

# QAPPD EDUCATOR CONFERENCE April 21, 2023



Quebec Association for Preschool  
Professional Development

FROM  
SURVIVING  
TO  
THRIVING!





# GENERAL INFORMATION

## Conference Venue

Plaza Volare  
Crowne Plaza Montreal Airport  
6600 Chemin de la Côte-de-Liesse,  
Saint-Laurent, QC  
H4T 1E3  
(514) 735-5150

## Conference Agenda – April 21, 2023

07:30 – 09:00	Registration
09:00 – 11:45	Workshop
12:00 – 13:00	Luncheon
13:15 – 16:00	Workshop

## Public Transportation & Parking

Venue is accessible by public transportation.

Bus stop (in front of the hotel):

Buses: 100, 202, 378, 460

Free parking is available behind the hotel.



# A Message from the QAPPD President

Some say, "those who can, do, and those who can't, teach." I think there is nothing further from the truth. What educators have done over the past 3 years has been above and beyond what anyone expected from a team in this profession. Educators do and teach.

Without support from each other, the resilience needed, assistance, and encouragement, there would have been a bigger chance that many more would have thrown in the towel. Some educators have, but I want to acknowledge the team that persevered, showed up everyday with the passion and respect for the profession, remembering why they chose it.

We know that together educators are strong, focused, and equipped to deal with particularly difficult challenges or decisions. Wise words from a colleague, quiet encouragement from a leader, and suddenly the path forward becomes clear.

A strong team makes it all seem so effortless. Collaboration from the whole team is what makes it work. You may have the greatest bunch of individual stars but its in working together that leads to success. When we all help one another, everybody wins. It doesn't matter if you get there in a straight or crooked line, just that you keep trying and follow the path forward. You are not alone. Your center needs you, the team needs you, the children need you.

As I look back at all the QAPPD Educator conferences, especially as my last year as president, I am so proud to have been a small part in provide opportunities to support educators' passion for learning. Let me applaud your efforts and acknowledge your successes. Never cease to grow...you make a difference!

Luisa Iglio  
President QAPPD  
Executive Director CPE Dorval



#### BIO:

**Fiona Rowlands** has been working in the field of ECE for over 30 years. She has worked as an educator, director, and teacher. She currently teaches at Vanier College and Concordia University. She has completed her course work in Play Therapy. Many of the courses that she teaches focus on communication, teamwork, and developing relationships, as well as how to get children moving in the classroom. She is currently doing research on the importance of connecting students with nature.

Fiona is a passionate animal lover and shares her home with 3 cats, 2 dogs and her husband. She is really enthusiastic on sharing her knowledge about teamwork and communication.

#### CONTACT

[rowlandf@vaniercollege.qc.ca](mailto:rowlandf@vaniercollege.qc.ca)

# LET'S TALK

## WORKSHOP 1am

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This workshop will focus on helping participants develop their awareness of different elements of communication. We will be looking at how the messages we give ourselves influences how we communicate with others. We will also look at how to overcome communication challenges, be an effective listener and learn to communicate assertively. Participants will have the opportunity to practice their communication skills in a fun and engaging workshop.

# TEAM BUILDING

## WORKSHOP 1 pm

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This workshop will help individuals identify the specific strengths and challenges they experience and bring to an ECE team. We will examine how to build strong teams, share power, and achieve team goals. This will be a fun and interactive workshop which will help participants gain insight into themselves and help them develop their ability to develop positive relationships and work effectively with others. Participants should be prepared to engage in physical movement.



#### BIO:

**Elana Wright** has been a workshop facilitator with the LGBT+ Family Coalition for over 10 years and is the lesbian mother of a 16-year-old son. Elana currently works in communications at Concordia University, and she previously worked as a communications and community engagement specialist in international development and human rights for over two decades.

#### CONTACT

[formation@familieslgbt.org](mailto:formation@familieslgbt.org)

# GENDER DIVERSITY

## WORKSHOP 2 am

This workshop will explore the following...

Key topics on sexual and gender diversity;

Demystifying families with LGBT+ parents;

Intersectional and anti-oppressive social reflection on LGBT+phobias

Discussions around issues encountered with LGBT+ families;  
Creating inclusive interventions and practices; (role playing)  
How to promote inclusion in your environment; (showcase)  
And much more!



### BIO:

My name is **Magdalena Tarczewski** but everyone calls me Maggie. I have completed my Masters in Psychoeducation in 2010. Since then, I have worked in schools, hospitals, daycares, and readaptation centers to provide appropriate strategies when intervening with children under the age of 10. I work on maladaptation in children that can include anxiety related difficulties, lack of self-esteem and confidence, lack of attention and focus and independence in daily activities but my biggest love is for those misunderstood behavioural children. I specialize with children who have Autism Spectrum Disorder, Global Developmental Delays and Intellectual Disabilities. In 2021, I opened a private practice, partnering up with speech and language pathologists, occupational therapists, social workers, and psychologists. My desire was to ensure that all services were in one place and accessible to all families.

### CONTACT

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# BEHAVIOURAL CHALLENGES IN CHILDREN

## WORKSHOP 2 pm

This workshop will focus briefly on developmental stages in children under the age of 5.

Then, a discussion will be held on the common behaviours seen in children under 5 and we will differentiate what is normal and atypical for that age group. Functions of behaviours will be communicated so that adults better understand why a child is exhibiting a specific behaviour.

Furthermore, we will look at the importance of preventing behaviours and efficient strategies to reduce their occurrence, frequency and intensity. Finally, we will discuss on how to intervene when a child is exhibiting behaviours and the importance of communicating with parents to ensure consistency in the approach.



## BIO:

**Danusia Lapinski**, MA B.Ed., PPCC, certified coach, creative arts therapist, teacher, and mother of two, has spent the last two decades empowering students, educators, and parents in meeting their vision of success through education and coaching.

## CONTACT

COACHING TO ASPIRE HIGHER  
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514 290 3877/ 514 481 2382  
[coachingtoaspirehigher@gmail.com](mailto:coachingtoaspirehigher@gmail.com)

[www.danusialapinski.com](http://www.danusialapinski.com)



# RESILIENT MINDSET

## WORKSHOP 3 am

Everyone is born with the ability to be resilient. Learn how to take advantage of your resiliency when the going gets tough in your personal and professional life.

During this interactive coaching session, you will have an opportunity to build a personalized resilient mind-frame to support your motivation in overcoming challenges with confidence and courage.

In a safe and respectful group environment, you will master:

1. An understanding of resiliency
2. The attitudes and views of highly resilient people
3. The ability to tweak your mind set at will
4. Your own resilient mindset practice
5. The keys to sustain your new mind-frame



#### BIO:

**Jean Montpetit**, MA PPCC, has been active in the field of ECE since the late seventies when he was a “monitor” (the title educators had back then!) in a day care center. He was part of one of the first cohorts to complete an AEC in Early Childhood education from Vanier College. This was quickly followed by a BA in child study and then an MA in Child Studies where he studied the effects of adult-child dynamics on children's behaviors. He subsequently taught in the ECE program at Vanier College for thirty years teaching a variety of courses. Adding to his pedagogical knowledge, Jean received a Personal and Professional Coaching certificate from Concordia University in 2010. Though he has been retired from the college for a few years, he is still active in the field by giving workshops to parents, CPE's and other groups interested in supporting the development and learning of young children.

#### CONTACT

450-458-8011

# PHYSICAL DEVELOPMENT THE FORGOTTEN DOMAIN

## WORKSHOP 3 pm

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The early childhood education profession prides itself on supporting the development of the “whole” child. How does this manifest in daily practice? Is physical development given the attention it deserves or is it relegated to “recess” type activities like we see in elementary schools? How can early childhood educators integrate principles of physical development in their overall curriculum?

This workshop will identify and define the basic components of physical development (with an emphasis on Big Body Play), describe the importance of each and explain how they relate to other developmental domains. Through small group work, participants will actively design activities related to each component and share their ideas with the group. We will reserve the last 45 minutes to answering the question: Is “Rough and Tumble” play a suitable activity for early childhood education classrooms?





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# EXPERT PANEL

## WORKSHOP 4 - ALL DAY

Join our panel of experts in the realm of occupational therapy, speech and language pathology, and physical therapy, for a day-long look into their world of 0-5-year-olds. Tara, Amanda and Marie-Helene will share insight, and tips and tools on how to support the overall development of daycare-aged children. The day will be divided into sections including listening and learning, role-modeling age-appropriate activities and Q&A period.

**Tara Sloan** graduated from McGill University in 2005 with a bachelor's degree in occupational therapy. She spent the majority of her career working at Summit School, a specialized school for children with neurodiversity. After having her fourth child in 2020, Tara left Summit School to work as a self-employed therapist. She sees children in her own therapy space, in daycares, and at school.

**Amanda** graduated from McGill University with a Master's of Science (Applied) in Communication Sciences and Disorders.. She has worked exclusively in pediatric care, in both public service and private practice, while focusing her clinical skills on speech and language development for children aged 0-5. She also has experience in treating children with a variety of genetic and developmental delays/disorders. Amanda runs a mobile private practice, which includes home and daycare visits. She is a member of the "Ordres des orthophonistes et audiologistes du Québec" and a member of Speech-Language and Audiology Canada.

**Marie-Hélène** has over 20 years of experience in the field of pediatric physiotherapy. She graduated from the University of Ottawa in 1999 and worked at the Montreal Children's Hospital since then. Over the years, she developed an expertise treating, torticollis/plagiocephaly, brachial plexus lesions, gross motor delays, neurological, genetic and orthopedic disorders from the newborn to the teenager. She contributes to the profession as a clinical placement supervisor for McGill Physiotherapy students and as guest lecturer at McGill University and other associations.



# REGISTRATION INFO

We look forward to seeing you at this year's conference.

To register:

- Complete the conference registration form at <http://qappd.com>
- Email it to: [info.qappd@gmail.com](mailto:info.qappd@gmail.com) or
- Print and mail it to the address below:
- Make payment cheque payable to QAPPD and mail to:

QAPPD Conference  
c/o Luisa Iglio  
865 Lakeshore Dr, Dorval,  
QC H9S 2C7

Your registration will be confirmed via email upon receipt of payment. Kindly allow 7-10 days for processing. Please notify us if this is not received.

Registration will end and full payment must be received by April 13, 2023.

In case of cancellation, kindly notify us by email on or before **April 13, 2023** to qualify for a 50 % refund. Notice of cancellation received after this date cannot be honored. Registrations can be transferred to another person within your organization.

For further inquiries regarding the conference, you may contact Luisa Iglio at 514-924-8300 or by e-mail to: [info.qappd@gmail.com](mailto:info.qappd@gmail.com)