

WORKSHOP OFFERINGS FOR THE 2023 BIRTH-TO-THREE CONFERENCE

The Relationship Between Sleep and Play in Infants with Margit Foster

This workshop examines the relationship between sleep and play in infants. Drawing from the latest sleep research and anthroposophy, it explores how sleep and play interweave, touching on themes such as the developmental progressions in sleep and play, connection versus separation with the caregiver, the spectrum of sleeping and waking, play in the well-rested child versus in the overtired child, and supported soothing versus self-soothing. How can we support the child's play with sleep, and how can we support the child's sleep with play?

Margit Foster, M.Ed., is the owner of Little Lantern Pediatric Sleep Consulting, a certified pediatric sleep consultant, a Waldorf early childhood educator, and a mother. She weaves together the latest sleep science, anthroposophy, the work of Emmi Pikler, and mindfulness techniques to create an integrated approach to supporting families with sleep.

Inspiring Play in the Caregiver and Child Setting with Anjum Mir

This workshop will explore the specific nuances of facilitating healthy play in settings where both the child and caregiver are present. This includes exploring ideal play space setup and materials for this context, a look at the role of the teacher/facilitator, a discussion of ways to encourage the practice of observation and build a group culture in which adults collaboratively make space for play in the classroom, and ideas for enriching and respectful ways to work with parents and caregivers both proactively and reactively.

Anjum is a longtime Caregiver and Child facilitator. After 20 years in a Waldorf school community, she continues in her Early Childhood work as a school and family consultant with a focus on developing nurturing spaces and healthy rhythms for children. She serves on the board of WECAN and is a member of its IDEA committee.

Supporting the Social Development of Children 1.5 to 3 years through their Play Experience with Katherine Scharff

There are societal expectations, pressures, and rules of how children are supposed to act. How can we support the young child navigate this world? We will explore the development of the social emotional life of the young child, exploring what we have

learned about play. What tools can help us in the classroom and childcare settings to support this development? This workshop will include presentation, discussion, and experiential exercises.

Katherine Scharff is the Director of Teacher Education at Sophia's Hearth. She has been a Preschool and Parent Child teacher at the Waldorf School of Saratoga Springs and has advanced training in the Pikler approach. She is a member of the Teacher Education Committee of WECAN supporting the Teacher Education Institutes. Katherine was a Keynote Speaker at the 2019 Birth to Three Conference. She is a registered nurse and has a background in Anthroposophical approach to nursing.

Joyful Play: An Essential Gateway towards Belonging and Healthy Positive Self Identity for All Young Children with Lynn Turner and Leslie Wetzonis Woolverton

Babies and young children live into joy, beauty, and goodness through a rich and diverse sensory world. Through this lens of childhood wonder, we will build upon and enlighten children's first beginnings from birth to three. Together we will experience joyful play and babies' first toys that celebrate the rich diversity of our world. With close to forty years of Waldorf Early Childhood teaching experience our work spans from working with parents and toddlers to first grade readiness.

Lynn Turner is currently a WECAN I.D.E.A Coordinator. She was the director and core faculty member of the Waldorf Early Childhood Education Teacher at Great Lakes Waldorf Institute from 2020 to 2023. Lynn has been a parent and early childhood educator in Waldorf schools for over 15 years. She is the co-founder of WIDEN Arts and presented the puppetry performance at the Early Childhood WECAN Conference, 2023 of Harriett and the Stars and was a keynote speaker. Lynn is also the co-founder of The AntiRacist Table, a free online community dedicated to bringing antiracism into life as a daily practice through the realm of the heart.

Leslie Wetzonis Woolverton is currently a WECAN I.D.E.A Coordinator and member of the WECAN Research Group. She is a core faculty member for Sound Circle Center for Arts & Anthroposophy since 2020. Leslie has collectively taught Waldorf Parent/Child classes & Nursery classes and worked with parents and caregivers for almost twenty years. Currently she mentors and works with additional training institutes as guest faculty. Leslie is the co-founder of WIDEN Arts and presented the puppetry performance at the Early Childhood WECAN Conference, 2023 of Harriett and the Stars and was a keynote speaker. Leslie is the author of Harriet and the Stars.