

WORKSHOP DESCRIPTIONS

January, February, & March 2018

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American Heart Association Heartsaver First Aid & CPR AED - This is a hands-on format based on the American Heart Association. CPR teaches basic life support skills for adults, children and infants, how to properly operate an Automated External Defibrillator (AED) and choking. In First-Aid, learners will demonstrate how to control bleeding, wrap bleeding injuries, treat for shock, sudden illnesses, and injuries. **The CPR class is \$40 from 8:30AM-12PM. First Aid is \$40 from 1PM-4PM. For both classes, the total cost is \$80. Class size is limited to 12. First Aid books are included; AED CPR student workbooks are available for purchase at \$14. Class starts promptly at 8:30AM and 1:00PM. Plan to arrive 15 minutes prior to scheduled time. Please Note: If you are sick with cold, flu, or other contagious virus, please refrain from attending the workshop. Dates: **Saturday, January 6th; Saturday, February 3rd; Saturday, March 3rd****

American Heart Association Heartsaver First Aid Only - This is a hands-on format based on the American Heart Association. In First-Aid, learners will demonstrate how to control bleeding, wrap bleeding injuries, and treat for shock, sudden illnesses, and injuries. Book is included. **Cost: \$40, class size limited to 12. Time 6:00pm-9:00pm. Class starts promptly at 6:00pm. Please arrive 15 minutes prior to scheduled time.**

Dates: **Monday, January 22nd; Tuesday, February 20th; Thursday, March 29th**

American Heart Association Heartsaver CPR AED Only - This is a hands-on format based on the American Heart Association. CPR teaches basic life support skills for adults, children and infants, how to properly operate an Automated External Defibrillator (AED) and choking. **Cost: \$40, class size limited to 12. Time 6:00pm-9:30pm. AED CPR student workbooks are available for purchase at \$14. Class starts promptly at 6:00 pm. Please arrive 15 minutes prior to scheduled time. Please Note: If you are sick with cold, flu, or other contagious virus, please refrain from attending the workshop. Dates: **Tuesday, January 23rd; Monday, February 19th; Wednesday, March 28th****

Basic School Age Care (BSAC) Part 1 & 2 - This 5 hour module will cover the elements of quality care, child development, positive guidance, age appropriate activities, environment design, health/safety, nutrition, and NC Child Care Regulations for school age care professionals working in licensed programs. **Cost: \$35 with 5 credit hours. You must attend both sessions to receive credit. Class size is limited to 25 participants. Dates and Times: **Monday, January 22nd and Tuesday, January 23rd 6:30-9:00pm; Saturday, February 3rd 9:00am-2:00pm; Tuesday, March 13th and Thursday, March 15th 6:30pm-9:00pm****

Causes of Misbehavior: Why Do They Act That Way? - Why do some children come to depend on challenging behaviors while others discover better, more effective ways to get what they want? Generally, children use negative behavior when they lack the skills that would help them meet their needs. Teachers who take time to assess the reason for misbehavior are better able to teach children new social-emotional skills. This session focuses on the common reasons that children misbehave, a crucial first step in determining how to prevent/reduce challenging behaviors. **Cost: \$15 with 2 credit hours. Time 6:30pm-8:30pm. Date: **Wednesday, March 14th****

Change is Hard! But it Doesn't Have to Hurt - Experts estimates that 20-30% of a young child's day involves transitioning from one activity to another. That's a lot of moving and a lot of wasted time! Unless teachers plan transitions as carefully and intentionally as they plan the rest of their day, that time can be stressful and frustrating for teachers and children alike. Participants will identify the transitions in their daily schedule, determine ways to eliminate some transitions, and learn strategies to support smooth transitions. **Cost: \$15 with 2 credit hours. Time 6:30-8:30pm. Date: **Thursday, March 29th****

Developmentally Appropriate Behavior: But, I'm supposed to act like this! - Children use many different kinds of behaviors as they grow and test their skills. Some of these behaviors, although appropriate for their developmental age, are still very challenging for teachers. This session focuses on understanding when children can be expected to acquire certain social-emotional skills and guides participants toward understanding, respecting and responding to developmentally appropriate behaviors. **Cost: \$15 with 2 credit hours. Time 6:30pm-8:30pm. Dates: **Tuesday, January 30th; Thursday, March 1st****

Emergency Preparedness & Response (EPR) in Child Care - The EPR in Child Care training addresses new NC Child Care Rules on emergency preparedness, current best practice recommendations, and guidance on completing the online EPR Plan. Participants in this workshop will establish a plan and learn how to be prepared for a variety of emergency situations. **Cost: \$35 with 5 credit hours. Class size is limited to 12 participants. Time 9:00am-2:00pm. Please feel free to bring bag lunch. Date: **Saturday, March 3rd****

Grief and Loss in Young Children - Death and loss is a part of life that affects young children. The emotional pain of a child who has lost a loved one makes it tempting to avoid the subject or to try to distract the child. When a loss is not addressed appropriately by adults it may leave the child feeling confused or promote a feeling of distrust. While we would all like to shield children from grief, the reality is that they will all experience it at one time or another. This session will define most common times of grief and loss for young children, identify stages of grief, discover ways young children react behaviorally to grief and loss, and determine ways to support children through this process. **Cost: \$15 with 2 credit hours. Time 6:30pm-8:30pm. Date: Thursday, February 15th**

Health and Safety for Infants and Toddlers - This .5 hours CEU course meets the NC Child Care Rule for Health and Safety Training Requirements for #9 Prevention of Shaken Baby Syndrome and Abusive Head Trauma (SBS/AHT) #2 Administration of Medication, #1 Prevention and Control of Infectious Diseases in Child Care and for #5 Emergency Preparedness and Response Planning for Emergencies Resulting From a Natural Disaster, or a Man-Caused Event. This course will focus on warning signs and prevention strategies for shaken baby syndrome, NC Child Care rule and the forms that are required to be completed before giving medication, the prevention and control of infectious diseases in child care settings and the stages of emergency preparedness and response. (DCDEE 1) **Cost \$45 with .5 CEU hours. Time: 6:30pm-9:00pm. You must attend both sessions to receive credit. Date: Monday, February 5th and Tuesday, February 6th**

How to Effectively Write Social Stories: Want my behavior to change? Write me a story! - Struggling with a specific challenging behavior in your classroom? Social stories have long been used to support individuals in developing appropriate social/emotional skills. Social stories are brief descriptive stories that provide information regarding a social situation. This training focuses on the creation and use of social stories in the early childhood classroom as a tool to support a child who is struggling with a challenging behavior. **Cost: \$15 with 2 credit hours. Time 6:30-8:30pm. Date: Thursday, February 15th**

Playground Safety- A playground should be created to provide a challenging and fun play environment for children but should also be reasonably safe. Outdoor play encourages movement and physical activity and is stimulating for children's learning. Playground safety training addresses playground safety hazards, playground supervision, maintenance and general upkeep of the outdoor area, and age and developmentally appropriate playground equipment. This training offers a practical and educational interpretation of North Carolina Child Care Commission's playground safety rules and how to conduct a playground audit. **Cost \$25 with 4 credit hours. Dates and Times: Tuesday, January 16th 6:30pm-8:30pm; Tuesday, February 12th, 6:30pm-8:30pm; Saturday, March 3rd 12:00pm-2:00pm**

Please Teach Me What To Do - Learning new skills is hard, and when you're a preschooler every skill is new. Learning to manage your own behavior can be the hardest skill of all. Teaching self-management can be an intensive process, but it's a skill that is crucial to kindergarten readiness. When children can navigate the classroom with minimal adult assistance, they learn to take ownership of their own actions and choices, they treat others better, and are better able to calm themselves and to problem solve. Come learn the five steps to teaching self-management skills so you and your children can reap the benefits. **Cost: \$15 with 2 credit hours. Time 6:30pm-8:30pm. Dates: Tuesday, January 16th; Wednesday March 14th**

Pre-Licensing for Family Child Care Homes - This is recommended for all new persons to child care who want to open up a family child care home. You will learn about licensing regulations, basic business considerations, space, and recommended policies. Handbooks will be provided. You will be guided through the application process. **Cost: \$35. Time 9:00am-2:00pm. Date: Thursday, March 29th**

Preventing Power Struggles with Preschoolers - We all want to be in control of our own lives. But young children usually have very few opportunities to make choices about what they do and when they do it. They're told when to get up, what to wear, what to eat and when to eat it, where to go and what to do when they get there. Introducing choice into a young child's life can be a powerful tool to promote improved behavior in your classroom. Come learn the five steps to using the choice making strategy and discover how easily you can embed choice-making opportunities into your classroom and short-circuit power struggles with your preschoolers. **Cost: \$15 with 2 credit hours. Time 6:30-8:30pm. Dates: Wednesday, March 28th**

Strategies for Challenging Behaviors - This workshop will focus on difficult behaviors in the classroom. Participants will have a chance to discuss the frustrating behaviors they face in their classroom, and explore techniques and resources for supporting social emotional development and addressing challenging behavior. **Cost: \$15 with 2 credit hours. Time 6:30pm-8:30pm. Dates: Thursday, January 25th; Wednesday, February 28th**

Sudden Infant Death Syndrome (SIDS) - This required training explains all the parts of North Carolina's SIDS Law. Participants will review information about when and how to use the approved waivers, how to best place a baby in bed to sleep, and other "Best Practice" recommendations. Participants will get the needed information to create a Safe Sleep Policy,

updated research about SIDS, and local health and safety resources. Participants also will be walked through how to do an unresponsive infant drill and the reason for doing them regularly. **Cost: \$15 with 2 credit hours. Class size limited to 25. Dates: Saturday, January 6th 9-11:00am; Thursday, February 8th 6:30-8:30pm; Saturday, March 3rd 9-11:00am**

Supervision Series: Get Ready, Get Set, Go! – This training prepares staff to keep children safe during field trips and routine transportation. This module emphasizes the importance of visual supervision, attendance taking, and the physical inspection of vehicles. **Cost \$ 15 with 2 credit hours. Time 6:30pm-8:30pm. Date: Thursday, March 1st**

Supporting Breastfeeding Families: A Guide for Early Care Providers - Did you know that breastfeeding provides the healthiest start in life for infants, but children who are routinely cared for someone other than their parents are less likely to be breastfed? Learn more about the benefits and risks of breastfeeding and formula use. Identify barriers to breastfeeding in a child care setting and learn ways to reduce barriers and make your program more breast feeding friendly. Materials and resources provided by Carolina Global Breastfeeding Institute will be available to provide information and support for programs and families. Get started on the path to earn the Breastfeeding Friendly Child Care Designation offered by NC Department of Public Health. This training provides information that supports the ITERS-R subscale: Personal Care Routines. **Cost: \$15.00 with 2 credit hours. Time: 6:30pm-8:30pm. Dates: Monday, March 26th**

The Arts and Sciences of TA - This 20 hour course will take a dive into the framework for the North Carolina Technical Assistance Practitioner Competencies. These competencies are focused on adult professional development and are organized by five domains. **Cost: \$35.00 with 2.0 CEU'S received. You must attend both sessions to receive credit for this training. Time: 9am-5pm. Dates: Tuesday, February 20th and Thursday, February 22nd**

Toxic Stress and Its Impact on Young Children - Stress is a fact of life, no matter your age. Some stress is good for us – it keeps us attentive, sharp, productive, and learning. But Toxic Stress affects brain development and learning in young children, and can have long-lasting effects. This session will help participants define stress responses and understand the difference between “tolerable” and “toxic” stress. We’ll look at the long term effects of Toxic Stress and investigate practices for mitigating those effects and promoting resilience in young children. **Cost: \$15 with 2 credit hours. Time 6:30pm-8:30pm. Dates: Thursday, January 18th; Thursday, February 15th**

Temperaments of Infants and Toddlers: Understanding and Supporting Individual Differences - We all have our own way of adapting and responding to the world around us. Are you distractible or persistent, sensitive or easy going? These characteristics describe temperament. During this workshop, we’ll learn about 9 temperament traits and 3 large categories used to describe most infants and toddlers. Strategies on how to care for children based on their temperament type will be shared. We will also discuss the “goodness of fit” between your own temperament and the infants and toddlers in your care and explore the role of culture as it relates to temperament. By understanding temperament, caregivers can provide the supports needed to help every infant and toddler feel safe and secure in the child care setting. This training provides information that supports the ITERS-R subscales: Space and Furnishings, Listening and Talking and Interactions and Program Structure. **Cost: \$15 with 2 credit hours. Time 6:30pm-8:30pm. Date: Thursday, January 30th**

Upping Your Afterschool Game - Focus! Get your head in the Game! Do you know where you rank in comparison to other professionals in the afterschool profession? How do you stack up next to other teachers or administrators? Attend this training to learn how to assess not only your skills, but the skills of your team. Learn how to take your identified strengths and weaknesses and build on those to the next level and make you and your program more marketable! **Cost: \$35 with 5 credits. You must attend both sessions to receive credit. Time: 6:30pm-9:00pm. Dates: Tuesday, March 20th and Thursday, March 22nd**

What Does a Pyramid Have to Do with Challenging Behavior? An Overview of the CSEFEL Pyramid Model - Are you hearing the terms “CSEFEL” or “pyramid model” and are not really sure what they mean? Do you wonder how a pyramid relates to challenging behaviors? Are you considering attending a CEU-level learning event about social-emotional development but are afraid to make the time commitment until you know a little more? If you answered “yes” to any of these questions, come to this overview of the CSEFEL Pyramid Model. During this session, participants will gain a deeper understanding of the importance of healthy social emotional development in young children, factors that influence behaviors, and causes of challenging behaviors in young children. A variety of activities will help participants understand each component of the Pyramid Model and how it can be used to promote healthy social behaviors and prevent challenging behaviors in preschool classrooms. **Cost \$ 15 with 2 credit hours. Time 6:30pm-8:30pm. Date: Thursday, February 22nd**