

## Workshop Descriptions

January, February, & March 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. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Dates: **Saturday, January 5<sup>th</sup>; Saturday, February 2<sup>nd</sup>; Saturday, March 2<sup>nd</sup>**. [http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)**

**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. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Dates: **Monday, January 14<sup>th</sup>; Tuesday, February 12<sup>th</sup>; Wednesday, March 13<sup>th</sup>**. [http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)**

**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. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Dates: **Tuesday, January 15<sup>th</sup>; Wednesday, February 13<sup>th</sup>; Tuesday, March 12<sup>th</sup>**. [http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)**

**Assessment Process Primer-** We cover the “basics” so participants can become more familiar with the ITERS-R & ECERS-R: Scale structure/scoring; basic terms; quality indicator requirements; assessment process procedures; online resources; time for questions. **Cost: free. Time 6:30 pm-8:30 pm. Date: **Thursday, January 31st**. <http://www.equipd.info/>**

**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.** Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). **Dates and Times: Tuesday, January 15<sup>th</sup> and Wednesday, January 16<sup>th</sup> (6:30pm-9:00pm both nights); Saturday, February 2<sup>nd</sup> (9:00am-2:00pm); Tuesday, March 12<sup>th</sup> and Wednesday March 13<sup>th</sup> (6:30pm-9:00pm both nights).**  
[http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**Behavioral Intervention Strategies: You Want Me to Try What?** - Teachers who care for children with behavioral difficulties often find themselves reacting in ways that reinforce the behavior and make it worse. Behavioral intervention strategies are planned responses to behaviors that help teachers prepare for situations in which past responses have not been successful. This session focuses on helping participants develop new responses to challenging behaviors using six key intervention strategies. **Cost: \$15 - Credit Hours: 2.0 - Time: 6:30-8:30pm. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Date: Monday, March 18<sup>th</sup>.** [http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**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: 6:30-8:30pm. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Date: Wednesday, March 6<sup>th</sup>.** [http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**Director's Health & Wellness Collaborative**- An Early Childhood Director's group that focuses on cultivating a culture of health & wellness within the Early Childhood setting every day. Healthy snacks & recipes and Networking opportunities & resources. **Cost is free to attend, in service credit 2.0 hrs. Time 12:00 noon – 2:00 pm. Offered by Guiding Healthy Behaviors in Early Childhood. Dates: Friday, February 15<sup>th</sup>.**  
<http://www.guilfordchildren.org/ec-professionals/guiding-healthy-behaviors/>

**Early Childhood Environmental Rating Scale (ECERS-R)** - Learning the scale for the big day is one thing, but maintaining that high level of quality for every other day is what it's really all about! Using pictures from different classrooms participants will break down ECERS-R into manageable parts. Participants will have opportunities to ask questions and get ready to return to their programs more confident and informed. **Cost: \$15 - Credit Hours: 2.0 - Time: 6:30-8:30pm. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Date: Monday, March 11<sup>th</sup>.** [http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**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. **Please feel free to bring a bag lunch. Cost: \$35 with 5 credit hours. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Date: Saturday, February 2<sup>nd</sup> (9:00am-2:00pm).**  
[http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**Flip It!** - Are you struggling with managing challenging behaviors in your classroom? Are you looking for another behavior management resource? The answer is here: FLIP IT® is a strategy that offers a simple, kind, strength-based, commonsense and effective four step process to address children's day to day challenging behaviors. The four steps are embodied in the FLIP IT mnemonic which stands for F – Feelings, L – Limits, I – Inquiries, and P – Prompts. FLIP IT is nothing new, but transforms best practice into a strategy that is easy to remember, applicable in a variety of challenging situations and portable. **Cost: \$15 with 2 hour credit Time: 6:30pm - 8:30pm. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Date: Monday, January 28<sup>th</sup>.**  
[http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**Supervision Series: Get Ready, Get Set, Go!** - 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 hour credit Time: 6:30pm - 8:30pm. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Date: Tuesday, February 19<sup>th</sup>.**  
[http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**How Are You? How Am I?** - Most preschool teachers are diligent about introducing their students to a large variety of literature and pre-literacy activities. But emotional literacy – the ability to identify, understand and respond to emotions in yourself and others in a healthy manner – is even more basic to school readiness. We'll examine the many benefits to children who gain a strong foundation in emotional literacy, explore simple ways in which you can foster emotional literacy in your classroom, and share some excellent resources for tools and activities teachers can incorporate into their daily classroom curriculum to make intentional teaching of emotions fun and easy. **Cost: \$15 with 2 hour credit Time: 6:30pm - 8:30pm. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Date: Wednesday, February 13<sup>th</sup>.**  
[http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**How To Identify Delay** - We will discuss what a red flag might be, how to identify red flags in the classroom, how to communicate concerns with parents, various types of assessments, and how to record data. **Cost \$15 with 2 credit hours. Time 6:30pm-8:30pm. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Date: Tuesday, February 12<sup>th</sup>.** [http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**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. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Dates and Times: Saturday, January 5<sup>th</sup> (9:00am–11:00am); Saturday, February 2<sup>nd</sup> (9:00am-11:00am); Saturday, March 2<sup>nd</sup> (9:00am-11:00am).**

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**Linking NCFELD for Early Learning and Development To Curriculum Planning Infants and Toddlers** - Do you want to understand how to align your infant and toddler activity plans with the Foundations for Early Learning and Development? Then this CEU course is for you. This five-hour course will provide participants with an introduction to the Foundations, help you navigate your way through the document and identify strategies that support children's development and learning. Participants will spend time observing children in their classroom setting to create intentional activity plans that align with the five developmental domains of development.

**Participants are encouraged to bring a copy of NC Foundations for Early Learning and Development and a blank copy of the activity plan you use in your program.** This training provides information that supports the ITERS-R subscales: Listening and Talking, Activities, Interaction and Program Structure and NCFELD Domains: All. (DCDEE 1, 2, 3, 5, 7, 8, 9) **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. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Dates and Times: Part 1 - Thursday, February 28<sup>th</sup> (6:30pm-8:30pm) and Part 2 - Thursday, March 7<sup>th</sup> (6:30pm-8:30pm).**

[http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**More Than Just Routine: Turn Everyday Infant Toddler Moments into Extraordinary!** -

What does the word "curriculum" mean to you? If teaching skills and planning projects are the first ideas that come to mind, then this workshop will open your eyes to a new way of thinking about infant-toddler "curriculum". Infant and toddler teachers spend a large part of the day engaged in routine caregiving responsibilities. These are key learning times! Participants will gain an understanding of why routines are essential to "curriculum" for infants and toddlers. Participants will learn how responsive and respectful one-on-one caregiving routines are opportunities for building relationships and learning, and how these routines are connected to culture and family values. This training provides information that supports the ITERS-R subscales: Personal Care Routines, Listening and Talking, Interactions and Program Structure. (DCDEE 1, 3, 8) **Cost \$15 with 2 credit hours. Time 6:30pm-8:30pm. Offered by Guilford Child Development,**

**Regional Child Care Resources & Referral (RCCR&R). Date: Thursday, January 24<sup>th</sup>.**

[http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**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. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Dates and Times: **Part 1 - Monday, February 18<sup>th</sup> (6:30pm-9:00pm) and Part 2 - Monday, March 18<sup>th</sup> (6:30pm-9:00pm).** [http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**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. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Dates and Times: **Wednesday, January 16<sup>th</sup> (6:30pm-8:30pm); Monday, February 11<sup>th</sup> (6:30pm-8:30pm); Wednesday, March 20<sup>th</sup> (6:30pm-8:30pm).**

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**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. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Date: Wednesday, January 30<sup>th</sup>**

[http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**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 6:30pm-8:30pm. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Date: Thursday, February 28<sup>th</sup>.**

[http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**Rooted In Wellness: Gardening with Young Children Series**- Join us for a fresh new version of Rooted in Wellness! We will cover topics such as garden design specific to Early Childhood programs, Nutrition, Farm to ECE, Children's yoga and vermicomposting . Plan to attend all three highly engaging & interactive sessions. Cost: free. Credit hours: 2.0. Time 6:30 pm – 8:30 pm. Offered by Guiding Healthy Behaviors in Early Childhood. Dates: **Tuesday, January 29<sup>th</sup>; Tuesday, February 12<sup>th</sup>; Tuesday, February 26<sup>th</sup>**. <http://www.guilfordchildren.org/ec-professionals/guiding-healthy-behaviors/>

**Staying On Track** - Staying on Track-Why are daily classroom routines and schedule so important in the daily lives of teachers and young children? How does following a consistent daily schedule with embedded routines support the social and emotional development of the children in your class? What can we do to help children 'stay on track' as they move through a typical preschool day? Through this training, you will receive answers to these questions and develop a deeper understanding of the role of schedules and routines in supporting healthy social-emotional development for all children. **Cost: \$15 with 2 credit hours. Time 6:30pm-8:30pm. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Date: Wednesday, March 20<sup>th</sup>** [http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**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. Time 6:30pm-8:30pm. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Date: Thursday, January 24<sup>th</sup>**. [http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**The Art and Science of Technical Assistance** - 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. **Please Note: This class is split over two days; you must attend both sessions in order to receive credit.** You must have a working email address to complete pre-work before class date. **Cost: \$45 - Credit Hours: 2.0CEU. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Dates: Part 1- Tuesday, March 5<sup>th</sup> (9:00am-5:00pm) and Part 2 - Wednesday, March 6<sup>th</sup> (9:00am-5:00pm).** [http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)

**The Guilford Early Learning Collaborative Professional Development Day-** Join us for a day of learning, focusing on social and emotional well- being of children, caregivers, classrooms, and community. Pick from 8 different breakout sessions. **Cost: Free with 5.5 credit hours and .5 CEU hours. Time 9:00am-4:00pm. Date: Saturday, March 30<sup>th</sup>**. <http://guilfordchilddev.org/spoe/>

**Think Babies-** Beliefs, skills, and capacity (PART I)

This session will build from the introductory topics of advocacy, current contexts, and using our voice and stories. teachers will identify the data that matters the most and how to pair information with their personal experiences. **Cost: free. Time 6:30 pm-8:30 pm. Date: Thursday, January 17<sup>th</sup>.** <http://www.equipd.info/>

**Think Babies-** Beliefs, skills, and capacity (PART II)

This session will provide the resources and support teachers need to share their messages, and work towards preparing for our job shadowing event in March, 2019. **Cost: free. Time 6:30 pm-8:30 pm. Date: Thursday, February 28<sup>th</sup>.** <http://www.equipd.info/>

**Think Babies-** Job Shadowing event: Join us as we invite local leaders and decision makers to follow you - and work with you - for a morning and experience first-hand what it means to build brains and develop the future of Guilford county! **Cost: free. Time TBA pm. Date: TBD**  
<http://www.equipd.info/>

**Toddlers-** This workshop is designed especially for toddler teachers (12-36 months) providing tips and tools for interactions and transitions. Come ready for some fun with video vignettes and interactive learning. **Cost: free. Time: 6:00 pm – 8:00 pm. Credit Hours: 1.75 Offered by Bringing out the Best. Date: Thursday, March 14<sup>th</sup>.** <https://bringingoutthebest.uncg.edu/>

**Understanding the Sensory World-** A registered Occupational Therapist and an Early Childhood Specialist team up to present this workshop. You will leave with a basic understanding of the various sensory integration issues that can cause challenging behaviors in young children. You will be able to identify what some of those behaviors are as well as appropriate ways to intervene with children who display sensory seeking behaviors. **Cost: free. Time: 6:00 pm – 8:00 pm. Credit Hours: 1.75 Offered by Bringing out the Best. Date: Thursday, February 21<sup>st</sup>.**  
<https://bringingoutthebest.uncg.edu/>

**What Does A Pyramid Have To Do With Challenging Behaviors** - 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. Offered by Guilford Child Development, Regional Child Care Resources & Referral (RCCR&R). Date: Wednesday, February 27<sup>th</sup>.**  
[http://guilfordchilddev.org/providers/training/guilford\\_workshops/](http://guilfordchilddev.org/providers/training/guilford_workshops/)