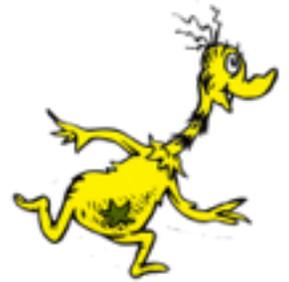


Saturday



9:30-10:30

Workshop Title: All Star Nanny Panel

Working with Families: From Presentation to Communication

Nannies face some unique challenges in the relationship they must build and maintain with their employers. Nannies want to feel a part of the family but also maintain boundaries. Families want to rely on our experience and expertise but also give direction and chart the course for care of their children. From the first moments of the interview process, to the speed bumps that arise in these long and often intimate relationships, we will discuss working with nanny employers. Our panel offers years of experience and we want you to bring YOUR questions and challenges to share!

Philippa Christian has worked for many high profile families here and in the U.S. She has over 12 years of experience babysitting, nannying and in day care. Her debut novel *Nanny Confidential* has attracted the attention of Hollywood. Her many years of experience in dealing with a variety of clients gives her great insight into our topic.

Cecily Laing is the current Placement Solutions Australian Nanny of the Year. She has 18 years of experience with children from 0-10 years of age. She has worked in a variety of situations including many times with multiple families simultaneously as well as long term placements.

Clare Stranger feels being a Professional Nanny, is an exceptional opportunity to have a fabulous career, one that should be held in the highest esteem! Clare's love of children has been a life long passion, highlighted by becoming a mother, raising her two daughters (now 21 & 18). After more than a decade volunteering within her girl's school system & the local community, Clare began her Nanny career in 2008 & hasn't looked back! Clare's experience & wisdom, have made a profound effect on her 'Charges' young life's, which makes her feel extremely proud! That commitment & consistency, led to Clare being honoured as the 'Inaugural Placement Solutions Nanny of the Year 2013 & 'top 4' finalist in the 'International Nanny of the Year' 2014/15, held in Los Angeles & Mexico. The opportunities through 'Personal Development Days' & 'Nurture College' for connecting with other nannies & education, have been fantastic! Thanks to Louise Dunham, CEO of Placement Solutions & her amazing team! Clare is now studying to obtain her 'New Born Care Specialist' & 'Diploma in Early Childhood Education & Care' qualifications.

Workshop Title: Happy Mental Health for Families and Nannies

Happy Mental Health Workshop has been created with families and nannies in mind! It is designed to increase nannies awareness of mental health and to build coping abilities and how to implement mindful practise. We will introduce Nannies to the different mental health issues found within individuals and families, including every day mental health struggles! The workshop will then provide the Nanny with the skills to implement a plan to report, refer and provide resources to improve Happy Mental Health! Nannies will also learn how to teach children how to manage

their emotions and coping mechanisms that will assist with their ability to maintain resilience throughout life!

WONDERWOMAN CHILDREN is an organisation that is dedicated to supporting individuals that care for children through education, information, support and resources. We believe that if we can empower those that care for children through what we do, that it directly impacts the wellbeing of the child and our families. We are advocates for children's health and wellbeing and represent the parents, carers and families in the community. Throughout our development we made a very strong decision to ensure that we create an organisation that is built on doing the right thing, meaning that we consider the impact we make through our actions on the community now and in the future. We have also made the commitment to be knowledgeable about childhood policies, regulations and current recommendations related to children and families' health and we do this by actively being involved in relevant causes, associations and activities. It is important to us that we remain an organisation that is respected, trusted and approachable and that all members of the community that care for children will have access to our services and our support.

11:00- 12:00

Workshop Title: Positive Discipline for the Nanny

Discipline is a challenge for all nannies no matter what the age or stage. In this session we will explore and discuss what a child's behavior is actually telling us. We will discuss practical positive behavior techniques that you can implement to ease those trouble points and talk about redirecting children's play.

Molly Vella is an Early Childhood Education and Care Trainer and Assessor at Empower College. She has her Diploma in Children's Services. Molly has been working for the past 10 years with children from birth to 15 in a variety of settings including long day care centers, before and after school care and vacation care settings. The last 18 months of her industry experience, she was travelling around Sydney working in families homes as an Educator for Sydney In Home Care. During her 10 years as an Early Childhood Educator, she has worked with children and families from different backgrounds, religions, socio economic status, special needs as well as Aboriginal and Torres Straight Islander people. Molly is very passionate about working with children aged 0-2 years, Workplace Health and Safety, providing quality care and guiding children's behaviour in a positive way.

Workshop Title: Infant Transitions- Weaning



With more and more babies being breast fed, a great nanny needs to be ready to support the infant and the mother thru the process of weaning. We will answer several questions in this session including a discussion on when to wean, what methods are best for baby and mom, and the role of solid foods and their introduction. We will discuss baby led weaning, it's pros and cons, as well.

Helen McCarthy is a Qualified British Nanny with over 24 years experience as a Nanny, Maternity Nurse and Childcare Consultant. She is currently the International Nanny Association Nanny of the Year. Helen has devoted her career to the care of children at all stages of life, with all levels of needs. Over the course of the past 15 years, Helen has developed an exclusive focus on caring for new-borns. As one of the pre-eminent Maternity Nurses in London and Florida she has amassed a deep understanding of the needs and development of new-borns including

premature infants, twins, triplets and babies with allergies. Helen is also the owner of Worldwide Childcare Consultancy INC. in Florida, a Director of Bexhill Community Playhouse Ltd and a member of The Association of Birth and Baby Professionals.

1:30-2:30

Workshop Title: Creating a FUN Filled Learning Environment at Home

Do you sometimes get in a rut with how to create fun and beneficial experiences during the day for your kids? Does the idea of curriculum and planning a well rounded day make you feel overwhelmed? Here are some good ideas about how to approach your day to create a true learning environment in the home. There will be some theory and talk of approach but also a bunch of great, inexpensive or free ideas for activities that can be adapted to work with all ages. Bring your good ideas to share too!!

Sue Downey has been a nanny for more than 20 years. She brings a sense of fun and discovery to the job that she will share with you! Sue is the co founder and organizer of Nannypalooza - a two day conference that draws nannies from all over the U.S. She has presented at the International Nanny Association Conference, the National Association for the Education of Young Children's national conference as well as a host of other regional trainings and webinars. Sue believes that we should create a child led world of experiences for our kids. She currently plays all day with a 5 year old girl and an almost 2 year old boy in Philadelphia, Pennsylvania.



Workshop Title: Terrific Toddlers - Making Magic from Mayhem (PART 1)

- Do you automatically cut toast into fingers?
- Appreciate finger painting as much as fine art?
- Hear 'no' a million times a day?

Caring for toddlers can be exciting, inspiring and exhausting – all at once!

This biddable baby has now become a moving, grooving tot with attitude, and the changes this entails can be confusing to you and your toddler. You are faced with issues such as:

- 1 Discipline (what happens when a child discovers that 'no' is the most powerful word in his vocabulary?);
- 2 Eating (is tomato sauce a vegetable?);
- 3 Learning (how do you set little ones up for later learning success?);
- 4 Teaching social skills (what can you expect at this stage and how do you encourage empathy and consideration?);
- 5 Sleep (how do you calm busy little minds and encourage easy bedtimes?).

Pinky McKay is a mother of five, Internationally Certified Lactation Consultant, author of the bestselling *Toddler Tactics* and popular media guest. Breathe a sigh of relief in this informative talk designed to help you unravel all your toddler woes as Pinky shows you how to make magic from mayhem. Pinky offers a simple, fuss-free approach to enjoying what she calls, 'this magical stage of development'. She says, "toddlers often get a 'bad rap' and we hear a lot about 'managing behaviour' or various forms of punishment to train them to 'behave' but toddlers are little people who deserve to be treated with empathy and consideration for their capacity to learn. When we understand how toddlers learn, we can

encourage optimal development and co-operation without thwarting our child's innate spirit and sense of discovery. And we can reduce our own frustration – we don't have to resort to shouting, smacking or shaming to avoid 'spoiling' little children. We can maintain our own dignity and our child's." Learn practical strategies that you can adapt RIGHT NOW to help you unleash 'your' child's natural potential to be happy, bright and sociable without too many tears and tantrums (for you, as well as your child!)

2:45- 3:45

Workshop Title: Happy Homes= Happy Families

Supporting families affected by clutter, without costing the Earth

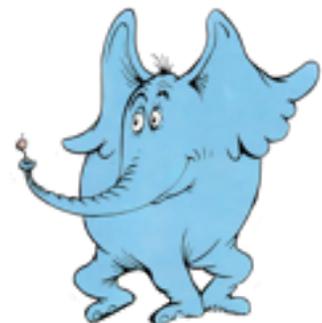
Life is too short to be looking for stuff. Why waste valuable time looking for things, robbing us of precious time with family, friends and children, adding layers of stress and costing us money. An organised home saves time, space, money and helps reduce our carbon footprint.

Tanya Lewis is the owner of Eco Organiser, is on a mission to prove that being organised doesn't have to cost the earth. Motivational speaker, workshop facilitator, and professional organiser, Tanya Lewis helps you regain control over time and space. She draws her passion for creating time and space from real life experiences. Participants are encouraged to think outside the square and learn that being organised does not cost the earth. Armed with practical ideas, tips and by following The 10R's© participants are rewarded with the gift of time and space Tanya holds Expert accreditation of the Australasian Association of Professional Organisers Inc. Expert Accredited Professional Organizer. Australasian Association of Professional Organisers Inc. (AAPO Inc)

Workshop Title: Toddler Tactics - Making Magic from Mayhem (PART 2)

(PART 2- see description and presenter bio at 1:30 time slot above)

SUNDAY



9:15- 10:30

Workshop Title: Legally Employed: All Star Panel

Answering Your Questions on Taxes, Fair Work and More!

Panelists- David Wilson, Louise Dunham, David Cassarino

It is not uncommon for nannies to have many questions when it comes to taxes and the legalities of being an in home employee. But the facts, while sometimes complicated, are very clear in that nannies ARE employees and need to be paid legally. Come with your questions regarding nanny taxes and what your rights and responsibilities are and our panel will clear up some of the mysteries. We will also discuss how to approach these topics with families.

Louise Dunham is the Managing Director of Placement Solutions, a niche recruitment firm specialising in In-Home Childcare (also known as a Nannies) and Household Management. Louise established this business in 1988. Its offices are located in Kew East, Melbourne, Victoria. Louise served on the National Steering Committee that wrote the Interim In-Home Care Standards which are used to set quality guidelines within the In-Home Childcare Sector. She is a passionate advocate for the need for In-Home Child Carers to be developed and recognised as childcare professionals and to be legally paid and supported and with a valuable role to play within the greater childcare sector. In 2011 Louise also set up Just Family Nanny Payroll Services Pty. Ltd. to cater for both her regular clients and other clients self employing In-home Child Carers who wish to employ their Nannies, access payroll company advice and have all legal employment responsibilities taken care of on their behalf. In 2012, Louise attained a Board position with the American based International Nanny Association, the first non-American and hence first Australian to be on this 32 year old Board. Louise and Placement Solutions are proud to have invited Sue Downey of Nanny Palooza to Australia and be the major sponsor for this ground breaking conference Nanny Palooza Oz . Louise believes very strongly that it is not enough to just join an organisation but you must work within that organisation to bring about improvements and changes within the nanning industry.

David Wilson is currently President of AHCA, the Australian Home Childcare Association. David has been president off and on of this organization since it was originally formed as NICA. . He also runs and owns Sydney In Home Childcare. He is the owner operator of Linx Institute (formerly Empower College) which runs childcare courses in Australia and across the world. David is currently a member of Kidsafe NSW Council and has also been a member of the Institute Advisory Board of Macquarie University's Institute of Early Childhood. David is very interested in the fundamental impact that a high quality early childhood education setting can make to later life outcomes for those children who receive it.

David Cassarino is a partner at Andresen McCarthy Partners which is a medium sized Accounting Firm specialising in business from the small to the large. David joined Andresen McCarthy Partners in 2000 and became a partner in 2005. David is an integral part of the firm with expertise in Taxation Law and Compliance, Goods & Services Tax, Business Structures and Performance.

11:00- 12:00

Workshop Title: Perinatal Depression: What Nannies Need to Know

Perinatal depression is more common than many realise, affecting more than one in 7 new mothers and up to one in 10 new fathers. Anxiety is just as common, and many people experience both. Perinatal anxiety and depression can be highly distressing, and without treatment, can have a devastating long-term impact on parents and children. Through information, discussion and a personal story, this workshop will help you understand these conditions, and recognise their signs and symptoms in the parents you work with. We'll discuss the range of medical, psychological and social supports available, and how you can assist families to get the help they need.



Sarah Marlowe is a communicator, writer and trainer with 25+ years' experience working for government and the health, disability, family violence and community sectors. In her role as PANDA Community Education and Training Coordinator, she regularly delivers professional development sessions to a range

of health, mental health and family services professionals. Sarah also recruits, trains and supports a team of volunteer peer educators to share their lived experience of perinatal anxiety and depression as part of PANDA's community education and training programs.

PANDA training is informed by learning from the 1,000+ calls per month with mothers, fathers and health professionals on the National Perinatal Anxiety and Depression Helpline. It is informed by theory and research, but practical in focus, aiming to give participants increased capacity and confidence to recognise perinatal anxiety and depression, and to offer appropriate information and support.

Workshop Title: Are you helping to raise unhealthy or health-obsessed kids?

Have you considered how your attitude to food and your food habits impact the children in your care?

Being involved intimately with children's welfare nannies have an important role to play in not only determining what children eat but the habits they develop around food. Author of 'Diet Proof your Kids' and Accredited Nutritionist, Lisa Renn, will present theories and provide practical strategies on how to be a positive food influence on the children in your care. This informative and interactive session will also challenge how you think about food and health and will provide time for discussion and questions.

Lisa Renn holds a Bachelor of Applied Science in Physical Education and Master in Nutrition and Dietetics. She is the author of two books- Body Warfare and Diet Proof Your Kids. She has 15 years of experience as an accredited practicing Dietitian. Her passion for finding healthy solutions for families will inspire you and help you with your kids everyday!



**DONATE
YOUR NAPPIES**

Twice a year we collect your leftover unused disposable nappies and redistribute them to organisations that support families affected by domestic violence, as well as families in crisis or in need.



www.thenappycollective.com  /thenappycollective  @thenappycollective  @nappycollective