

CHILD CARE RESOURCES OF ROCKLAND, INC

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FOR IMMEDIATE RELEASE

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35th Annual Conference for Early Childhood/School Age Care Professionals:

“Early Years Are Learning Years”

Child Care Resources of Rockland, Inc. (CCRR) and the Early Childhood Program at Rockland Community College will be co-sponsoring the **35th Annual Early Childhood/School Age Conference on Saturday, November 1, 2008 at Rockland Community College**. The day will start at 8am with registration, exhibits, and continental breakfast. The keynote will be at 9:15am and morning workshops begin at 10:30am. Lunch will be provided and followed by afternoon workshop sessions. Cost for registration varies but begins at \$35. Advance registration and group discounts are available.

Ruthie Bushnell will present the keynote address, entitled “Health On the Move: Early Fitness Beginnings Makes Healthier Lives.” Young children need to be taught the importance of exercise and healthy lifestyles. Many health concepts are taught later on in their lives. Why wait? The younger we start with children, the more it will be part of their choices and lives. Heart smart eating, everyday and sometimes foods, the importance of breakfast, bone health and many more concepts can be taught to young kids in a fun, creative way. Why not teach this information while kids are moving (Nutritional Label Relay, Fast Food Lacrosse, Moderation Softball). *Health On the Move* is a program you can use with children that will make them start learning prevention at a young age. Teaching health and nutrition through physical activity is a fun, but an educational way to get children thinking about their bodies and taking care of them.

Ruthie Bushnell has been a health, nutrition, and fitness teacher in the Maryland Public Schools since 1977. She has taught elementary, middle, high school and adapted physical education over those years. Her workshop has been shared in a variety of settings for organizations that work with children and adults concerned with healthy lifestyles. She has served as a consultant to the Harvard School of Public Health, the Centers of Disease Control and the American Heart Association. Her program is nationally recognized and she loves sharing *Health On the Move* with as many people as she can since she truly believes it is an unbelievable way to teach such important information regarding living healthy lives...and it's a blast!

In addition to the other technical assistance workshops and seminars offered by CCRR, this conference is the primary source of obtaining continuing education credits for early care and education professionals in Rockland County and the surrounding Tri-state area.

Over 400 participants from Rockland and the surrounding communities and counties are expected to attend. The conference entitled “Early Years are Learning Years” offers a broad range of workshops for teachers, center directors, caregivers and parents of infants, toddlers, pre-school and school age children. Sessions will focus on topics such as art, program management, language, infant care, nutrition, cooking, movement, classroom management, professional development, literacy, science and communication. A special series of workshops are geared to staff of school age care programs. A variety of vendors and community organizations will be on hand. Information regarding services for children and families in Rockland County will also be available.

Call 845-425-0009 to register or log onto www.childcarerockland.org.

