



NORTH DAKOTA  
**CCR&R**  
CHILD CARE RESOURCE & REFERRAL  
1616 Capitol Way  
Bismarck, ND 58501

# Hip on Health

Child Care Resource & Referral  
**Health & Safety Summit**

**Saturday,  
September 25**

9 am to 3 pm  
Horizon Middle School  
Bismarck, ND

**Learn how to incorporate  
laughter and exercise into  
daily activities while keeping  
children safe as they play.**

# Hip on Health

Child Care Resource & Referral  
**Health & Safety Summit**

**Saturday, September 25, 2010**

**9 am to 3 pm**

Doors open at 8:30 am

**Horizon Middle School**

500 Ash Coulee Drive, Bismarck

**\$35 per person**

\$45 after registration deadline

Noon Lunch is included

**Registration Deadline: September 17**

**Training Credits**

Participants earn 5 clock hours  
CEU's are also available for an additional fee.

For more information contact:

Child Care Resource & Referral

701-223-1510

klarson@lssnd.org or lbennett@lssnd.org



## Conference Schedule

8:30 to 9:00 am - Registration & Check-In

9:00 to 9:55 am - General Session

10:00 to 11:00 am - Breakout Sessions

11:05 am to 12:05 pm - Breakout Sessions

12:05 to 12:55 pm - Lunch

1:00 to 2:00 pm - Breakout Sessions

2:05 to 3:00 pm - General Sessions

## General Sessions:

### Laughter and Play Keep the Doctor Away

You know the importance of laughter and play for children, but care providers sometimes forget what laughter and play can do for their own well-being. Learn about the benefits of laughter and ways to add fun to your life.

### Safety in Childcare During a Stressful Economy

Providing children with a safe environment must be the most important task of any childcare program. By taking a proactive role in following safety procedures and addressing common sensible building maintenance issues, the overall impact on the budget can be significant.

## Breakout Sessions:

### Going Green for Healthy, Safe Children

You care deeply for young children and work hard every day to facilitate their health and development. One of the health areas you may have questions about is how to make your childcare setting "green" in an effort to improve the health and safety of the children in your care.

### Using Outdoor Activities and Environmental Print to Teach Health and Safety

Young children do not learn health and safety concepts in isolation or with only one encounter. Identify health and safety concepts that can be reinforced through outdoor activities and environmental print.

### Wiggle into Exercise

News reports these days are filled with stories about how many children are becoming overweight. Learn ways to keep children active during their child care day, review your own daily exercise and fitness activities, plus learn techniques for lifting toddlers and how to keep your lower back and spine flexible.



Child Care Resource and Referral offers a wide range of online and face-to-face training opportunities

Check out the full listing of upcoming classes and workshops at:

**www.ndchildcare.org**

## To register online:

- Go to: [www.ndchildcare.org](http://www.ndchildcare.org)
- Click on the "Search for Training" to complete your registration

**Hip on Health**  
Sept. 25, 2010

## To register by mail:

Complete form below for each registrant. Forms may be reproduced.

- \$35 advanced registration fee/person
- \$45 registration fee/person after September 17

NAME

ADDRESS

CITY

STATE

ZIP

EMAIL

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LAST 5 DIGITS of SSN

PLEASE INDICATE YOUR PROVIDER TYPE:

- Family     Group     Head Start     ECFC
- Preschool     Parent     SACC     Other

CENTER NAME

Mail registration form & payment to:

Child Care Resource & Referral

1616 Capitol Way

Bismarck, ND 58501

## Registration Policies

- All registration forms must be postmarked by Sept. 17.
- Only completed registration forms with fees enclosed will be processed. Telephone registrations not accepted.
- All registrations will be processed in the order they are received until maximum capacity is reached.
- Registration fee is \$45 per participant for registrations postmarked after Sept. 17.
- No refunds will be given, but a registered participant can transfer their attendance to another person.