

October 2024 Texas Rising Star Early Educator Live Stream Sessions

Track, Date, Time	Session Title	Presented By	Session Description
Early Childhood Education Track October 29th Session 1 9:45 - 11:00 AM	Beating Burnout/ Stress Management	Laura Clary	Everyone is constantly dealing with change and challenges and in this busy, chaotic time it can easily feel like you have no time for yourself. Operating at a high level of unmitigated stress will, over time, lead to burnout. During this session, we will explore the importance of self-care and provide practical approaches for both work and personal life. We will delve into implementing these strategies across different scenarios, discovering what resonates with you.
Early Childhood Education Track October 29th Session 1 9:45 - 11:00 AM	Broken Crayons Still Color	JuNene K.	Health is not just the absence of disease; it is the presence of wellness and actively making choices to be well. The environment plays a huge role in your behavior, which includes who and what you allow in your space. However, it is the conditioning (what you do with what you're given) that is the defining factor. You may feel broken, cut down, and drained, but understand that broken crayons still color. At this session, you will find out how to thrive where you are.
Administrator Track October 29th Session 1 9:45 - 11:00 AM	The Little Things: Supporting Staff's Mental Well-Being	Kristin Miller	Are you tired? Is your staff burnt out? This session is just for you! We will look at our challenges, our strengths, and self-reflect on our own mental well-being to help identify areas of personal and professional growth. This session will help educators who work in child care become familiar with core components of mental health and well-being, learn how to identify areas of strengths and weaknesses in themselves, make connections with their peers and staff members, and receive helpful tips and tools to prepare goals for continued professional growth. Get inspired and develop a plan to prevent burnout as participants focus on five little things that are big goals, they want to accomplish during the school year. Participants will choose and adopt a school-year motto and growth mindset quote to implement within their programs for encouragement.

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Early Childhood Education Track October 29th Session 2 12:15-1:30 PM	Happy and Healthy, Inside and Out: Sesame Resources for Whole Child Wellness	Austin PBS and Sesame Workshop	Every day you make a difference by helping children and families grow smarter, stronger, and kinder by uniting communities, fostering families' and children's resilience, nurturing their physical and mental health, and providing critical early learning opportunities. You're an important part of the "circle of care" that surrounds the families and children who need it most. In response to the growing mental health crisis, Sesame Workshop is supporting the emotional and physical well-being of young children and families through research-based resources and engaging content designed for the whole family. Our approach offers strategies to support all families – from celebrating joyful everyday moments to teaching children the essential skills they need to understand and manage their feelings to helping parents and community providers recognize the signs of more serious health challenges. In this session, we'll provide an overview of our newest free, bilingual resources devoted to whole child wellness, and plan ways to embed these activities in your work and play with children and families!
Early Childhood Education Track October 29th Session 2 12:15-1:30 PM	Managing Difficult Behavior in Children	Albert Wright	Every educator encounters children who have difficult behaviors to manage, such as biting. These situations can be difficult to deal with and have you questioning your ability. It is hard to remain calm in these situations. There is absolutely a difference between difficult behaviors and age-appropriate behaviors, and understanding the difference is imperative. This session provides practical ways to diffuse these behaviors and prevent them from happening in the future. Positive reinforcement is a must, as a happy and successful child makes for a happy and successful classroom.
Administrator Track October 29th Session 2 12:15-1:30 PM	Leaders vs. Managers	Laura Clary	The terms leader and manager are used interchangeably among many professionals and organizations; however, the skills and abilities are different. Management includes conflict management, challenging conversations, and procedures, while leadership focuses more on mindset, change, innovation, and motivation. Both are critical to organizational success yet knowing the difference and how each role functions can support professionals as they complete their daily work, move positions, and support colleagues. Come learn if you are a leader or a manager and how to be either!
Administrator Track October 29th Session 3 2:00 - 3:15 PM	How to Get it All Done by Creating Systems That Work	Sheika Petteway	Are you a leader, business owner, or staff member that is ready for extreme productivity? Join this session if you are prepared to maximize your profits and achieve optimal results. Whether you are aiming to secure potential customers, enhance your follow-up techniques, or establish efficient systems that drive growth for your organization, company, or project, this session is tailored to empower you. Participants leaving this session will be able to identify areas within their organization that will profit from creating automation and system; take a more proactive approach to their monthly, weekly, and daily schedule; and create new strategies that will help maintain profits and estimate losses.

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Early Childhood Education Track October 29th Session 3 2:00 - 3:15 PM	Preventing Tantrums and Meltdowns: Building Children's Capacity for Self-Regulation	Diane Goyette	Tantrums and meltdowns are stressful events for teachers and for children. These challenging behaviors often occur when children do not have the skills to handle the situation appropriately. Enhance the likelihood of preventing these occurrences by implementing supportive strategies that foster children's self-regulation skills. When children develop these skills, they are better able to cope with expectations and situations they find challenging. In this session, you will be encouraged to view challenging behaviors as opportunities to teach and to guide children toward more acceptable behaviors gently and compassionately. You will learn eight guidance and interaction strategies that support self-regulation. After practicing several of these strategies, you will leave ready to build children's capacity for self-regulation. You will also be prepared to prevent future tantrums and meltdowns, build children's resilience, and make your classroom a calmer place for your children and for yourself.
Early Childhood Education Track October 29th Session 3 2:00 - 3:15 PM	Relationship Based Care for Infants and Toddlers: Culturally Responsive Care	Elise Cohen and Teri Bledsoe	Culturally responsive care is one of the six essential program practices of relationship-based care in the Program for Infant/Toddler Care (PITC). In this session, participants will reflect on the importance of culture, define culturally responsive care, examine the relationship between culture and identity, and the benefits of culturally responsive care. We will also explore ways to incorporate culturally responsive care into the participants' facilities and classrooms and reflect on next steps.
Early Childhood Education Track October 29th Session 4 3:45 - 5:00 PM	Enhancing Transition Times	Kristin Miller	Do you struggle with transitions happening in a timely and fun way? Then this session is just for you! Participants will be engaged learning through hands-on activities while they work with peers and in group collaboration to learn strategies to support children before, during, and after classroom transitions. We will explore the research behind a child's attention span, and the three learning styles to help accommodate for all children's levels of understanding, needs, and attention span abilities. Participants will leave with a transitions toolbox full of helpful information and developmentally appropriate ideas to apply what they have learned immediately back into their classroom programs. Get ready to sing, play, and learn together to enhance your transition time!
Administrator Track October 29th Session 4 3:45 - 5:00 PM	Increase Enrollment and Find the Right Staff: 30 Incredible Ideas Under \$200	Kathryn Woodward Young and Carrie Casey	Within this session, we will explore the rule of 7, help participants understand who their clients are and why they need internal and external marketing, and learn basic marketing concepts. With a greater understanding of the importance of the program's logo, including simplicity on color, we will dive into the do's and don'ts to make a dollar go farther in promoting your program. Whether that's focusing funds on curb appeal, staff shirts, client swag, Search Engine Optimization, events or meals to go for families, we'll help participants create a personalized return on investment (ROI) tool for them to use on a marketing, advertising, or PR tactic. Let's increase enrollment and find and keep staff with 30 ideas - all under \$200!

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Early Childhood Education Track October 29th Session 4 3:45 - 5:00 PM	Purposeful Play: Helping to Heal the Hurt	Dr. Melissa Williamson	As early educators, we know that children learn through play. But what about those children who exhibit “challenging behaviors?” Are they still learning in your environment? Of course! What is often misunderstood is that children’s behaviors reveal the stress in their lives. Unfortunately, that stress can be difficult for teachers. Understanding how to use play to address the hurt is often overlooked. Join this interactive session to discover the benefits of using specific playful learning experiences and help to bring joy back to the lives of children with behavioral challenges.
Early Childhood Education Track October 30th Session 5 8:30 - 9:45 AM	Look Again! Redefining Early Learning Environments	DJ Alexander, Ed.D.	How do you feel about your current classroom environment? Is your current classroom inclusive for all children to learn successfully? This session will define an inclusive classroom, share a variety of inclusive learning environment designs and materials, and present an instructional approach that supports inclusivity.
Early Childhood Education Track October 30th Session 5 8:30 - 9:45 AM	Sensory Processing Needs In The Classroom	Natasha Harris	Sensory Activities are a vital part of the early childhood classroom. Educators that have an awareness of the sensory needs and stimulation children need will allow them to be successful in the classroom. In this session, we will discuss sensory processing, identify signs and symptoms, and learn how to create activities in a sensory stimulating environment for our students.
Administrator Track October 30th Session 5 8:30 - 9:45 AM	Shrinking Your To-Do List	Kathryn Woodward Young and Carrie Casey	If your to-do list is approximately the length of a football field, you need to come to this session. A child care program has a multitude of things to accomplish every day, such as conducting safety checks, planning who will be in charge of each classroom, and meeting with licensing officials. Creating systems to get items off your to-do list is key to a well-running program. In this session, you will take the first steps to create those systems.
Early Childhood Education Track October 30th Session 6 10:15 - 11:30 AM	Building Relationships with Parents	Albert Wright	Teachers who partner with parents and families help tremendously during the child’s developmental years. Parents and families need to feel that they are not alone in raising their children; therefore, having a customer service–oriented attitude is key. It is our job to create a positive co-parenting environment. Having a relationship with the parents and families of the students in your class is the only way for educators to have a successful dialogue and resolution when observing delays or encountering challenging situations with the students in our class. This session will look at the various ways to communicate with parents and families as well as ways to get them involved. Communication is vital for the child, the teacher, and the parents and families.

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Early Childhood Education Track October 30th Session 6 10:15 - 11:30 AM	From Chaos Coordinator to Skill Giver	Rachael Ennis and Meredith Pruitt	This session will give educators a new outlook on social-emotional development. As we discuss brain development, changing our focus to behavior as communication, and teaching kids how to self-regulate, participants will find ways to teach children skills that will help them for life instead of just managing chaos. Participants will discuss activities, rituals, and routines, as well as collaborate with other educators to brainstorm new ways to teach social-emotional skills.
Administrator Track October 30th Session 6 10:15 - 11:30 AM	What You Say vs. What They Hear	Traci Mackintosh	In child care, providing excellent customer service is crucial, and the foundation of it is fundamental professional communication. To reduce misunderstandings, participants will have the ability to anticipate how the recipient may interpret the information. Gaining communication skills with parents and other adults in our schools and centers will support the teamwork required to provide the best care possible for the children served.