Smoking Policy

To support a healthy environment for students, employees, and others, Central Community College has implemented a college-wide smoke-free and tobacco-free policy. Thank you for doing your part by not using tobacco, alternative tobacco products, or e-cigarettes, either indoors or outdoors on any college property. Your cooperation is appreciated.

Affirmative Action/Equal Opportunity Institution
Dr. Kathleen (Kate) Gallagher is an educational psychologist and early childhood professional, with over 30 years experience teaching and leading early childhood programs. She is a Scientist at Frank Porter Graham Child Development Institute and Clinical Associate Professor at the University of North Carolina at Chapel Hill.

Dr. Gallagher’s ability to communicate messages regarding high quality early care and education are manifest in presentations and workshops with a wide range of audiences, including UNC’s most popular TED talk of 2015: The Healthy Child: Assembly Required and TEDxMemphis’ most viewed talk: Assembly of the Healthy Child: The Next Steps.

**Keynote: The Emotionally Literate Child: Building Blocks for Wellbeing**

Literacy is not just for reading books. From birth, children develop literacy about emotions, too. They learn how emotions feel in the body, how to express them, and how to regulate them. Children’s emotional literacy is deeply connected with how they develop relationships and resilience, and how they become successful learners. Building on brain science, discover the building blocks of children’s emotional literacy – and how early childhood professionals can make a difference in children's wellbeing for a lifetime!

**Part 1: Building the Brain through Relationships**

The brain is designed to learn patterns. And a child’s earliest learning is connected to the patterns they experience in relationships. In this interactive session, we will learn how the brain learns about the patterns of relationships, how relationships develop the brain, and how early childhood professionals can build children’s capacity to learn and be healthy – all in the context of daily routines and interactions.

**Part 2: Using Literature to Support Children’s Emotional Literacy**

Understanding emotions – “emotional literacy” – serves a very important function in development. Emotions help us take action, avoid danger and establish and maintain warm social relationships. We can help children develop emotional literacy – and support their developing emotional regulation – using picture books and social stories. This engaging session will help early childhood professionals build their toolboxes for emotional learning – learning about literature and how to use it with children and families. Participants are encouraged to bring their favorite children’s book that address emotions.

**Friday - Conference Agenda**

- 8:00-8:15 a.m.: Registration
- 8:15-8:30 a.m.: Welcome
- 8:30-10:00 a.m.: Dr. Kathleen Gallagher - Keynote
- 10:00-10:15 a.m.: Break
- 10:15-12:00 p.m.: Workshop - Part 1
- 12:00-12:30 p.m.: Lunch
- 12:45-2:15 p.m.: Workshop - Part 2
- 2:15-2:30 p.m.: Closing Remarks/Door Prizes

For Additional Information:

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Go to our website for online registration at:
http://www.cccneb.edu/conferences