

**NANNYCON 2025 CONFERENCE SCHEDULE**

<b>Saturday 26th April 2025</b>	
<b>Time</b>	<b>Event</b>
<b>VIP SESSION</b>	
9.15am-9.35am	<b>VIP Registration with refreshments</b> Exhibitor Showcase
9.35am-10.05am	<i>Yoga led by Barbora Besta</i> <b>Main Hall</b>
10.05am-10.35am	<i>Sound Bath led by Barbora Besta</i> <b>Main Hall</b>
10.35am-10.45am	NETWORKING BREAK
10.45am-11.15pm	<i>Interview skills and techniques to land your dream job led by Nanny Sharz</i> <b>Main Hall</b>
<b>11.15am- 11.45am</b>	<b>General Admission Registration</b> Exhibitor Showcase
11.45am-12.05pm	NannyCON 2025 Welcome Message Sponsor & Exhibitor Introduction Games <b>Main Hall</b>
12.05pm-12.50pm	<i>Discussing LGBTQIA+ with Children led by Paul Moore</i> <b>Main Hall</b>
12.50pm-1.35pm	<b>NETWORKING LUNCH</b>
1.35pm-2.20pm	<i>Connection through infant feeding- Supporting breastfeeding parents led by Eszter Bove</i> <b>Main Hall</b>
2.20pm-2.30pm	NETWORKING BREAK
2.35pm-3.10pm	Panel Discussion: <b>Mental Health Training for childcare providers:</b> Should child mental health training be mandatory for all educators who wish to work directly with children?  <i>Hosted by Greg Bottrill (Can I go and play now)</i>  Panel Discussion Speakers: Paul Moore (Speaker), Paula Alves (Clinical psychologist & mental health researcher), TBC <b>Main Hall</b>
3.10pm-3.20pm	NETWORKING BREAK
3.20pm-4.05pm	<i>Creative &amp; messy play in the early years led by Little Splodgers</i> (Booking Required) <b>Wellness Hub</b>
3.20pm-4.05pm	<i>Cultural awareness Baby Massage led by Urban Birth Plus</i>
4.05pm-4.15pm	NETWORKING BREAK
4.15pm-5pm	<i>Know your rights, know your resources: Importance of safeguarding yourself led by Nanny Sharz</i> <b>Main Hall</b>
5pm-5.30pm	<i>Zumba led by Louise Adams</i> <b>Main Hall</b>
5.30pm-6pm	Networking Session (Optional) Raffle Prize Collection



<b>Sunday 27<sup>th</sup> April 2025</b>	
<b>Time</b>	<b>Event</b>
<b>VIP SESSION</b>	
9.15am-9.35am	<b>VIP Registration with refreshments</b>
9.35am-10.05am	<i>Twerk n Soca led by Nanny Sharz</i> <b>Main Hall</b>
10.05am-10.15am	BREAK
10.15am-10.45am	<i>Makaton Taster led by Katie Gordon-Morris</i> <b>Main Hall</b>
10.45m-11.30pm	<i>Working with agencies successfully to secure the job led by Alyssa Cesarini</i> <b>Main Hall</b>
11am-11.30am	<b>General Admission Registration</b>
<b>11.30am-11.45pm</b>	Games
11.45am-12.30pm	<i>Debunking the Myths of Tummy time and thinking about play diets led by Carly Budd</i> <b>Main Hall</b>
12.30pm-1.15pm	<i>From Worry to Worth: Nurturing anxiety relief and self-acceptance led by Aisha Gordon-Hiles</i> <b>Main Hall</b>
1.15pm-2pm	<b>BUFFET LUNCH</b>
2pm-2.35pm	Panel Discussion- <b>Educating children on anti-racism in the early years:</b> Whose responsibility is it to educate children in the early years on anti-racism education? The Parent? The Educator? The school? <i>Hosted by Nanny Sharz</i>  Panel Discussion Speakers: Carly Budd (Carly Budd Development Play Academy), Paul Moore, TBC <b>Main Hall</b>
2.35pm-2.45pm	BREAK
2.45pm-3.30pm	<i>Feeding young minds: Nurturing healthy eating habits in children led by Jasmine Iachella</i> <b>Main Hall</b>
3.30pm-3.45pm	Games
3.45pm-4.30pm	<i>Relax &amp; Reset- Face &amp; Body Oil making led by Iuvo Skincare</i> <b>Main Hall</b>
4.30pm-5.30pm	<i>Kickboxing &amp; Self Defence led by Dee Terret</i> <b>Main Hall</b>
5.30pm-6pm	Networking Raffle Prize Collection

## **WELLNESS HUB ACTIVITIES**

### **Chair Massages**

Relax in between sessions with a professional masseuse providing FREE 10-minute massages through the day. No need to book. FIRST come first served.

### **Professional Headshots**

Come and get a professional headshot by our professional photographer Dana

### **Embroidery**

Come and join us and learn the basic techniques of stitching. You will be able to choose a design and work with a professional to personalise it.

### **Selfie Booth**

Capture your #NannyCON2025 moment with and post to your socials remember to tag us @bntnannies @nanny\_con and use our hashtags #nannycon #nannycon2025 #bntconference

### **Physiotherapy Talks**

Come and talk to a qualified physiotherapist about pain management, mobility and movement, recovery from injury or trauma and any other physical health needs. Get some tips on how to improve your physical health in the workplace and everyday life.

### **Positive Affirmations**

Here at NannyCON we love a positive affirmation. We love creating and sharing them for others so come along and share your positive affirmation for yourself and others. Why not leave an encouraging message for someone else that may need it. Everyone needs a boost every now and again and this is the perfect place to find it.

### **Arts and Crafts with Made in Mim**

Come and join Artist Jemima and learn calming and creative arts and crafts tools to introduce into your childcare and personal practice. Stick wrapping is a great way to build a daily habit to calm feelings of anxiety. Leave with a keep safe memory making your own unique Clay pendants to remember your #NannyCON2025 experience.

### **I WAS HERE NannyCON 2025 Wall**

Taking it back to the 90's & early 2000's with a 'I was here' moment. Take a selfie with our instant polaroid camera and decorate our NannyCON I was here wall.

### **SUGGESTION BOX/HAVE YOUR SAY**

Leave us some words of encouragement or feedback and personalise it anyway you wish. Slip a note anonymously into our suggestion box for #NannyCON2026 topics and ideas