

## **Training Workshop Descriptions**

**April, May, June 2019**

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**American Heart Association First Aid & CPR** – This is a hands-on formatted class 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, and treat for shock, sudden illnesses, and injuries. **The CPR class is \$45 from 8:30AM-12PM (3.5 credit hours). First Aid is \$45 from 1PM-4PM (3.0 credit hours). For both classes, the total cost is \$90. Classes start 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, April 6<sup>th</sup>; Saturday, May 4<sup>th</sup>; Saturday, June 1<sup>st</sup>**

**American Heart Association CPR Only** – This is a hands-on formatted class 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: \$45 -- Credit Hours: 3.5 - Time: 6:00pm-9:30pm. Class starts promptly at 6:00 pm, so 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: Monday, April 15<sup>th</sup>; Wednesday, May 22<sup>nd</sup>; Monday, June 17<sup>th</sup>**

**American Heart Association First Aid Only** – This is a hands-on formatted class based on the American Heart Association. Learners will demonstrate how to control bleeding, wrap bleeding injuries, and treat for shock, sudden illnesses, and injuries. **Cost: \$45 - Credit Hours: 3.0 - Time 6:00pm-9:00pm. Class starts promptly at 6:00pm, so please arrive 15 minutes prior to scheduled time. Dates: Wednesday, April 17<sup>th</sup>; Tuesday, May 21<sup>st</sup>; Tuesday, June 18<sup>th</sup>**

**Basic School Age Care (BSAC)** – 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 - Credit Hours: 5.0 - Class size is limited to 25 participants. - Please Note: When the class is split over two days, you must attend both sessions in order to receive credit. Dates and Times: Tuesday, April 23<sup>rd</sup> and Wednesday, April 24<sup>th</sup> (6:30pm-9:00pm both nights); Wednesday, May 15<sup>th</sup> and Thursday, May 16<sup>th</sup> (6:30pm-9:00pm both nights)**

**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 - Credit Hours: 2.0 - Time: 6:30pm-8:30pm - Date: Monday, May 6<sup>th</sup>**

**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 6:30pm-8:30pm. Date: Wednesday, June 19<sup>th</sup>**

**Developmentally Appropriate Behavior: But, I'm supposed to act like this!** - Children use many different kinds of behavior 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 - Credit Hours: 2.0 - Time: 6:30pm-8:30pm - Date: Wednesday, June 26<sup>th</sup>**

**Eating More Fruits and Vegetables Matter** – Research has identified fruits and vegetables to be power packed with nutrients to prevent diseases and heal your body. Fruits and vegetables offer a wide selection of taste, texture, and color. Learn fun ways to use fruits and vegetables to learn about being healthy. **Cost \$15 – Time: 6:30pm-8:30pm) – Date: Tuesday, April 16<sup>th</sup>**

**Emergency Preparedness & Response 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. Date: Saturday May 4<sup>th</sup> (9:00am-2:00pm)**

**Grief and Loss in Young Children: Helping Young Children Cope** - 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. (2 DCDEE contact hours) **Cost: \$15. Date and Time: Wednesday, April 17<sup>th</sup> (6:30pm-8:30pm)**

**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. (2 DCDEE contact hours) **Cost: \$15. Date and Time: Wednesday, April 24<sup>th</sup> (6:30pm-8:30pm)**

**It's 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 - Credit Hours: 2 Dates and Times: Saturday, April 6<sup>th</sup> (9:00am–11:00am); Saturday, May 4<sup>th</sup> (9:00am-11:00am); Saturday, June 1st (9:00am-11:00am)**

**Language Development and Communication in Infants and Toddlers: What Are They Talking About?** It starts with crying, cooing, and babbling, and then you finally hear it, their first words! Sharing those language milestone moments can be some of our best experiences as infant and toddler teachers. During this workshop you will learn more about the development of language and communication for children birth to three; the research that links relationships to language learning in the first three years; and strategies to support development in this domain for all infants and toddlers, including dual language learners. In addition, participants will have a chance to discuss and share their ideas about the importance of talking to, singing with, and reading to infants and toddlers to foster a lifetime love of language and learning. This training provides information that supports the ITERS-R subscales: Personal Care Routines, Listening and Talking and Interactions. (DCDEE 8) **Credit Hours: 2. Cost- \$15 - Date and Time: Thursday, April 11<sup>th</sup> (6:30pm–8:30pm)**

**North Carolina Foundations of Early Learning and Development** – This 5-hour course will provide an introduction to Foundations, North Carolina’s new Early Learning and Development expectations, how they are structured, and how to implement them in early childhood settings. **Please Note: This class is split over two days, you must attend both sessions in order to receive credit.** Cost: \$45 - Credit Hours: .5 CEU -Time: 6:30pm-9:00pm Dates and Times: **Part 1 - Tuesday, May 21<sup>st</sup> (6:30pm-9:00pm) and Part 2 - Tuesday, March 28<sup>th</sup> (6:30pm-9:00pm)**

**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.

**There is a 2-hour homework assignment that includes taking a quiz, answering questions, and correctly doing an inspection on your playground. CERTIFICATES WILL BE SENT OUT UPON YOUR COMPLETION.** Cost: \$25 - Credit Hours: 4 Dates and Times: **Saturday, April 6<sup>th</sup> (9:00am-11:00am); Tuesday, May 14<sup>th</sup> (6:30pm-8:30pm)**

**Partnering with Families to Address Challenging Behaviors: We are all in this together!**

When a child uses challenging behaviors at school, parents and teachers need to work together to address the issue. However, when discussing behavior problems parents often feel blamed by the teachers and teachers often feel unsupported by the parents. This session focuses on developing strategies and skills to make these conversations more productive for everyone...especially the child! Participants will learn how to set the stage for and successfully conduct these difficult conversations with parents. (2 DCDEE contact hours) **Cost: \$15 Date and Time: Wednesday, May 29<sup>th</sup> (6:30pm-8:30pm)**

**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. Date and Time: Tuesday, April 9<sup>th</sup> (6:30pm-8:30pm)**

**Preventing Challenging Behaviors: An ounce of prevention is worth a pound of cure!** - The environment a teacher creates, paired with her knowledge of the children in her care, can prevent many challenging behaviors in young children. Teachers who create positive social environments find that children more easily develop the social-emotional skills they need to succeed. This session focuses on modifications teachers can make in six key areas of the environment that will prevent and reduce conflict that leads to challenging behaviors. (2 DCDEE contact hours) **Cost: \$15 Date and Time: Thursday, May 23<sup>rd</sup> (6:30pm-8:30pm)**

**Strategies For Challenging Behavior** -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. Date and Times: Wednesday, June 5<sup>th</sup> (6:30pm-8:30pm)**

**Social/Emotional Milestones-Birth to 36 Months: Building Blocks for Future Learning** - First, everything is “mine”, then children learn to take turns, and eventually they learn to share. For infants and toddlers this learning happens through relationships and includes developing a sense of self, a sense of self with others, and learning about feelings. All children need an emotionally secure environment that supports healthy development in this learning domain. This workshop examines social/emotional competence as a

vital component of later school readiness. Participants will learn how a responsive caregiver can help the youngest of our children form secure attachments, learn to navigate feelings and emotions, and begin to develop self-regulation and social skills, the building blocks for future learning. This training provides information that supports the ITERS-R subscales: Listening and Talking and Interactions. (DCDEE 3, 7)

Cost: \$15 Date and Time: **Monday, June 10<sup>th</sup> (6:30pm-8:30pm)**

**Toxic Stress and Its Impact on Children** - Stress is a fact of life, no matter your age. Some stress is good for us – it keeps us attentive, sharp, productive, 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. (2 DCDEE contact hours) Cost: \$15 Date and Time: **Wednesday, April 3<sup>rd</sup> (6:30pm-8:30pm)**

**Understanding Monitoring and Developmental Screening** - Have you ever been approached by a parent that had concerns about their child’s development? Have you ever struggled with talking to a parent when you had concerns about their child’s development? This training is designed for early childhood educators to provide an overview of monitoring children’s developing milestones and developmental screening. The training will explain your role in developmental monitoring and the importance of promoting developmental screening when there is cause for concern. Participants will learn the difference between developmental monitoring and developmental screening, why each is important in supporting children birth to five, how to communicate effectively with parents and how to assist them through the referral process. (DCDEE 7, 9)

Cost: \$15 - Credit Hours: 2 - Date and Time: **Thursday, May 9<sup>th</sup> (6:30pm-8:30pm)**

**What’s In Your Teaching Toolkit?** - Everyone needs practical strategies and materials to help with challenging behavior in young children (especially those that research has shown to be highly effective). This training walks participants through *The Teaching Tools for Young Children with Challenging Behavior* resource (known as TTYC). This tool is packed with strategies based on Positive Behavior Support and the Pyramid Model that are collected in one resource and easily accessible through a free website. Participants will see tools for prevention of challenging behavior as well as tips, forms, guides and practical resources that promote problem solving skills, friendship development and social skill instruction, all of which are critical to the core development of school readiness. (2 DCDEE contact hours) Cost: \$15 Date and Time:

**Wednesday, May 15<sup>th</sup> (6:30pm-8:30pm)**

**When Books POP off the Paper: Building Social Emotional & Early Literacy/Writing Skills** - Books are standard materials in most classrooms, but are we getting the most out of them? How intentional is our choice of books, the way we read books, and the way we expand children’s learning through books? In this session we will discuss how building literacy skills (including emotional literacy) is critical for young children, define best practices in early literacy and writing, explore books and “Book Nooks” from the Center on the Social and Emotional Foundations for Early Learning (CSEFEL), and create expansion activities for additional children’s books that will not only enhance children’s learning in the classroom but will make it fun for you and for them! Discover new books and take home activities that you can immediately begin using! Accepted by DCDEE as 5 contact hours toward training requirements. (0.5 CEU) Please Note: This class is split over two days; you must attend both sessions in order to receive credit. Cost: \$45 - Credit Hours: .5 CEU - Dates and Times: **Part 1 - Wednesday, June 12<sup>th</sup> (6:30pm-9:00pm) and Part 2 - Wednesday, June 18<sup>th</sup> (6:30pm-9:00pm)**