

Connecticut Early Childhood Professional Development Platform

CTAEYC is excited to present a new Platform Academy as part of our CT Early Childhood Professional Development Platform, which looks to strengthen the functions of early childhood, specifically Family Child Care (FCC) and Infant and Toddler (I/T) Care.

Mindfulness for Young Children: Movement and Relaxation for Growth and Learning

January 12, 2019 LULAC Head Start, Inc.

9am - 12pm

250 Cedar Street, New Haven, CT



Dr. Peg Oliveira is a child development expert and an activist. Since receiving her doctorate in developmental psychology from Brandeis University, Dr. Oliveira has advocated for fair pay for early childhood educators, child care assistance for working parents, and equitable access to high quality education. She is the founding director of 108 Monkeys, a yoga service organization and serves as the Executive Director of The Gesell Institute of Child Development and as a Consulting Editor for NAEYC's Journal, Young Children.

Marissa Bivona has her masters in psychology and has taught in early childhood for seven years. She recently completed her 200 hour yoga teacher training with 108 Monkeys and is interested in the ways mindfulness practices can be used to support both students and teachers in the classroom.



Mindfulness based exercises, like yoga and breathing, provide a creative, non-competitive, and fun way for children to discover themselves and their world. Learn to lead a preschool yoga class and other mindfulness tools that can be utilized to bring children to a place of calm awareness anytime.

Goals

- To understand the impact of mindfulness practices on the brain, and subsequently on learning and behavior.
- To teach a 20 minute yoga based movement and relaxation class.
- To incorporate “mindfulness snacks” into the daily routines with children.
(Providers will leave with the tools necessary)

To register, visit: <https://www.surveymonkey.com/r/registerjan12>

Please register by January 9, 2019. Questions? Email: dtaylor@ctaeyc.org

Registration is limited.

FREE WORKSHOP!

CTAEYC is offering this Platform Academy at no cost, with funding provided by the CT Office of Early Childhood and the United Way of CT.