

Institutes for early care professionals who serve infants and toddlers!

Celebrating
RESTFUL BABIES & TOTS
2024

February 24 - Middletown
March 9 - Farmville
March 23 - Fredericksburg
April 20 - Williamsburg
May 4 - Roanoke



Routines, Engaging interactions, Safe environments and Trusting relationships are all essential to ensure quality rest for babies and tots. These exciting professional institutes will focus on strategies caregivers and program leaders can use in creating peaceful moments for Virginia's infants and toddlers.

VIRGINIA
INFANT & TODDLER SPECIALIST
NETWORK

For more information or to register on-line, please visit
www.va-itsnetwork.org

Institute Objectives

Celebrating **RESTFUL BABIES & TOTS** **2024**

- Identify practical tips for creating a restful environment for infants and toddlers
- Discover how play, routines, engaging interactions, safe environments and trusting relationships support rest in the infant and toddler classrooms and how leaders can support the staff
- Enhance understanding of the guidelines for infant safe sleep and how to create a safe sleep environment in group care
- Explore the benefits of a team approach in creating safe sleep policies and learn strategies for implementation
- Promote networking, collaboration, and resource sharing among institute participants



Institute Keynote Speaker



Rachel Moon is a pediatrician and sudden infant death syndrome (SIDS) researcher at the University of Virginia. She received her medical degree from Emory University and completed her pediatric residency at the Children's Hospital of Philadelphia. She is the Harrison Distinguished Teaching Professor of Pediatrics at the University of Virginia School of Medicine. Her research centers on SIDS, SIDS risk factors, and how parents make decisions. She is Chair of the American Academy of Pediatrics' Task Force on SIDS and the Associate Editor of Digital Media for the journal, *Pediatrics*.

Keynote Session - Uncovering Sleep Strategies for Infants and Toddlers

Effective sleep strategies are more than just rocking and singing. Ensuring the safety of Virginia's infants and toddlers is a top priority along with interactions before and during sleep. In this presentation, Dr. Moon explains what effective sleep strategies look like and eliminates any myths surrounding them.

Viewers of this presentation will:

- Understand the updated recommendations for reducing infant deaths in the sleep environment
- Be empowered to follow safe sleep practices





Institute Workshops

Workshop Objectives

The workshop sessions will be presented by highly qualified infant and toddler specialists and infant and toddler behavior consultants from nine regions across the state. As part of their work with the VA Infant & Toddler Specialist Network, they provide professional development and coaching to early care providers.

Sessions for Caregivers

Healthy Sleep - Happy Baby

Infant care is more than feeding and diapering. It involves being in tune with the infant by recognizing and creating interactions throughout the day, understanding their communication, responding to their needs, and allowing them to find peace and enjoy rest.

Participants will learn practical tips in creating quality interactions with infants, discover ways to create healthy rest and sleep opportunities and identify ways to approach each infant's individual needs while in group care.

Play More - Rest Better

Toddler rest begins by providing opportunities to play and be active throughout the day. Creating interactions, establishing routines and offering appropriate activities all support rest in the toddler classroom.

In this workshop, providers will learn tips and strategies to help answer some of the most important questions concerning toddler rest such as, What exactly is rest for on-the-go toddlers? What if they just do not nap? What can I do to help them rest better?

Sessions for Directors and Family Day Home Owners

REST Assured: Creating a Culture of Support

Creating a peaceful, healthy and safe sleep environment begins with leadership. When staff receive support with their own routines, engaging interactions, safe environments and trusting relationships, they are best able to support the health and safety of infants and toddlers.

In this leadership workshop, participants will learn strategies to support staff wellness and explore the direct impact mindful and supported caregivers have on the health, safety and development of infants and toddlers.

The Dream Team: Collaborative Sleep Policies

Providing healthy and safe sleep environments for infants and toddlers in the group care setting goes beyond having a policy in place and leaders can't do it alone! A "Dream Team" of leaders, providers and families dedicated to child-focused sleep is essential.

Leaders attending this workshop will learn the importance of developing their own "Dream Team", keys to writing effective sleep policies, and strategies to clearly communicate and implement policies to ensure compliance.



Institute Dates and Locations

February 24, 2024

Laurel Ridge College-Middletown Campus
Corron Community Development Center
173 Skirmisher Lane
Middletown, VA 22645

March 9, 2024

Longwood Maugans Alumni Center
303 Chambers Court
Farmville, VA 23909

March 23, 2024

Holiday Inn Fredericksburg Conference Center
20 Sanford Drive
Fredericksburg, VA 22406

April 20, 2024

William Mary School of Education
301 Monticello Avenue
Williamsburg, VA 23185

May 4, 2024

Holiday Inn Roanoke Tanglewood
4468 Starkey Road
Roanoke, VA 24018



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- 8:30 am – 9:00 am Registration**
- 9:00 am – 9:15 am Welcome and Opening**
- 9:15 am – 10:15 am Keynote Session**
- 10:15 am – 10:30 am Break**
- 10:30 am – 10:45 am Keynote Q & A**
- 10:45 am – 11:30 am Hands-on Activity**
- 11:30 am – 12:30 pm Activity Session (Lunch served)**
- 12:30 pm – 2:15 pm Workshop Session 1/Leadership Session 1**
- 2:15 pm – 2:30 pm Break**
- 2:30 pm – 4:15 pm Workshop Session 2/Leadership Session 2**
- 4:15 pm – 4:30 pm Certificate Distribution**



Institute Registration

Pre-registration is required. To register on-line and pay by credit card, visit www.va-itsnetwork.org

To pay by check, complete this form (one per person) and return with payment.

Mail: VA ITSN - 210 Packets Ct. Williamsburg, VA 23185
Fax: (757) 378-2791, attention: Bertie Byrd

Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone: () _____ Email: _____

Name of infant and toddler program where you work:

Institute you would like to attend (select one):

- February 24, 2024 in Middletown**
- March 9, 2024 in Farmville**
- March 23, 2024 in Fredericksburg**
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Is your program
participating in VQB5?

YES NO

Lunch is included. Please indicate preference:

Standard box lunch Vegetarian lunch

Special dietary requirements: _____

Registration fee: \$30 per provider; \$15 per provider in VQB5 programs

Enclosed is a check, made payable to CDR.

Please charge to the credit card number below:

Card Number: _____ Exp. Date: _____

Name on Card: _____ Security Code: _____

Billing Address: _____

Billing Phone: () _____

Registration will not be complete until registration fee is received. Registrations are accepted on a first come, first serve basis. Questions? bertieb@cdr.org or (757) 378-3168