

Sligo County Childcare Committee

will host



Roots to Grow
And
Wings to Fly

A seminar to promote resilience and well-being in young children

Opening address by Dr. Carmel Corrigan, Ombudsman for Children's Office

Keynote Speaker Mary Skillington, Early Years Specialist

March 10th, 2018 at Sligo Institute of Technology from 9.30 – 4.30

Cost €20 per person



Opening address: Dr Carmel Corrigan: A graduate of Trinity College Dublin, NUI Maynooth and the Irish Law Society, Dr Carmel Corrigan spent 16 years working as an independent researcher specialising in children's research, children's rights and participation. Amongst other issues, she has undertaken research on children's voice in child protection proceedings through Barnardos' Guardians ad litem, child impact statements, early years care and education, child protection and child income. She has undertaken work for Tusla, The Child and Family Agency, Children's Rights Alliance, the Department of Children and Youth Affairs, the Department of Education and Skills, the Special Rapporteur on Child Protection and the former Children's Act Advisory Board. Carmel was engaged as an independent

investigator and project manager by the Ombudsman for Children's Office before recently taking up the post of Head of Participation and Rights Education.



Keynote Address: Resilience is a magical quality – Mary Skillington: is a lecturer on the BA in Early Childhood Education and Care in GMIT. Her specialist field is child development and learning with a particular interest in neuroscience. She has more than 20 years of experience in the field of early childhood education and care. She is passionate about early childhood and has delivered numerous workshops to parents and educators on the development of children between birth and six.

Mary's keynote address will explore the magical quality of resilience. It is the capacity to not only survive difficulties but also adapt to and grow from them. The active ingredients in building resilience are supportive relationships between children and the adults responsible for their care. As a result of positive interactions children build skills of coping and adapting. We all have an adaptive tool kit which allows us to bring out potential skills to get through tough times. As children develop the sophistication of these skills increase as they solve problems. How do we tip the scales for young children? Children who benefit from security and support have a better sense of agency and possibility than those who are deprived and isolated. Our experience of the world as an adult is largely influenced by how supportive our childhood environment was. Genes and experience interact to produce positive outcomes for children.

Workshop A – Promoting self-regulation and building resilience through play – Mary Skillington

This creative workshop based on improvisation and play provides an opportunity for participants to explore the relationship between play and self-regulation which is key to building resilience. In play children learn to inhibit impulsive behaviour and engage in cognitively flexibility. This will be explored by participants through sound, movement and picture using picture books as a starting point.

Workshop B – Building resilience and flourishing in early years - Dr. John Kane and

Orla Walsh: Resilience means having inner strength and being able to adapt well to changes and difficulties experienced in life. Resilient children are better able to regulate their emotions, they feel competent, have hope, trust and are empathetic (Grotberg, 1995). Many of the components that enhance resilience are present in Early Childhood Care and Education (ECCE) settings, but they are happening as an indirect consequence of other activities (Kane & Walsh, 2015). In this workshop, ECCE professionals will explore the concept of resilience specifically in the 0 - 3 age group and examine how they can nurture the development of resilience for children in their care. Dr. John Kane and Orla Walsh are lecturers in the Department of Social Science at the Institute of Technology, Sligo. They teach psychology on both the BA and MA in Early Childhood Care and Education programmes.

Workshop C- How the natural environment supports emotional well-being and resilience - Trisha MacLaughlin:

This workshop will discuss the ethos which underpins the Forest School Movement. In particular we will consider how they use the natural environment to nurture children's well-being and resilience; explore current research and work in this area; and try out a few Forest School activities which support these important developmental areas. Trisha MacLaughlin has 10 years' experience in research, teaching, training and development based in the Irish Early Childhood Care and Education and Community Sectors. This includes two years lecturing on the 'Youth and Family studies' and 'Health and Disability' BA courses in St Angela's and on the 'Early Childhood Care and Education' and 'Social Care Practice' BA courses at IT Sligo. Ms. MacLaughlin has completed Level3 (UK) Certificate in Forest School Programme Leadership.

Agenda

- 9.00 – 9.30 Registration**
- 9.30 Open and welcome**
- 9.45 Opening address – Dr. Carmel Corrigan**
- 10.30 Keynote address – Mary Skillington**
- 11.30 Tea/Coffee**
- 12.00 Peer learning presentations**
- 1.00 – 1.45 Lunch (included in the cost)**
- 1.45 Workshops round 1 (choice of workshop A, B or C)**
- 2.45 Workshops round 2 (choice of workshop A, B or C)**
- 3.45 Plenary Session**
- 4.30 Close**

Completed booking forms and payment to be returned to sligochildcare@gmail.com by Monday 5th March