

The Northern Early Years Coalition presents

Roots to Wings:



Early Childhood Conference

June 7th – 9th, 2016
Kikinahk Friendship Centre,
320 Boardman Street
La Ronge, Saskatchewan



Roots to Wings Conference Team Forward



Healthy Start = Healthy Life

On behalf of the conference planning team, we are pleased to welcome you to the Roots to Wings Early Childhood Conference.

We have been dreaming of this conference for the past several years and have worked with passion to bring you a conference we are proud of right here in northern Saskatchewan! Our conference planning team includes:

- **Abby Besharah**, Ministry of Government Relations
- **Amanda Frain**, Population Health Unit
- **Audrey Boyer**, Population Health Unit
- **Janet Gray**, Population Health Unit
- **Jim Andrews**, Ministry of Government Relations
- **Lily Robinson**, Aboriginal HeadStart
- **Merle Larson**, KidsFirst NORTH
- **Rachael Steinke**, KidsFirst NORTH/Northern Human Services Partnership
- **Rebecca Galloway**, Parent/KidsFirst NORTH
- **Tyra Watt**, Ministry of Social Services
- **Ron Woytowich**, Kikinahk Friendship Centre

The Roots to Wings (R2W) Early Childhood Conference is tailored for parents and front-line early childhood professionals within northern Saskatchewan. We have focused the content on early childhood brain development, nutrition and oral health and children's rights and incorporating traditional knowledge. R2W has an awesome line-up of speakers including Dr. Jean Clinton, Dr. James Irvine, Maria Campbell, Dr. Gerry Uswak and Ken Tralnberg, just to name a few! We thank each speaker for their contributions!

The Roots to Wings Early Childhood Conference is the brainchild of the Northern Early Years Coalition, a north-wide interagency table focused on supporting children to get the best start in life. We would also like to thank our Eagle Sponsor for the conference, the Northern Human Services Partnership, without whom, this would not have been possible. Thank you to our feather level sponsors which you can find on P. 13 of this program!

Roots to Wings will empower you to support children and families to get the best start in life and provide meaningful strategies on how to do this! Join us!

Giving you the roots you need to help your child grow wings!

In appreciation,
R2W Team 2016



Eagle Sponsor Forward

Welcome to Roots to Wings!

The Northern Human Services Partnership (NHSP) is thrilled to welcome parents and professionals to this very exciting event. We're confident the learning opportunities provided over the next few days will have a great impact on ensuring children in northern Saskatchewan have the start in life they deserve.

The NHSP consists of leadership from human service organizations within the Northern Administration District and works to provide a collaborative approach to northern Saskatchewan human services and a collective voice to policy makers. To complement Saskatchewan's Child and Family Agenda and further focus our collective efforts to make a social impact, the NHSP membership identified five priorities for the 2015-2016 year.

- Early Years
- Disability Supports
- Northern Poverty Reduction
- First Nations and Métis Engagement
- Governance and Mentorship



Each priority area of the NHSP requires collaboration. As the NHSP continues to build trust and strengthen relationships, the reward is an increase in the collective impact on positive social change for northern Saskatchewan people. The result is stronger and healthier families and communities.

From individual initiatives such as Breaking Trails Family Place - a Family Resource Centre model located in Sandy Bay - to the work of the Northern Early Years Coalition (NEYC), significant and impactful collaboration is a reality in northern Saskatchewan in the area of early childhood. This work highlights the importance of our children and a strong sense of family and belonging.

The Roots to Wings Early Childhood Conference is a shining example of the collaborative work northern human services can accomplish. Thank you to the conference team for all of the hard work, passion and dedication that has gone into making this great dream a reality!

Carla Frohaug and Janet Clarke,
Northern Human Services Partnership Co-Chairs

Conference Program



Tuesday • June 7th, 2016

6:00

Participant Package Pick-up
Kikinahk Friendship Centre

7:00

Opening Ceremony
Kikinahk Friendship Centre, Gym

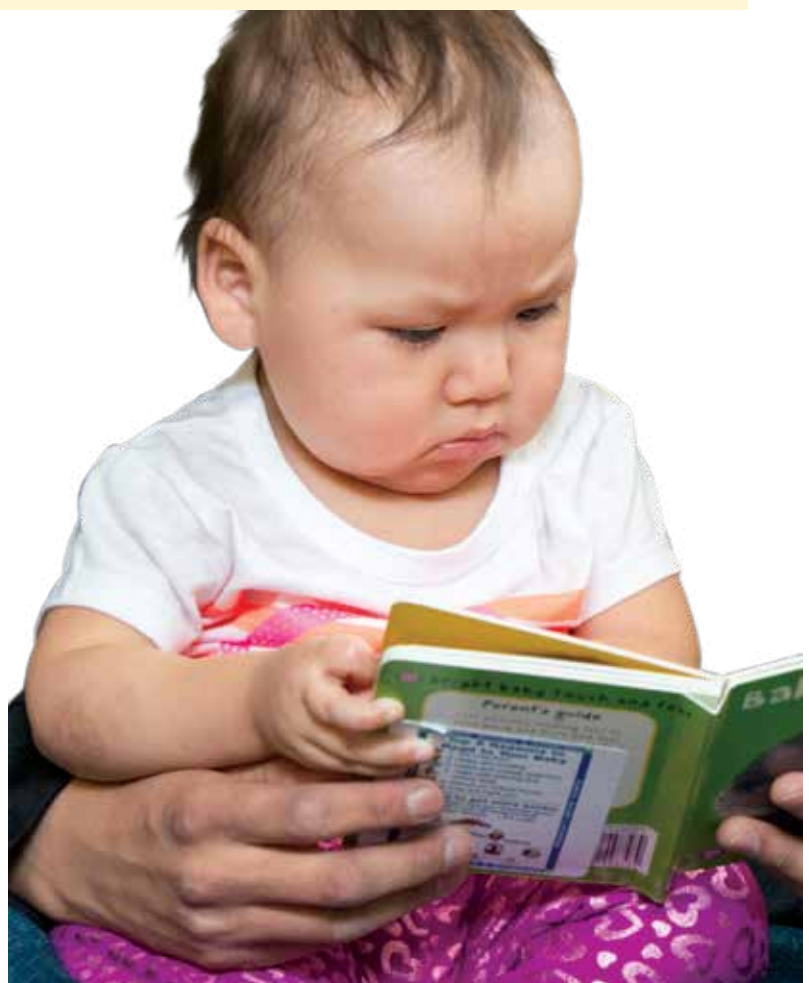
7:30

Many Small Steps Leading to Healthy Children - Dr. James Irvine
Kikinahk Friendship Centre, Gym

8:30

Nutrition and Fitness Break
Kikinahk Friendship Centre, Gym

- Objective 1 • Parents and front-line workers will have a better understanding of how children's brains develop.
- Objective 2 • Parents and front-line workers will have a better understanding of how nutrition and oral health impact a child's development.
- Objective 3 • Parents and front-line workers will become familiar with the rights of children and the Northern Saskatchewan Children's Charter.
- Objective 4 • Cultural practices and storytelling will be promoted and employed as teaching methods throughout the conference.



Conference Program

Wednesday • June 8th, 2016

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| 8:00 | Participant Package Pick-up <i>Kikinahk Friendship Centre</i> | | | |
| 9:00 | Opening Prayer and Drumming <i>Kikinahk Friendship Centre, Gym</i> | | | |
| 9:15 | Love Builds Brains - Dr. Jean Clinton <i>Kikinahk Friendship Centre, Gym</i> | | | |
| 10:45 | Nutrition and Fitness Break - Healthy Start/Départ Santé | | | |
| 11:00 | Why play? - Lily Robinson and Arlene Ray <i>La Ronge Alliance Church, Upstairs Foyer</i> | Chomp Your Way to Health - Audrey Boyer and Janet Gray <i>La Ronge Alliance Church, Fellowship Hall</i> | Monkey See, Monkey Do! Being a Role Model for Children - Dr. Jean Clinton <i>Kikinahk Friendship Centre, Gym</i> | Birch Bark Biting - Traditional Craft Ideas for Children - Elder Rosella Carney <i>Kikinahk Friendship Centre, West Meeting Room</i> |
| 12:15 | Lunch <i>Kikinahk Gym</i> | | | |
| 1:15 | Art and Interaction - Chris Lee <i>La Ronge Alliance Church, Fellowship Hall</i> | Yummy Mummy: Breastfeeding Support- Rebecca Galloway and Genevieve Candelora <i>La Ronge Alliance Church, Orange Classroom</i> | Becoming a Children's Champion Interactive Discussion - Ken Tralnberg <i>Kikinahk Friendship Centre, Gym</i> | A Way with Words: Building Vocabulary in Daily Activities with Young Children - Jacqui Lim <i>Kikinahk Friendship Centre, West Meeting Room</i> |
| 2:30 | Nutrition and Fitness Break - Healthy Start/Départ Santé | | | |
| 3:00 | Connection is Key! - Dr. Jean Clinton <i>Kikinahk Friendship Centre, Gym</i> | | | |
| 4:00 | Break and Banquet Set-Up | | | |
| 5:30 | Roots to Wings Banquet An Evening with Maria Campbell <i>Kikinahk Friendship Centre, Gym</i> | | | |

Conference Program



Thursday • June 9th, 2016

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|-------|--|
| 8:00 | Participant Package Pick-up <i>Kikinahk Friendship Centre</i> |
| 9:00 | Opening Prayer and Drumming <i>Kikinahk Friendship Centre, Gym</i> |
| 9:15 | Healthy Mouth, Healthy Life! - Dr. Gerry Uswak <i>Kikinahk Friendship Centre, Gym</i> |
| 10:30 | Nutrition and Fitness Break - Healthy Start/Départ Santé |
| 10:45 | Northern Saskatchewan Children's Charter <i>Kikinahk Friendship Centre, Gym</i> |
| 11:15 | Becoming a Children's Champion - Ken Tralnberg <i>Kikinahk Friendship Centre, Gym</i> |
| 12:15 | Closing Ceremony <i>Kikinahk Friendship Centre, Gym</i> |
| 12:30 | Lunch <i>Kikinahk Friendship Centre, Gym</i> |



Keynote Sessions

Many Small Steps Leading to Healthy Children

*Dr. James Irvine, Chief Medical Health Officer,
Population Health Unit*

This keynote session provides a foundation for the entire Roots to Wings Early Childhood Conference. It will provide participants with important information on the social determinants of health within northern Saskatchewan and will provide an overview of what's being done in northern Saskatchewan to help our children grow and develop.

Love Builds Brains

*Dr. Jean Clinton, Clinical Professor,
McMaster University*

This keynote session will highlight the critical importance of early childhood brain development and deal with key topics including the epigenetics of early childhood and social and emotional development. It will then focus on viewing children as capable and competent and provide strategies for connecting with children.

Connection is Key!

*Dr. Jean Clinton, Clinical Professor,
McMaster University*

This keynote session will provide conference participants with information and support on the importance of developing quality relationships and interactions with children. Topics will include play based learning, focusing on the quality of interactions between parent/professional and the child and practical tools to support quality interactions.

Healthy Mouth, Healthy Life!

*Dr. Gerry Uswak, Dean, College of Dentistry,
University of Saskatchewan*

This keynote session will explore the importance of nutrition and oral health on child development and offer practical tools for supporting proper oral health for children aged 0 – 6 within a northern environment.

An Evening with Maria Campbell

*Maria Campbell,
Elder, Author, Storyteller*

This exciting evening with Elder, author and storyteller Maria Campbell will be a highlight of the conference! Together, we will share a meal and celebrate positive early childhood initiatives ongoing throughout northern Saskatchewan. This will be followed by an evening of storytelling with Maria Campbell regarding the strength of children, families and communities.

Becoming a Children's Champion

*Ken Trainberg, Former Advocate, Child and Youth
Advocate Office (Alberta and Saskatchewan)*

This keynote session and preceding session on the Northern Saskatchewan Children's Charter will increase your knowledge on children's rights and provide practical tips and tools to becoming a children's champion.



Break Out Sessions



Why Play?

Arlene Ray, Coordinator, Breaking Trails Family Place
Lily Robinson, Director,
Prince Albert Aboriginal HeadStart

Why Play? It's a good question. This session will support you to grow your knowledge in why play and exploration is so important for our children's development.

Chomp Your Way to Health

Audrey Boyer, CPNP and Public Health Nutritionist,
Population Health Unit
Janet Gray, Dental Health Educator/Consultant,
Population Health Unit

Hungry? Come out for some great, healthy and affordable snack ideas in this interactive session. Following this, learn how to make brushing teeth fun!

Monkey See, Monkey Do!

Dr. Jean Clinton, Clinical Professor, McMaster University

This breakout session will be an interactive discussion with Dr. Jean Clinton with practical tips, tools and strategies on being a positive role model for children.

Birch Bark Biting

Traditional Craft Ideas for Children

Rosella Carney, Elder

Explore the distinctly northern art form of birch bark biting and how you could do this as a craft with children.

Art and Interaction

Chris Lee, Retired Teacher,
Northern Lights School Division #113

Art is a key to unlock a child's potential. Join Chris Lee to learn how you can engage children through art.

Yummy Mummy: Breastfeeding Support

Genevieve Candelora, Mother of 2 and
Early Childhood Professional
Rebecca Galloway, Mother of 3 and
Early Childhood Professional

Need support with breastfeeding? Then this session is for you! Whether you are a service provider or parent, learn why breastfeeding is so important and seek support with our moms and two very cute babies!

Becoming a Children's Champion Interactive Discussion

Ken Tralberg, Former Advocate, Child and Youth Advocate Office (Alberta and Saskatchewan)

This breakout session will be an interactive discussion on becoming a children's champion and will precede tomorrow's keynote presentation.

A Way with Words: Building Vocabulary in Daily Activities with Young Children

Jacqui Lim, Speech Language Pathologist,
Mamawetan Churchill River Health Region

This session will provide simple strategies that parents and educators can use in a range of activities to build the vocabulary skills of young children. The talk will outline why vocabulary development is so important in language development and participants will come away with a plan of how to grow vocabulary of young children. The session will involve practical examples and opportunities for participants to practice using some of these strategies.

*Family and baby photos - thanks to
Northern Healthy Communities Partnership*

Keynote Speakers

Maria Campbell, Elder, Storyteller and Author



Maria Campbell is a writer, playwright, filmmaker and researcher. She has published six books, her first book was *Halfbreed*, published in 1973. It continues to be a popular seller and is taught in Universities, colleges and high school across Canada and the United

States. It has been published in six countries and seven languages. Her last book *Stories of the Road Allowance People* was published first by Theytus Books in 1995. The second edition was published by the Gabriel Dumont Institute. She has co-edited a book which will be published in the Spring of 2017 by University of Alberta Press.

Maria has two plays going into production this year. *Little Badger and the Fire Spirit* is being produced in June by Sum Theatre in Saskatoon and will run for the summer in all the parks in Saskatoon. It is an outdoor play.

The second play, *Kistaysinow*, a story about our Elder Brother and Pwaykitowin. This is being produced by The Crossing Theatre Company in January 2017

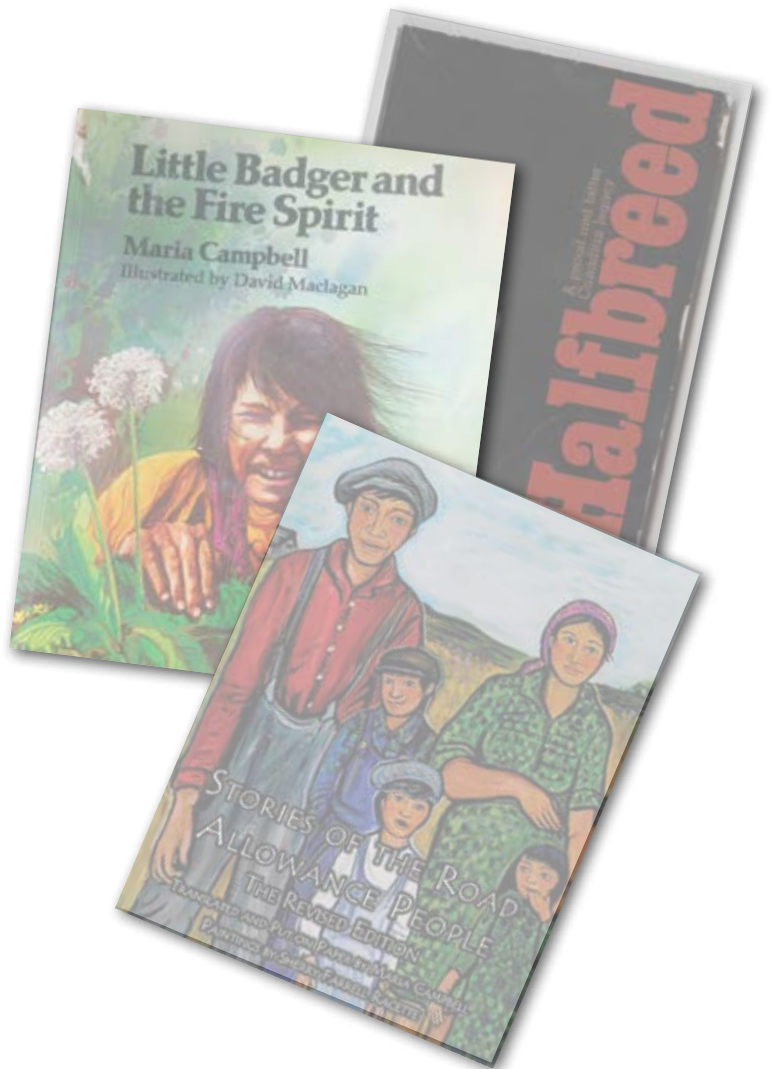
Maria is the Cultural Advisor for the College of Law at the University of Saskatchewan, for the Gwenna Moss Learning Centre at the University of Saskatchewan and for the Centre for World Knowledge and Research, Athabasca University, Edmonton, Alberta.

Maria has worked as a volunteer for over 40 years with women and children in crisis. She is a co-founder of a Woman's Halfway House in Edmonton, Alberta.

She has received many awards and honors among them, Officer of the Order of Canada, a National Aboriginal Achievement Award, Saskatchewan Order of Merit, and she has been inducted in the Saskatchewan Theatre Hall of Fame.

She is currently finishing a Trudeau Fellowship at the University of Ottawa.

Maria is mother of five, grandmother of seven and great-grandmother of five.



Keynote Speakers



Dr. Jean Clinton, Clinical Professor and Early Childhood Specialist, McMaster University



Dr. Jean Clinton is a Clinical Professor, Department of Psychiatry and Behavioural Neurosciences at McMaster, division of Child Psychiatry. She is on staff at McMaster Children's Hospital with cross appointments in Pediatrics and Family Medicine, and an Associate in the Department of Child Psychiatry,

University of Toronto and Sick Children's Hospital. She is also a senior scientist at the INCH (INfant Child Health) Lab at McMaster University. She has been a consultant to children and youth mental health programs, child welfare, and primary care for almost 30 years. Dr. Clinton was recently appointed as an education advisor to the Premier of Ontario and the Minister of Education.

She is the Faculty Lead for the provincial primary care education strategy for Ontario's Enhanced 18 month well baby visit. She was a founding Board member and a Fellow of Dr. Fraser Mustard's Council for Early Child Development. Dr. Clinton is a ZERO TO THREE International Fellow as well as a Fellow for the Child Trauma Academy.

Her work for children has been recognized locally in Hamilton where she was nominated for Citizen of the Year in 2005 and in 2010 Dr. Clinton was awarded the Woman of Distinction award. She was also honoured nationally, receiving the Naomi Rae Grant Award from the Canadian Academy of Child and Adolescent Psychiatry for career commitment and dedication to community intervention, consultation and prevention in the area of early child development in Ontario and Canada.

Dr. Clinton is renowned locally, provincially, nationally, and more recently internationally as an advocate for children's issues. Her special interest lies in brain development, and the crucial role relationships and connectedness play therein. Jean champions the development of a national, comprehensive child well-being strategy including a system of early learning and care for all young children and their families. She is equally committed to ensuring that children's and youths' needs and voices are heard and respected.

She has authored papers in a number of areas, including early child development and poverty, infant neglect, attachment, children's mental health, resilience, and adolescent brain development. She has also provided chapters in a number of books.

Dr. Clinton holds a Bachelor of Music Degree in Education and a medical degree and Fellowship in Psychiatry from McMaster University. Jean's greatest accomplishment is being the mother of 5 great kids who range in age from 20 to 30 years.



Keynote Speakers

Dr. Gerry Uswak, Oral Health Specialist, University of Saskatchewan



Dr. Gerry Uswak received his Doctor of Dental Medicine from the University of Manitoba (1989), his Master of Public Health from the University of North Carolina (1992) and his Diploma in Dental Public Health from the North Carolina Division of Dental Health (1993). He completed a general practice residency at Health Sciences Centre in Winnipeg (1990).

He joined the College of Dentistry as an Associate Professor in 2005 and is in his second 5-year term as Dean. He teaches Dental Practice Management and maintains a Dental Public Health consulting practice.

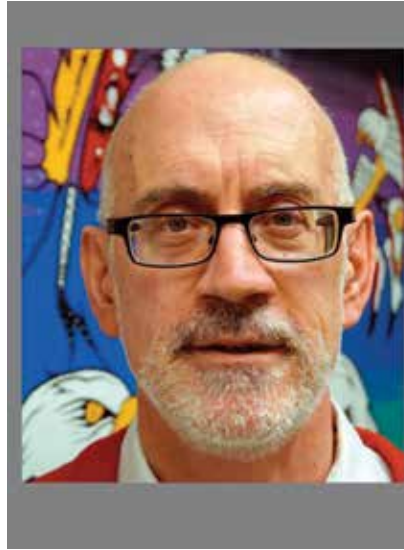
Dr. Uswak has practiced in various locations including Northwest Territories, Nunavut and Bolivia. His clinical practice was primarily hospital-based Pediatric Dentistry.

Prior to joining the College, Dr. Uswak was Chief Executive Officer of the Inuvik Regional Health and Social Services Authority.

He is a past President of the Canadian Association of Public Health Dentistry and a member of the College of Dental Surgeons of Saskatchewan Quality Assurance Committee.

His research interests include Dental Public Health policy and program planning.

Dr. James Irvine, Chief Medical Health Officer, Population Health Unit



James Irvine has worked in northern Saskatchewan initially as a family doctor and then as a specialist in public health and preventive medicine after working in India and Papua New Guinea for several years.

He is the Chief Medical Health Officer for the three northern health authorities and

has been involved with health care, public health, teaching and research in northern Saskatchewan for the past 35 years. He is a Professor Emeritus at the University of Saskatchewan and is active in many provincial, national and international organizations involving Indigenous health, environmental health and child health.

James and his wife Trudy have raised 2 boys in LaRonge – both of whom are involved with northern health care. When he finds the time, James enjoys being outside in the northern bush, playing music with his family, and training for triathlons races.

Keynote Speakers



Ken Tralnberg, Former Children's Advocate, Alberta and Saskatchewan



Ken was born and raised in northern Saskatchewan; he lived in Uranium City, Gunnar and Stony Rapids before moving south to LaRonge when he was in grade 4. Ken's parents and grandparents were raised in communities on Lake Athabasca.

Ken's grandmother was a member of the Fond

Du Lac Indian Band prior to the marriage to Emil Tralnberg. Through the amendments to the Indian Act under Bill C51 and the most recent amendment Bill C3, Ken now has Indian Status. He carries this status with pride and in honour of his grandmother who unfairly lost her status and identity simply by marrying a non-status person.

Ken graduated from Churchill High School in LaRonge in 1976. He recalls his greatest achievements as: "completing high school", being the first recipient of the male athlete of the year, and meeting the girl in high school that remains his wife to this day. He is a graduate of the University of Saskatchewan, with a Bachelor of Education.

Ken's first position out of university was in North Battleford, at the North Battleford Comprehensive High School as the Native Student Support and Guidance Counsellor. The position focused on the recruitment, retention, empowerment and successes of Indigenous students.

In 1990 Ken made a significant career change, leaving Saskatchewan and moving to Edmonton, Alberta to follow both professional and personal dreams and aspirations. Ken accepted a position with the Alberta government in the Children's Advocate Office. The role of the Children's Advocate Office was to speak on behalf of children in the care

of government. The legislation read, "the children's advocate shall represent the rights, interests and viewpoints of children receiving services..."

In 1996 Ken took on a new challenge, he returned to Saskatchewan to join the newly formed Children's Advocate Office here in Saskatchewan. It was an exciting opportunity to participate in the development of a new program with a similar spirit and respect for children. Ken was an advocate in Saskatchewan for 3 years before returning to the Office of the Child and Youth Advocate in Alberta.

Ken's personal life growing up in LaRonge was filled with living and loving the wilderness around him and the world of athletics. Athletics were Ken's escape and an environment he loved to dream in. He was on every school team he could be on, excelling in most of them. After high school he attended college and played in provincial and national championships. Following his volleyball aspirations he turned to the game he loved the most, Saskatchewan's provincial sport, curling.

Curling has defined and shaped Ken's life greater than he could ever have imagined. Ken is an Olympic silver medalist from 2002 Winter Olympics in Salt Lake City, as a member of Team Canada. He is in the Edmonton Sports Hall of Fame and he is in the Olympic Sports Hall of Fame, as the "most senior" winner of an Olympic medal. He has coached the Switzerland ladies curling team in the 2010 Olympic Games in Vancouver, and 2014 Olympic Games in Sochi, Russia. He has coached them in 3 European Curling Championships winning gold, silver and bronze. He has travelled the world through this sport.

Although sports have defined him in many ways, Ken says northern Saskatchewan, family, and his career as an advocate is what brings him the most pride. He takes great pride in declaring to people anywhere in the world that he has travelled that he is from northern Saskatchewan. His daughters and grandchildren have all been convinced it is the most beautiful place in the world. He is passionate about the Churchill River system, the history of it, Lac LaRonge, canoeing, fishing, fresh air, fresh water, loons...and could go on and on...

Conference Emcee



Beckie Groves is a wife to a hardworking and loving husband, and mother to five incredibly interesting kids. She has lived in the town of La Ronge for the last 10 years, after growing up in Saskatoon with two great parents, seven siblings and a love for the outdoors. She loves being active (especially with her kids), loves to travel to unusual places, and challenges herself (and her family) by doing things in a way that is not always expected. She recently finished her Bachelor of Education with Great Distinction from the University of Saskatchewan at the NORTEP satellite college in La Ronge and is excited to continue learning about child development in the north.

Conference Elders



Jane Patterson
Elder



Rosa Tinker
Elder



Toni Lemaigre,
Elder and Drummer

Conference Evaluation

Thank you for attending the Roots to Wings Early Childhood Conference!

We are looking for your feedback on whether the conference met your expectations, the learning objectives and to gain your insight on future northern education events such as this! Please complete this short survey available at:

<https://www.surveymonkey.com/r/VFZMH7R>.

It should take you 5-10 minutes!



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Notes & Thoughts





Notes & Thoughts





