



Chatham-Kent

Heartwork

and so much more

Child Care P.D. Day



Friday, October 17, 2025

8:00 am - 4:00 pm

John D. Bradley Convention Centre

(565 Richmond St., Chatham, ON)

For Early Years Educators, Leaders and Cooks,
to rekindle the Heartwork spirit

Funded by:

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Early Childhood Educators
Illuminating the brain,
one neuron at a time



”

It will take courage to
show that caring is not
custodial work that just
anybody can do, but
caring is an art and a
science, and an
honourable profession
requiring much knowledge
and many skills”

Carol
Garboden
Murray





Agenda

8:00 Registration / Snacks

**8:45 Welcome, Opening Remarks,
Land Acknowledgement**

9:00 First Keynote Speaker: Carol Garboden Murray, **PAGE 3**
Author of "Illuminating Care"

10:15 Break

10:30 Leadership workshop begins **PAGE 5**

10:30 Second Keynote Speaker: Alyssa Blask-Campbell **PAGE 4**



11:45 Lunch (Check out the vendors)
Cooks Workshop: Leaving by Bus to the Cultural Centre

1:15 Afternoon Breakout Sessions
Cooks Workshop: Beneath the Plate
Choice #1: The Artful Child
Choice #2: Plan, Play and Learn
Choice #3: Deconstructing Circle Time
Choice #4: Time as a Resource

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2:45 Break

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3:00 Wrap Up with Mike Masse





Keynote Speaker

Illuminating Care:

The Power of Ritual, The Joy of In-Between Time and the Magic of the Mundane



During this thought-provoking presentation, Carol will enliven the principles of the seven lamps of care through stories that illustrate what a pedagogy of care looks like during mealtime, toilet learning, dressing, transitions, and resting. As we live life alongside children, we will embrace care as education. Together, we will examine care as an improvisational art, a situated knowledge, an embodied intelligence, and an ethical encounter.

Presenter:

Carol Garboden Murray, author of *Illuminating Care*

Carol Garboden Murray is the author of *Illuminating Care: The Pedagogy and Practice of Care in Early Childhood Communities* (Exchange Press, 2021). While writing articles and books for early childhood professionals, she has continually worked alongside children, educators, and families for the past 35 years. You can find many of her articles on her website at carolgarbodenmurray.com. She is currently the executive director of Wimpfheimer Nursery School and The Infant Toddler Center at Vassar College in New York State. Carol is also a National Advisor for Defending the Early Years.





Keynote Speaker

Beyond Behaviour

Embedding Self-Regulation in Early Learning Environments



In this session we will be exploring the difference between sensory and emotional regulation in early childhood. As behavioral challenges in early learning settings continue to rise, this session offers educators practical, developmentally appropriate strategies to embed self-regulation and co-regulation into everyday practice. Alyssa will unpack what dysregulation looks like, when to soothe versus teach, and how to support children in navigating big emotions with confidence. Educators will leave with clear tools and insights to respond with intention, compassion, and calm.

Presenter:

Alyssa Blask-Campbell, M.Ed., CEO of Seed & Sew

Alyssa is the CEO and founder of Seed & Sew and a globally recognized expert in emotional development. She co-created and researched the Collaborative Emotion Processing (CEP) method, transforming how adults support children's emotions. Her bestselling book, *Tiny Humans, Big Emotions*, shares this research, and her second book, *Big Kids, Bigger Feelings*, is publishing with HarperCollins in 2025. Alyssa hosts the *Voices of Your Village* podcast and created a professional development program for early childhood educators with unlimited, free coaching support from experts in education.





Leadership Day



Leaders

Illuminating Care

Through Human Rights Focused Relationships



Human rights are not just something to defend; they are something to protect, promote, cherish and lead with. How? It is through our core values, policies, procedures, practices and behaviours. These elements shape the relationships that are possible within every organization. Our time together will give you the chance to build more robust and human-centered approaches in your agencies and walk away with a customized action plan and a spark of energy to follow through. Why? Because the first beneficiary of these efforts will be you. Then, it will cascade through your staff base, families, the children and communities.

Sara Luther

Sara Luther is a human rights lawyer, consultant, facilitator and coach. Her team helps organizations strengthen their institutional commitments through creating credible and action-oriented policies and procedures, building and offering dynamic leadership programming, deepening competence in conflict, skill building to bolster capacity on expected competencies and offering unique interventions for the toughest situations.





Afternoon Sessions



Cooks

Beneath the Plate

Illuminating the Hidden Layers of Food



RAINBOW PLATE
healthy eating made simple

This interactive workshop invites cooks, menu planners and others working in child care settings to reflect on the depth, intention, and meaning behind the meals they prepare for young children. Through hands-on food activities, reflection, storytelling and dialogue, participants will explore the many elements that shape a dish—from ingredients, textures, and flavours to cultural roots, family traditions, dietary needs, and developmental considerations. Together, we'll shine a light on the often-invisible decisions and care that go into every meal and discover creative ways to make this richness visible and valued by educators, children, and families alike.

Janet Nezon

Janet holds a BSc from the University of Toronto, as a Specialist in Nutritional Science, and a Masters of Health Science in Health Promotion, from University of Toronto's Faculty of Medicine. She founded "Rainbow Plate" with a mission to translate theory into practice; to bring a vibrant and fresh approach to food education for children.





Afternoon Sessions



Option #1

The Artful Child



This hands-on workshop is designed for early years educators and focuses on building confidence, creativity, and intentionality in using art as a tool for learning. Through a series of playful, collaborative activities, participants will explore how to create engaging and sustainable creative environments that support open-ended exploration, self-expression, and meaningful learning. We will explore the difference between a "craft" that is adult-directed and a self-chosen art experience.

Jessica Borowets

With a background in psychology and mental health, and decades of hands-on experience, Jessica brings a relational approach to creative learning. Her practice is rooted in a family history of over 50 years using art to foster learning and connection.





Afternoon Sessions



**Option
#2**

Plan, Play and Learn

Inclusive Relationships with Wondrous Materials

Explore open-ended materials and thoughtfully designed furnishings that foster creativity, collaboration, and inclusion. Come ready to play and discover hands-on, how relationships with materials shape learning. Leave with adaptable strategies, room plans, and practical tools to enrich environments and empower every child's abilities and agency.



Cindy Green, Bsc. RECE

Cindy is a retired professor from an Ontario college and an early learning professional who is passionate about all things pedagogical. Cindy has delivered professional learning workshops for early learning teachers across the province.

Bogdan Pospelovsky, BA, B.Ed

As the Director of Marketing at LKG, Bogdan has supported educators for 25 years with assistive technology, curriculum and EY classroom creation. A former teacher with K-12 experience on 2 continents, he's presented internationally, published widely, and loves to play with blocks.

Iain Wallace

As the Director of Sales at Louise Kool & Galt, Iain has presented at numerous conferences, sharing 20 years of experience in education and a passion for inclusive learning. A father of two, he's also an enthusiastic in-house product tester.





Afternoon Sessions



**Option
#3**

Deconstructing Circle Time



Julie Hansen

Julie has been an Early Childhood Educator for the past 24 years, as well as a consultant and author. Her primary focus has evolved to encompass team leadership, management training and program development. She has articles published in provincial and national ECE journals on the topic of emergent curriculum and leadership.



What does circle time mean to you? Come and explore all the different possibilities that group time can offer. Learn how to incorporate science, math and dramatic play experiences, embrace emergent learning opportunities, transition ideas, and build resources.



Afternoon Sessions



**Option
#4**

Time as a Resource

Embracing a Slow Pedagogy in Early Childhood Education



What does it mean to teach with time as a resource and to go at the child's pace?

What would our programs look like if we lived in children's time?

In this interactive workshop we will examine pace and presence as an art and science of care. We will consider how slow knowledge and spiral learning (revisiting topics repeatedly) is a resistance to an accelerated childhood and a celebration of what it means to be a child today, in the here and now.

Carol Garboden Murray

Carol Garboden Murray is the author of *Illuminating Care: The Pedagogy and Practice of Care in Early Childhood Communities* (Exchange Press, 2021). She is currently the executive director of Wimpfheimer Nursery School and The Infant Toddler Center at Vassar College in New York State. Carol is also a National Advisor for Defending the Early Years.





Wrap Up Session

It Starts With You!



This isn't about being all calm and chill (although that's a bonus!)—it's about training your mind to work for you. In just 40 minutes, learn practical ways to handle stress, tackle tough behaviors, and boost your team's morale. And guess what? Mike will be offering online support afterward to help you build your own self-care routine and give tools to support the children you work with. Ready to take control and feel empowered?

Presenter: Mike Masse

Mike Masse is a mindfulness consultant, public speaker and best selling author who specializes in mindfulness based stress reduction. For over a decade, he has been teaching adults, youth and children mindfulness skills to help reduce their levels of stress and anxiety. Mike's engaging and encouraging teaching style will have you feeling excited and hopeful about what mindfulness can do to transform your well-being and your professional practice.





Heartwork
and so much more

www.heartworkck.com

For registration assistance, please call 1-866-720-7975.