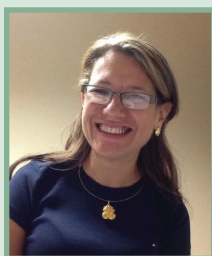


An Introduction to the New California Preschool/Transitional Kindergarten Learning Foundations (PTKLF)

Martha Garcia de Montes and Gabriela Luna

Join us for the introduction session to the new California Preschool/Transitional Kindergarten Learning Foundations (CA PTKLF). Grounded in the most recent science of

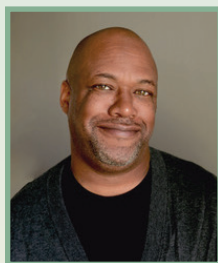
learning, the CA PTKLF describes the knowledge and skills most children ages three to five and a half typically develop in a high-quality, equitable, inclusive, and responsive early childhood program.



Las Visuales No Tienen Actitud

Sandra Ampudia

En cualquier contexto, las señales y apoyos visuales son esenciales para mejorar la experiencia de aprendizaje tanto de adultos como de niños. Estas poderosas herramientas van más allá de las instrucciones verbales y el contenido escrito, y ofrecen enfoques multisensoriales que favorecen el aprendizaje y la participación. Esta sesión de capacitación analiza la importancia de facilitar los pasos constantes de observar, escuchar y participar para respaldar interacciones auténticas utilizando apoyos visuales efectivamente.



Positive Behavior Management (Back to Basics)

Markus Law

Kids have been at home for many of the last few years due to Covid, and many challenging behaviors have intensified. This presentation gives participants an introduction to behavior management in the classroom environment. We'll briefly go over various aspects of understanding why challenging behaviors occur, and the skills to change them around to more appropriate ones. The workshop comes from a hybrid perspective from early childhood education as well as applied behavior analysis.



Transforming Early Childhood Education Through Advocacy and Policy Change

Justina Erpelding

This interactive workshop equips participants with the tools and strategies to advocate effectively for increased funding and improved policies in early childhood education. By fostering impactful communication and relationship-building with decision-makers, participants will learn to shape budgets and policies that expand access to care and education.

Messaging Box Development: Collaboratively create clear, concise, and persuasive messaging to champion early childhood education. **Role-Playing Exercises:** Practice real-life scenarios to effectively engage with legislators and other key stakeholders. **Building Relationships:** Discover proven strategies to establish and maintain relationships with local and state-level decision-makers. **Effective Communication:** Learn to tailor your message to resonate with diverse audiences, from community members to policymakers.

Leave empowered with actionable skills to advocate for early childhood education and make a tangible impact on program budgets, policies, and accessibility.

Saturday **SESSION 2**



Back to the Beginning: Teaching Early Literacy and Language Skills Without Technology

Danya Sanders Hester and Tamara Wagner

Participants will travel backward in time and remember the nostalgia of storytelling in its true form. Using imagination and simple props, attendees will be encouraged and motivated to cultivate a child's love of reading and literacy that will empower

them throughout their educational journey. From campfire stories and songs to fingerplays and written material, learn how to rekindle story time excitement in your classrooms. In this hands-on interactive presentation, culturally responsive practices, along with family and community engagement, are a central focus as storytelling returns to its roots.



Creating Inclusive Classrooms: Supporting the Whole Child's Well-Being in Diverse Learning Environments

Kendra Woodcock

This session will explore how educators can build inclusive classrooms that address the diverse needs of all children. Focused on fostering academic, social, emotional, and physical development, this presentation will provide practical strategies for differentiating instruction to meet individual learning styles and abilities. Emphasizing well-being, the session will also address mental health, emotional resilience, and physical wellness, ensuring that every child is supported in their holistic growth. Attendees

will learn how to create a nurturing classroom culture that promotes a sense of belonging, celebrates diversity, and encourages children to thrive. This session is ideal for educators seeking to enhance their practice and create a positive, inclusive learning environment for every child.



¡El Momento para Cambiar es Ahora! Reimaginando el Cuidado Infantil con Soluciones Completas y Equidad **Presentadas por Elizabeth Almeida and Angela Maria Madera**

Ayodadas por la comunidad Amy Isiaho, Dez Martinez, Michelle West, Nikki Kelsay, Shelby Gomez, Tara Ryan

Los presentadores ofrecerán una breve descripción general del Plan Maestro para el

Cuidado Infantil, detallando su historia, visión, enfoque y objetivos. También compartirán actualizaciones sobre el progreso de los grupos de trabajo en la implementación del plan, el estado actual de las estrategias y algunas lecciones aprendidas.

Una parte significativa de la sesión se centrará en la participación de los asistentes a través de discusiones en pequeños grupos y una actividad de aportes en póster (relacionada con la pregunta 2.6). Los comentarios recopilados de los participantes desempeñarán un papel crucial en la configuración del Plan de Implementación del Plan Maestro.

Además, los presentadores presentarán el próximo sitio web del Plan Maestro para el Cuidado Infantil, cuyo lanzamiento está previsto para enero de 2025, y destacarán futuras oportunidades de comunicación y participación.

La sesión concluirá con unas palabras inspiradoras para fomentar la esperanza y motivar la acción colectiva para mejorar el panorama del cuidado infantil en California.



Sanación con Sonido

Gris Alves

En este taller inmersivo de Sanación con Sonido, exploraremos el profundo impacto del sonido y la vibración en el cuerpo, la mente y el espíritu. La sanación con sonido es una práctica ancestral utilizada por muchas culturas para promover una profunda relajación, la liberación emocional y la alineación energética.



Growing Together: Ubuntu and Collective Care in Early Childhood Education

Brittney Carey

In this interactive workshop, explore how the African philosophy of Ubuntu—"I am because we are"—can enrich early childhood education by building community-centered, culturally responsive spaces for young children. Ubuntu encourages an approach that values each child's individuality while fostering a deep sense of interconnectedness. Participants will learn practical ways to apply collectivist principles in early childhood settings, such as collaborative play, peer support, and family involvement, to create

inclusive, affirming environments. By embracing Ubuntu, educators, caregivers, and community leaders can foster social-emotional growth, resilience, and a strong sense of belonging, ensuring that every child feels safe, seen, and supported as they develop.



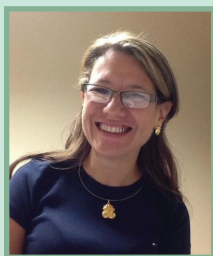
Juego Heurístico y Piezas Seltas: Un Enfoque Excelente para que los Bebés y Niños Pequeños Experimenten

Alba Muñoz and Alejandra Castorena

Los bebés y los niños pequeños aprenden investigando, descubriendo o resolviendo problemas mediante métodos experimentales y de prueba y error. ¿Cómo pueden los educadores apoyar el aprendizaje? Al proporcionar materiales abiertos (partes sueltas) para que los

bebés y niños pequeños exploren sus propiedades y funciones y así generar nuevas oportunidades de descubrimiento, los participantes aprenderán:

- Los fundamentos y beneficios del juego heurístico
- Cómo las piezas sueltas apoyan el aprendizaje y el desarrollo en varios dominios.
- Ideas de materiales con piezas sueltas (que sean) apropiados para bebés y niños pequeños.



Visuals Have No Attitude

Sandra Ampudia

In any setting, cues and visuals are essential in enhancing the learning experience for both adults and children. These powerful tools go beyond verbal instructions and written content, offering multi-sensory approaches that aid learning and engagement. This training session reviews the importance of facilitating the constant watch-listen-engage steps to support authentic interactions while using visual cues effectively.

Saturday **SESSION 3**



Building Community and Effective Classroom Management for Early Learners

Jennifer Nannini

This session focuses on creating supportive, inclusive learning environments where early learners can thrive. This session will explore strategies for fostering a sense of belonging and community in the classroom, along with effective classroom management techniques tailored to the unique needs of young children. Participants will learn culturally responsive practices, approaches that support social-emotional development, and ways to engage families and the broader community. By working together,

educators can create safe, nurturing spaces that empower every child to reach their full potential both academically and emotionally.



Colaborar con las Familias Optimiza el Bienestar de los Niños

Katia Solorzano

Los participantes aprenderán la importancia de fomentar relaciones positivas con las familias desde el principio, lo que mejora la comunicación y facilita la colaboración en apoyo del éxito de los niños. Además, adquirirán estrategias para comunicarse de manera efectiva y culturalmente receptiva con las familias.

- Comprender la importancia de la colaboración con las familias.
- Comprender la importancia del contexto cultural al colaborar con las familias.
- Identificar métodos efectivos de comunicación familiar.
- Explorar cómo colaborar con las familias cuando se habla sobre el desarrollo infantil.



Empowering Young Minds Through Positive Discipline: Practical Strategies for Holistic Growth

Yogi Patel

This experiential workshop invites educators, caregivers, and community leaders to explore techniques from positive discipline based on Adler psychology that nurture the whole child, helping foster environments where children feel safe, seen, and valued. Participants will engage in hands-on activities designed to build emotional resilience, collaborative problem-solving, and a sense of belonging in young learners.

Key activities include:

- Curiosity questions to encourage critical thinking and open dialogue
- GPS (Where we are currently and where we would like to go to build SEL for our young ones)
- Praise vs. encouragement to shift focus from external validation to intrinsic motivation

Throughout the session, attendees will discuss practical ways to integrate these methods into diverse learning environments while supporting social-emotional growth and a culture of inclusion. Attendees will leave with ready-to-implement techniques for helping children develop strong, supportive relationships and the confidence to thrive.



Promoviendo la Diversidad y la Inclusión en la Educación Preescolar

En esta sesión explicare cómo introducir el tema de diversidad e inclusión a los niños en edad preescolar. Mi presentación destaca la importancia de la diversidad y la inclusión desde una edad temprana. La introducción de diferentes culturas, tradiciones y alimentos en el entorno preescolar fomenta un sentido de unidad.



Self-Regulating and Self-Love

Gris Alves

Explore the different stories we tell ourselves about who we are, where they come from, and how they serve as protective behaviors we developed as children to connect with our caregivers. By understanding these stories, we can practice self-compassion and begin to shift the ones that block our growth and self-love. In this session you will learn techniques for positive self-talk and tools to improve emotional self-regulation. The session will end with a calming practice like meditation, sound healing, or stretching.

Through the Eyes of Our Children: Collective Wonder and the Natural World

Alison Black and Angelina Giovannini

This will be a workshop with a twist. Our specialty is in learning with nature, so we would like to bring participants out into the courtyard for a hands-on experience with natural and play-based provocations. Be prepared to step into your child-like sense of wonder in the natural world. Together, we will practice building nature-based provocations to support holistic development and well-being, blending spontaneous curiosities with planned lesson themes and commonly used early childhood assessments. Presenters will highlight culturally responsive nature play practices that reflect the children in the learning environment and their communities so they can feel safe, seen, and empowered to reach their full potential. We will also discuss practices for collaboration with families, caregivers, and community members to foster belonging, love of learning, and to nurture a collective sense of wonder in and outside the walls of a classroom. All educators, administrators, care providers, and community members welcome.

Using Responsive Teaching and Caregiving to Support Language Development in Infants, Toddlers, and Twos

Dana Eckman

This session will explain the “why” it is important to create a language-rich environment in the first three years of life. Describe strategies for intentionally supporting the development of receptive and expressive language skills. Use family partnerships to create individualized routines and experiences that support language development. The presentation will also provide examples of “how” to intentionally implement language development into daily routines and experiences, such as diapering or playing with toys, to offer opportunities to build positive relationships with young children that foster trust and security while promoting rich language development. Participants will explore strategies that they can use every day to create a language-rich environment, which helps children build language and literacy skills such as developing vocabulary, hearing the different sounds and rhythms of language, enjoying stories and books, and exploring writing.

Friday, March 7, 2025

SESSION SCHEDULE

ROOMS

SUNSET 1-3	TOWN & COUNTRY A	TOWN & COUNTRY B	TOWN & COUNTRY C
10 – 11:30 a.m. <i>Impacto de la Colaboración del Equipo Multidisciplinario: Apoyando a la Familia y al Niño en su Viaje de Aprendizaje</i> Palomar Health, Healthy Development Services Team Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	10 – 11:30 a.m. <i>Literacy, Math, Science and the DRDP</i> Cynthia Dionne Age: 3 to 5 Strand: Teacher/Caregiver	10 – 11:30 a.m. <i>Act Early: Overview on Autism Early Signs and Early Intervention Services</i> Yessenia Rodriguez Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	10 – 11:30 a.m. <i>Desarrollo Socio-emocional Temprano y Manejo de Comportamientos Dificiles con un Enfoque Familiar</i> Berenice Salas Elva Vera Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator
12:30 – 2 p.m. <i>Cantar y Hacer Señas: La Alegría en el Desarrollo del Lenguaje Dual</i> Dr. Mike Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	12:30 – 2 p.m. <i>Intentional Outdoor Learning Environments</i> Cynthia Dionne Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	12:30 – 2 p.m. <i>Señales Iniciales de Autismo: Aprende a Reconocerlos</i> Yessenia Rodriguez Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	12:30 – 2 p.m. <i>Fostering Artistic Exploration: Nurturing Curiosity and Creativity Through Art</i> Denisse Camargo Jena Kubiak Age: 3 to 5 Strand: Teacher/Caregiver Leader/Administrator
2:15 – 3:45 p.m. <i>Neurodiversidad en Flor: Celebrando la Diversidad y las Fortalezas con Atlas y sus Amigos</i> Sandra Ampudia Age: 3 to 5 Strand: Teacher/Caregiver Leader/Administrator	2:15 – 3:45 p.m. <i>Sing and Sign: The Joy in Dual Language Development</i> Dr. Mike Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	2:15 – 3:45 p.m. <i>The Risky Playbook: A Manual to Support Brave Play</i> Gabriela Padilla Katherine Clark Age: 3 to 5 Strand: Teacher/Caregiver Leader/Administrator	2:15 – 3:45 p.m. <i>Nurturing the Whole Child Through Meaningful Conversations in the Classroom</i> Melissa Wheelahan Age: 3 to 5 Strand: Teacher/Caregiver

Friday, March 7, 2025

SESSION SCHEDULE

TOWN & COUNTRY D	PALM 1	PALM 2-3	PALM 8
10 – 11:30 a.m. <i>Building Your Tricky Kid Toolkit</i> Chelsea Gould Age: 3 to 5 Strand: Teacher/Caregiver Leader/Administrator	10 – 11:30 a.m. <i>Designing a Collaborative Part C to B Transition Process: Using Culturally Responsive Practices to Foster Positive Relationships and Trust Between Families and Service Providers</i> Nitza Romero Mayra Jaramillo Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	10 – 11:30 a.m. <i>Intern Pathway to Teaching PK-3</i> Janna Anderson Shannon Harrington Age: 3 to 5 Strand: Teacher/Caregiver Leader/Administrator	10 – 11:30 a.m. <i>Self-Regulating and Self -Love</i> Gris Alves Age: 0 to 5 Strand: Educator Wellness
12:30 – 2 p.m. <i>Neurodiversity in Bloom: Supporting Children with Neurodiversity</i> Sandra Ampudia Age: 3 to 5 Strand: Teacher/Caregiver Leader/Administrator	12:30 – 2 p.m. <i>Early Attendance, Lifelong Success: Strategies for a Cohesive P3 System</i> Julia Bridi Tami Hester-Johnson Age: 3 to 5 Strand: Leader/Administrator	12:30 – 2 p.m. <i>"The Time for Change is Now!" Reimagining Child Care with Equity and Holistic Solutions</i> Blueprint Implementation Team Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	12:30 – 2 p.m. <i>Sound Healing Workshop: Restoring Balance Through Vibration</i> Gris Alves Age: 0 to 5 Strand: Educator Wellness
2:15 – 3:45 p.m. <i>Connecting Kids and Nature: Growing the Littlest Learners into Environmental Stewards</i> Kimberly Tomlinson Age: 0 to 5 Strand: Teacher/Caregiver	2:15 – 3:45 p.m. <i>Whole-Person Leadership: Leading with Vulnerability, Inclusion, and Intention</i> Holly Arnold Age: 0 to 5 Strand: Leader/Administrator	2:15 – 3:45 p.m. <i>HOPE y la Salud Mental. El rol del YMCA y la Atención de Salud continua</i> Laura Salas SantaCruz Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	2:15 – 3:45 p.m. <i>Autoregulación y Amor Propio</i> Gris Alves Age: 0 to 5 Strand: Educator Wellness

Saturday, March 8, 2025

SESSION SCHEDULE

ROOMS

SUNSET 1-2	SUNSET 3	PALM 8
9:45 – 11:15 a.m. <i>Building Trust Through Communication: Supporting Early Childhood Educators in Talking About Challenging Behaviors</i> Rosa Cabrera Jaime Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	9:45 – 11:15 a.m. <i>Transforming Early Childhood Education Through Advocacy and Policy Change</i> Justina Erpelding Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	9:45 – 11:15 a.m. <i>Autoregulación y Amor Propio</i> Gris Alves Age: 0 to 5 Strand: Educator Wellness
12:15 – 1:45 p.m. <i>¡El Momento para Cambiar es Ahora! Reimaginando el Cuidado Infantil con Soluciones Completas y Equidad</i> Blueprint Implementation Team Early Childhood Community Liaisons Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	12:15 – 1:45 p.m. <i>Growing Together: Ubuntu and Collective Care in Early Childhood Education</i> Brittney Carey Age: 3 to 5 Strand: Teacher/Caregiver Leader/Administrator	12:15 – 1:45 p.m. <i>Sanación con Sonido</i> Gris Alves Age: 0 to 5 Strand: Educator Wellness
2 – 3:30 p.m. <i>Through the Eyes of Our Children: Collective Wonder and the Natural World</i> Alison Black Angelina Giovannini Age: 3-5 Strand: Teacher/Caregiver	2 – 3:30 p.m. <i>Colaborar con las Familias Optimiza el Bienestar de los Niños</i> Katia Solorzano Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	2 – 3:30 p.m. <i>Self-Regulating and Self-Love</i> Gris Alves Age: 0 to 5 Strand: Educator Wellness

Saturday, March 8, 2025

SESSION SCHEDULE

TOWN & COUNTRY A	TOWN & COUNTRY B	TOWN & COUNTRY C	TOWN & COUNTRY D
9:45 – 11:15 a.m. <i>Las Visuales No Tienen Actitud</i> Sandra Ampudia Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	9:45 – 11:15 a.m. <i>Desarrollando el Lenguaje y la Comunicación en Programas Bilingües</i> Laura Cecilia Jimenez Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	9:45 – 11:15 a.m. <i>An Introduction to the NEW California Preschool/ Transitional Kindergarten Learning Foundations (PTKLF)</i> Martha Garcia de Montes Gabriela Luna Age: 3 to 5 Strand: Teacher/Caregiver Leader/Administrator	9:45 – 11:15 a.m. <i>Positive Behavior Management (Back to Basics)</i> Markus Law Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator
12:15 – 1:45 p.m. <i>Visuals Have No Attitude</i> Sandra Ampudia Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	12:15 – 1:45 p.m. <i>Creating Inclusive Classrooms: Supporting the Whole Child's Well-Being in Diverse Learning Environments</i> Kendra Woodcock Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator	12:15 – 1:45 p.m. <i>Juego Heurístico y Piezas Sueltas (Loose Parts): Un Enfoque Excelente para que los Bebés y Niños Pequeños Experimenten</i> Alba Muñoz Alejandra Castorena Age: 0 to 3 Strand: Teacher/Caregiver Leader/Administrator	12:15 – 1:45 p.m. <i>Back to the Beginning: Teaching Early Literacy and Language Skills without Technology</i> Danya Sanders Hester Tamara Wagner Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator
2 – 3:30 p.m. <i>Building Community and Effective Classroom Management for Early Learners</i> Jennifer Nannini Age: 3 to 5 Strand: Teacher/Caregiver	2 – 3:30 p.m. <i>Promoviendo la Diversidad y la Inclusión en la Educación Preescolar</i> Cecilia Evans Hernandez Age: 3 to 5 Strand: Teacher/Caregiver	2 – 3:30 p.m. <i>Using Responsive Teaching and Caregiving to Support Language Development in Infants, Toddlers, and Twos</i> Dana Eckman Age: 0 to 3 Strand: Teacher/Caregiver Leader/Administrator	2 – 3:30 p.m. <i>Empowering Young Minds Through Positive Discipline: Practical Strategies for Holistic Growth</i> Yogi Patel Age: 0 to 5 Strand: Teacher/Caregiver Leader/Administrator

My Notes



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22ND Annual Early Years Conference Collaborating to Nurture the Whole Child

Friday, March 7, 2025

This certificate of attendance is awarded to

For six and a half hours of professional development

SPONSORED BY SAN DIEGO COUNTY OFFICE OF EDUCATION



Hours will be automatically entered into the California Early Care and Education Workforce Registry if you provided your number during registration.



22ND Annual Early Years Conference Collaborating to Nurture the Whole Child

Saturday, March 8, 2025

This certificate of attendance is awarded to

For six hours of professional development

SPONSORED BY SAN DIEGO COUNTY OFFICE OF EDUCATION



Hours will be automatically entered into the California Early Care and Education Workforce Registry if you provided your number during registration.



22ND Annual Early Years Conference Collaborating to Nurture the Whole Child

Friday, March 7 and Saturday, March 8, 2025

This certificate of attendance is awarded to

For 12 and a half hours of professional development

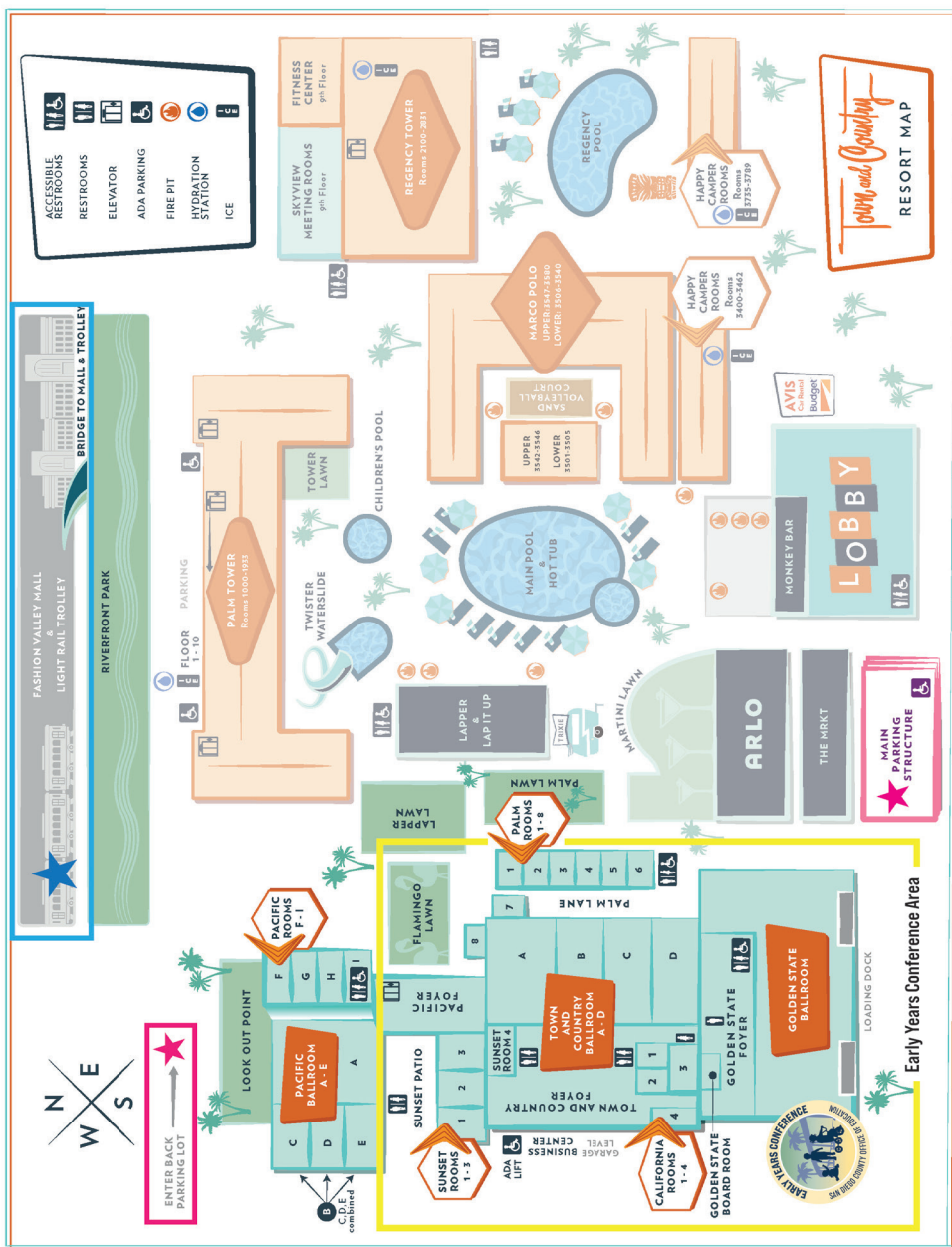
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My Notes





How would you rate your experience?

FRIDAY



SATURDAY



Take a quick survey by scanning the QR code and tell us
about your experience at the event

