

# MSU Extension Presents:



## Super Saturday Training

Join MSU Extension for a day of training for childcare providers, parents and caregivers!

Topics include: Stress less with mindfulness, exploring food together, science for young minds, and bullying prevention. All sessions will be hands-on and interactive. Participants will receive all needed materials and a certificate for 6 training hours. **REGISTRATION IS REQUIRED.**

**WHEN:** November 14, 2015

**TIME:** 9:00 am – 4:00 pm ET (Registration will open at 8:30. There will be a break for lunch on your own from 12-1 pm)

**WHERE:** Ramada - 412 W. Washington St., Marquette, MI 49855  
906-228-6000 or 1-800-854-9517 or Ramada.com

**COST:** \$25.00 – Payable with cash or check (made out to MSU) only.  
(Fee includes materials and 6 training hours)



### REGISTER NOW - Space is limited!

For more information or to register, please contact:

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Registration deadline is: **November 6, 2015**

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## SCHEDULE

8:30-8:50 am	Registration
8:50-9:00 am	Welcome & Introductions
9:00-10:15 am	Stress Less With Mindfulness for Parents & Caregivers
10:15-10:30 am	Movement Activity & Break
10:30-12:00 pm	Exploring Food Together
12-1 pm	Lunch on your own
1-2:30 pm	Inquiring Minds Want to Know: Science for Young Minds
2:30-2:45 pm	Movement Activity & Break
2:45 – 3:45 pm	Be SAFE: An Introduction to Bullying Prevention for Parents & Caregivers
3:45-4:00 pm	Wrap Up & Closing



### Session Descriptions:

**Stress Less with Mindfulness for Parents & Caregivers:** Mindfulness can be defined as paying attention in a particular way: on purpose, in the present moment and non-judgmentally. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms and managing chronic conditions. This session will introduce the practice of mindfulness to reduce stress with emphasis on our workshop for parents and caregivers. *Presenter: Lynn Krahn, MSU Extension Educator, Marquette County*

**Exploring Food Together:** Childcare providers play a crucial role in helping children get the nourishment they need to grow and thrive. When you work with children on food-related activities, you can support healthy eating habits that will stick with them for life. Each activity in this session includes nutrition education objectives, child development and early learning objectives, and a recommended books list. *Presenter: Vicki Ballas, MSU Extension Program Instructor, Alger County*

**Inquiring Minds Want to Know: Science for Young Minds:** Young children are curious, excited, interested in exploring and eager to try new things. Discover ways to encourage that sense of inquiring through hands-on science activities that are simple, inexpensive, safe, and very appropriate for afterschool and 4-H club programs. Learn how to help young children develop problem solving, critical thinking, and communication life skills. *Presenter: Erin Ross, MSU Extension Educator, Gogebic County*

**Be SAFE: An Introduction to Bullying Prevention for Parents and Caregivers:** Explore how bullying behaviors are affecting our kids, families and communities. Consider how people's attitudes and beliefs influence bullying behaviors. Examine bullying, bias and harassment through the lens of differences. Explore strategies for addressing these issues. Learn about helpful programs and resources. *Presenter: Tracie Abram, MSU Extension Educator, Mackinac County*

**Movement Breaks:** Move together and learn ways to get children and adults up and moving to help your programs run more smoothly. *Presenter: Anita Carter, MSU Extension Program Instructor, Gogebic County*