

# ***PLAY MORE...STRESS LESS***

**How Play Encourages Social and Emotional Development at All Ages**

Saturday, October 6, 2018 | 8:00 AM – 4:30 PM

For teachers, librarians, toy librarians, social service workers, child care and home care providers, parents and other professionals working with children

Location:

Cuyahoga County Public Library  
Parma-Snow Branch / Auditorium  
2121 Snow Road  
Parma, Ohio 44134

## **Keynote Speakers**

**Eric Litwin**

Best-selling Original Author  
of *Pete the Cat* Series

**Benjamin Kearney, Ph.D.**

Executive Vice President and Chief  
Clinical Officer, OhioGuidestone

**Denise Dufala**

Former news anchor and  
author of the children's book,  
*Bomba the Brave*

– Book Signing for Conference Attendees –

Hosted by:

USA Toy Library Association and Cuyahoga County Public Library



Ohio Approved Hours are pending.

## A.M. Conference Schedule

### 8:00 a.m. - Registration, Coffee & Tea

### 8:30 a.m. - Welcome and Award Presentations

Judith Iacuzzi, Executive Director, USA Toy Library Association

Sue Kirschner, Youth Literacy & Outreach Manager, Cuyahoga County Public Library

### 8:45 a.m.

#### *Joyful Together: Using Everyday Moments to Build Resilience in Children*

Benjamin Kearney, Ph.D., Executive Vice President and Chief Clinical Officer, OhioGuidestone

This keynote will introduce the science behind Joyful Together<sup>®</sup>. Joyful Together<sup>®</sup> shows how we were created to interact and depend on one another to live abundant, thriving lives. Joyful Together<sup>®</sup> is easy-to-use, can be done practically anywhere and anytime, and improves health and functioning for children and adults alike.

### 9:45 a.m. Break

### 9:55-10:55 a.m.

## SESSION ONE: Workshops A (Part 1) thru E

**WORKSHOP A (Part 1) - *High Anxiety: Understanding stress and anxiety and how they relate to children with disabilities and the adults who work with them.***

Nina Hillery and Martin Stone, Board Members, USA Toy Library Association

Participants will examine stress and anxiety and how the two affect both child and adult behavior. (NOTE: Part 1 and Part 2 must be taken together.)

#### **WORKSHOP B - *Tips for Leading Nature Play***

Carly Martin, Naturalist, Cleveland Metroparks

Leading play in nature can be filled with questions. How do we stay safe? Should play be facilitated or spontaneous? What materials help fuel nature play? This naturalist with a passion for play will offer new tools and knowledge related to outdoor exploration with children.

#### **WORKSHOP C - *Knowing & Growing the Power of Open-Ended Play***

Dr. Karl Wheatley, Education Program Coordinator, Cleveland State University

What is more powerful than traditional academic instruction, more fun than just sitting still and listening, but is getting squeezed out of classrooms, centers and homes? Answer? Open-ended play. Learn the evidence and take away guidelines and strategies for making open-ended play even more powerful.

#### **WORKSHOP D - *Widening the Lens on Behavior: Activities that develop self-regulation, attention, and more!***

Jackie Saggio: Co-Director, Parma Preschool; Early Childhood Instructor, Cleveland State University and Cuyahoga Community College

Are children showing more challenging behaviors than ever before? Are you seeing less focus and attention? In this session we discuss how to combat behavior challenges with easy-to-implement activities and games.

## A.M. Conference Schedule (continued)

**WORKSHOP E - *"You be the daddy, I'll be the mommy, you be the baby"....supporting children's social and emotional development through dramatic play***

**Dr. Elizabeth Watters, Assistant Professor, Cuyahoga Community College**

Discuss how children's social and emotional development is enhanced by engaging in high quality socio-dramatic play. Tips for how teachers can support all levels of players in their classrooms will be shared, along with simple props and themes to enrich dramatic play.

**10:55 a.m. - Break**

**11:00 a.m. - 12 noon**

### SESSION TWO: Workshops A (Part 2) and F thru I

**WORKSHOP A (Part 2) - *High Anxiety: Understanding stress and anxiety and how they relate to children with disabilities and the adults who work with them.***

**WORKSHOP F - *Joyful Yoga and Magical Mindfulness***

**Leslie Eslinger, Education and Product Development Specialist , Becker's School Supplies**

Teaching yoga and mindfulness is as easy as breathing in and breathing out. With songs, simple directions, and ready to do activities, you'll be prepared to share these powerful tools with young children, parents, and teachers. You'll leave with a "box" of happiness that promises to calm, soothe, and bring joy to all who play along!

**WORKSHOP G - *Science: The Art of Playing and Exploring***

**Aimee Marting, Branch Services Assistant, and Kyra Nay, Branch Services Librarian, Cuyahoga County Public Library**

Playing is a great way to learn about scientific principles. Activities and ideas for adults that work with elementary-aged students will be explored. Come ready to learn how to play with science!

**WORKSHOP H - *Let Me Play! Types of play, how adults can support each type, and how play fosters social and emotional health in young children***

**Kelsey Tarase, Director of Education, The Children's Museum of Cleveland**

The Children's Museum of Cleveland will provide background on what is play and the various types of play. We will include tips for adults on how to foster play in the classroom, library, community center, home, etc. Participants will be asked to join in the fun and play along!

**WORKSHOP I - *Pretend Play, Creativity, and Well-Being in Children***

**Dr. Sandra Russ, Distinguished University Professor and Louis D. Beaumont University Professor, Department of Psychological Sciences, Case Western Reserve University**

This presentation will review the importance of pretend play in developing imagination and creativity. We will review personal research that improves play skills and creativity. The relationship between creativity, play and well-being will be reviewed, and suggestions for play at home and in the classroom will be offered.

## P.M. Conference Schedule

### 12:00 - 1:00 p.m. Lunch

Enjoy lunch, network with colleagues, visit with vendors, explore exhibits, and purchase books and raffle tickets!

#### **Speaker - Denise Dufala**

Denise Dufala is a former news anchor and recent author of the children's book, *Bomba the Brave*. Dufala is the National Ambassador for the Values-In-Action Foundation's school-based, anti-bullying program called, "Be Kind, Stick Together."

### 1:00 - 2:00 p.m.

## SESSION THREE: Workshops J thru N

#### **WORKSHOP J - *Don't Grow Up – It's A Trick***

**Dr. Thea Wilson, Vice President, Children and Families, The Council for Economic Opportunities in Greater Cleveland**

By tapping into childhood memories we will find lessons from the past that shape the children's future without the influence of technology. We will touch on social-emotional skills, literacy and the importance of joy in learning environments.

#### **WORKSHOP K - *Get Outside!***

**Dr. Gail Eichman: Owner, Trainer, Consultant, Pathways to Quality, LLC; Trainer, Teaching Strategies**

There is tremendous value in outdoor play. This session will discuss why outdoor play is critical to child development and offer practical ideas to enhance outdoor play.

#### **WORKSHOP L - *Messing Around: Playing at the Public Library***

**Anne Friederichs, Children's Librarian, Dakota County Public Library**

Growing up around public libraries used to mean you liked to read (and be quiet!) Today it means that you like to play, too! Learn how different types of play can be brought into public library programming and the library building to encourage positive emotional development in children and possibly adults.

#### **WORKSHOP M - *"Play is the Child's Work" But What if the Child is Not a Great Employee?***

**Gail Nelson, Program Coordinator, Office of Field Service, Cleveland State University**

When a child struggles to get along with peers it can affect her ability to use play as an avenue to learning. This workshop will look at how to support these students and their peers and enhance learning opportunities through play. You will leave with resource ideas to support classroom practice.

#### **WORKSHOP N - *Making the Most of Powerful Interactions During Play***

**Stacy Carbone Sterling, Child Care Licensing, Step Up to Quality Specialist and Supervisor, Ohio Department of Job & Family Services**

High quality interactions with caring adults are important pillars in a child's development. This session will explore the benefits of high quality adult and child interactions and offer hands-on strategies, tips, and ideas to promote positive interactions and social-emotional growth.

**2:15 p.m. - Raffle Drawing**

**3:00 p.m. - Eric Litwin, original author of *Pete the Cat* books**

Eric Litwin is a song-singing, guitar-strumming, #1 New York Times best-selling author who brings early literacy and music together. He is the original author of the *Pete the Cat* series as well as the author of *The Nuts* and *Groovy Joe*. Eric’s books have sold more than 11.5 million copies, been translated into 17 languages, and won 25 literacy awards including a Theodor Geisel Seuss Honor Award.

**4:00 p.m. - Conference Concludes**

**Conference Planning Committee**

Sue Kirschner, CCPL/USATLA  
 Donna Giannantonio, USATLA  
 Nina Hillery, USATLA  
 Judith Iacuzzi, USATLA

**Recommended Accommodations**

Hilton Garden Inn Cleveland Airport | (216) 898-1898  
 4900 Emerald Court, SW, Cleveland, Ohio 44135

**About...**

**Cuyahoga County Public Library**

Cuyahoga County Public Library is focused on being the center of community life by creating an environment where reading, lifelong learning and civic engagement thrive. Our vision is to be the most convenient public library in the nation, recognized for exceptional customer service and delivering on three key objectives: Fostering a community of enthusiastic readers; strengthening the economic vitality of our region; being recognized as an essential community asset and innovative library industry leader.

**Toy Lending Libraries**

Toy libraries, like book libraries, lend toys to children and families. They provide high quality toys and offer guidance on play for families with a variety of needs. The USA Toy Library Association (USATLA) is a 34-year-old membership organization that serves as an educational resource and national network for toy librarians and other professionals who work in early childhood. USATLA provides a variety of educational services – seminars, literature, consultations – about the importance of play and quality play materials. USATLA is part of an international association of toy-lending libraries with more than 50 countries involved. These leaders collaborate to take toy libraries and the value of play into the neediest areas of the world.

**Sponsors** We wish to thank the following organizations for their generous support!



**Friends:** Cleveland Metroparks, Felt Lady, Hunny Bunny’s Confections LLC, Ohio Department of Job and Family Services, OhioGuidestone

## Conference/Workshop Registration

- \$50 for USATLA members and CCPL employees if registration with payment is postmarked by midnight 9/15/18.
- \$60 for USATLA members and CCPL employees if registration with payment is postmarked after midnight 9/15/18.
- \$60 for general public if registration with payment is postmarked by midnight 9/15/18.
- \$70 for general public if registration with payment is postmarked after midnight 9/15/18.
- \$40 for students with photocopy of student I.D.

Fee includes tea & coffee, lunch, presentations and handout materials.

Space is limited, registrations will be awarded on a first-come, first-served basis.

Remit payment with registration to:

USA Toy Library Association; 2719 Broadway Avenue; Evanston, IL 60201-1503

Make checks payable to USA Toy Library Association | Email [usatla.org@gmail.com](mailto:usatla.org@gmail.com) with questions.

Name \_\_\_\_\_

Title \_\_\_\_\_

Institution \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

***Please indicate first and second choices for each session. Ohio Approved Hours are pending.***

**SESSION 1: 10:15–11:15 a.m.**

- [A - Part 1] High Anxiety: Understanding stress and anxiety and how they relate to children with disabilities and the adults who work with them. [NOTE: If you select Part 1, you must also sign up for Part 2.]
- [B] Tips for Leading Nature Play
- [C] Knowing & Growing the Power of Open-Ended Play
- [D] Widening the Lens on Behavior: Activities that develop self-regulation, attention and more!
- [E] “You be the daddy, I’ll be the mommy, you be the baby”....Supporting children’s social and emotional development through dramatic play.

**SESSION 2: 11:30 a.m.–12:30 p.m.**

- [A - Part 2] High Anxiety: Understanding stress and anxiety and how they relate to children with disabilities and the adults who work with them.
- [F] Joyful Yoga and Magical Mindfulness
- [G] Science: The Art of Playing & Exploring
- [H] Let Me Play! The types of play, how you as an adult can support each type, and how play fosters social and emotional health in young children.
- [I] Pretend Play, Creativity and Well-Being in Children

**SESSION 3: 1:30–2:30 p.m.**

- [J] Don’t Grow Up – It’s A Trick
- [K] Get Outside!
- [L] Messing Around: Playing at the Public Library
- [M] “Play is the Child’s Work” but what if the child is not a great employee?
- [N] Making the Most of Powerful Interactions During Play