

DCMA Conference 2009

Healthy Lifestyles

Saturday 21st November 2009

9.30am - 3.30pm

Sandy Park Conference Centre

Open to childminders, parents, grandparents,
individuals and organisations.

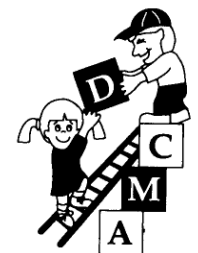
Devon Child Minding Association (DCMA) was established in May 1986 and is a local registered Charity.

DCMA is a membership organisation focused on providing support, information and advice to childminders.

DCMA also delivers high quality training to childcare workers and is an Approved CACHE Centre.

Visit our website for more information and to download further booking forms:

We wish to record our sincere thanks to Awards 4 All who provided DCMA with funding to support the DCMA conference 2009.



DCMA Conference 2009

Healthy Lifestyles

Explore health and wellbeing from birth to old age.

Programme of the Day

9.30 am	Registration and Refreshments
9.50 am	Welcome by Denise Tupman Chair of DCMA
10.00 am	Workshop 1
11.15 am	Refreshment break
11.30 am	Workshop 2
12.45 pm	Lunch break
2.00 pm	DCMA AGM
2.15 pm	Guest Speaker Drug awareness
3.15 pm	Plenary
3.30 pm	Refreshments and depart

During the breaks and at lunch time why not visit DCMA's various stalls for Books, Good quality second hand toys and DCMA publications

DCMA are pleased to present the following workshops:

A Promoting health and wellbeing with Tai Chi

Mark Delamere

How do you look after yourself and the families you work with after a busy and hectic working day? Inspiring change in the way we look at our own health and wellbeing and ways to create balance in life through Tai Chi practice. Mark is a martial artist, conflict resolution training consultant and personal development teacher as well as inspiring speaker.

B Baby Massage

Clare Lowing

Broaden your knowledge and practical skills on how a meaningful personal relationship with significant adults enhances a child's development. Although baby massage is relatively new to this country, for cultures such as those in India, massage is an important part of a baby's daily routine and the family's way of life. More than a pleasurable experience for the participants, evidence shows that loving, touching, nurturing contact between parents and babies has a positive impact on subsequent development.

C From Cradle to the Grave

Health Visitor

Develop your knowledge of health issues across the ages and be better prepared to support yourself, your family and all those whom you work with. This workshop is a birth to old age whistle stop tour of health issues from childhood illnesses to Alzheimer's.

D Obesity

Health Trainer (NHS)

The welfare requirements include healthy eating and physical exercise using both the indoor and outdoor environments. Junk food and lack of exercise is leading to a nation of overweight adults and children, explore the issues and solutions which arise and how you can help to make a difference in the lives of the children and families you work with.

E Cooking with Children

DCMA Tutor

"Won't cook, can't cook?" Learn new ways to demonstrate how you and the children in your care can achieve the EYFS requirements with fun and exciting experiences in the kitchen. Gain some practical and creative ideas to support children's learning and development and relate to your observation, assessment and planning for individual learning. An interactive practical workshop demonstrating ways to make food fun and encourage children to explore a variety of foods for a healthy future.

All information contained in this invitation was correct at the time of printing and is subject to change without notice.