

Training Catalog

WINTER 2020

For Early Care & Education and School-Age Child Care Professionals in Cabarrus, Mecklenburg, Rowan, Stanly, and Union counties

January-March

Region 6 Child Care Resource & Referral Training Catalog is a quarterly publication intended to provide professionals working in child care centers, family child care homes, part-day preschools, Head Start, public pre-kindergarten, and school-age programs with information about, and access to, a diverse selection of approved professional development sessions offered by child care resource and referral agencies in Cabarrus, Mecklenburg, Rowan, Stanly, and Union counties. Training sessions are state-approved and can be applied toward the North Carolina requirements for child care training.



REGISTER NOW FOR TRAINING SESSIONS!

- 1 Review the training sessions for topics, dates, times, locations, and credits.
- 2 Review the registration instructions for the county in which your session is offered.
- 3 Register online at childcareresourcesinc.org, or complete the registration form.

REMINDERS FOR ALL TRAINING SESSIONS

- Pre-registration is required, and enrollment is limited.
- Registrations made within two weeks prior to a session date cannot be guaranteed.
- Copy a completed registration form for your own records.
- Training sessions start promptly at the scheduled time. Doors open 15 minutes prior to each session. Once a session has begun, late arrivals will not be permitted to enter.

**MORE
INSIDE**

Instructions
Page 2

Online
Pages 3-4

Schedule
Pages 5-6

Descriptions
Pages 7-11

Registration
Page 12

REGISTRATION INFORMATION FOR ALL SESSIONS

CABARRUS, MECKLENBURG, & UNION

Payment: Check or money order (payable to Child Care Resources Inc.) or credit cards. All training fees are NON-REFUNDABLE.

How to Register

Online: Visit childcareresourcesinc.org to view, register, and pay for sessions.

By mail or in person: Send or bring registration form with payment to:

Child Care Resources Inc., 4600 Park Road, Suite 400, Charlotte, NC 28209 OR at Child Care Resources Inc., 105-A Cedar St., Monroe, NC 28110

By Phone: (704) 376-6697

ROWAN

Payment: Cash, check, or money order (payable to Smart Start Rowan).

How to Register

By mail or in person: Send or bring registration form with payment to:

Child Care Connections/Smart Start Rowan, 1329 Jake Alexander Blvd. S., Salisbury, NC 28146

By phone: (704) 630-9085

STANLY

Payment: Cash, check, or money order (payable to Stanly County Partnership for Children) are accepted.

How to Register

Online: Download Stanly County's registration form at stanlypartnership.org

By mail or in person: Send or bring registration form with payment to:

Stanly County Partnership for Children, 1000 N. First Street, Suite 8 (Stanly Commons), Albemarle, NC 28001

By phone: Call (704) 982-203

TRAINING LOCATIONS

Mecklenburg

Child Care Resources Inc.
4600 Park Road, Suite 400
Charlotte, NC 28209

Union

Child Care Resources Inc.
105-A Cedar St.
Monroe, NC 28110

Stanly

Stanly County
Partnership for Children
1000 N. First Street, Suite 8
Albemarle, NC 28001

Cabarrus and Rowan

Please check training
description for location

FEATURED SERIES

Three Weeks of Lunchtime Learning
for School-Age Providers!

CONVERSATION: THE COMMON THREAD IN OUR WORK

This session is designed to provide teachers with strategies to simplify and integrate many of the demands of their curriculum by enhancing their use of rich, authentic conversation with children in all areas of the classroom.

***Bring Your Own Lunch!**

Wed., Jan. 15 | 11 am-1 pm | Cabarrus

Harrisburg Presbyterian Church (fellowship hall)

4815 NC-49, Harrisburg, NC

\$15 | 2 credit hours | Level: Entry

HOMELESSNESS IN AFTER SCHOOL CARE

Children do not ask to be homeless. They do not create this situation. They may live in cars, tents, unoccupied dwellings, or they may "double-up" with other families. They may have witnessed abuse or been abused, or may have been exposed to violence, theft, or death. Children in homelessness may need food, a warm place to sleep, a bath. Above all, they need someplace that provides stability and order in their life. Your after-school program can provide some of that. Join us to learn about the federal act that helps homeless children and youth stay in school, learn potential warning signs of homelessness, and learn some strategies you can implement immediately in your before-/after-school program to help meet the needs of this population. ***Bring Your Own Lunch!**

Wed., Jan. 22 | 11 am-1 pm | Cabarrus

Harrisburg Presbyterian Church (fellowship hall)

4815 NC-49, Harrisburg, NC

\$15 | 2 credit hours | Level: Entry

BUILDING RELATIONSHIPS WITH CHILDREN AND YOUTH WHO CHALLENGE US

Have you ever been secretly pleased when one of the children in your group is absent? Some children are more difficult to work with than others. This program will help you to take an honest look at children and your feelings about them. Explore what professionals can do to build positive relationships with all children – even the ones who challenge us. ***Bring Your Own Lunch!**

Wed., Jan. 29 | 11 am-1 pm | Cabarrus

Harrisburg Presbyterian Church (fellowship hall)

4815 NC-49, Harrisburg, NC

\$15 | 2 credit hours | Level: Entry

ONLINE SESSIONS

Accessible anytime, anywhere on a computer or mobile device!

A+ SUPERVISION

Did you know that with appropriate supervision, most accident and incidents that occur in child care programs can be avoided? In this online/On Demand session participants will learn to recognize common situations that pose risks to children, and will learn proactive measures to ensure safety in child care programs through appropriate supervision practices.

BELONGING: INCLUDING CHILDREN OF GAY AND LESBIAN PARENTS (AND ALL CHILDREN!) IN YOUR PROGRAM

Today's families are diverse. They come in all sizes and in many configurations. As early childhood educators, this diversity challenges us to be more accepting, responsive, and respectful in our relationships with young children and families. This module addresses how to create a sense of belonging for all families, including gay and lesbian families.

BREAST MILK: THE PERFECT BABY FOOD

With recent updated rules and regulations regarding breastfeeding in child care centers, educating ourselves about breastfeeding is crucial. This session will describe how the feeding of infants has changed over the past three generations, the impact that breastfeeding has on childhood obesity and other health concerns, and how child care centers can promote and support breastfeeding within the child care facility.

BULLYING: TODAY'S MEAN SCENE

This self-paced webinar will give child care professionals a baseline knowledge of the current types and trends in bullying. Red flags and warning signs that may put a child at risk for being bullied and best practices for prevention and intervention will be discussed.

Technology Requirements for Online Sessions

- A Google account/individual email address (unless otherwise stated)
- Computer/electronic device with internet connections and the ability to watch and listen to video online
- Keyboard/mouse or mousepad
- Speakers to hear audio
- Ability to send and receive electronic documents, scan/email assignments
- A PDF reader

Note: Online sessions are 2 credit hours and cost \$15.

You will be contacted within 3 business days with instructions and login information pertaining to your online training.

CONVERSATION: THE COMMON THREAD IN OUR WORK

This session is designed to provide teachers with strategies to simplify and integrate many of the demands of their curricula by enhancing their use of rich, authentic conversation with children in all areas of the classroom.

EXPLORE! DISCOVER! INVESTIGATE!

Science in early care and education is focused on children's natural interest in the world. Preschool children learn science concepts by active exploration of that world. Join us as we explore the components of nature/science for young children and the skills that children are developing when exploring science such as: observing, recording, problem solving and organizing information.

DEALING WITH SEPARATION ANXIETY

Even ET suffered from separation anxiety! Although well cared for by his new friends, he still longed for his home and more familiar surroundings. ET's reaction is not unlike what child care providers see every day in their work with young children. Participants will learn practical ways to help children deal with separation anxiety. Great for new and seasoned teachers!

FATHERS AND FATHER FIGURES

Parents are children's first and primary teachers. Every parent has a unique way of caring for and interacting with his or her child, with mothers and fathers typically interacting with their children in different ways. Research shows the impact of fathers and father figures on children's social and emotional development. This is the topic of this self-paced session as we think about obstacles to father involvement and discuss ways to support and encourage father involvement.

GRANTING CHILDREN THEIR EMOTIONS

This session is designed to introduce teachers to the important idea of granting children their expressed emotions, explore strategies for increasing trust, and consider the effects and ethical issues of not taking children's emotions seriously.

POTTY TIME: WHEN IS THE RIGHT TIME?

In this training session, participants will learn to look for the cues that signal toilet training readiness in toddlers. Learn what to do when toileting accidents occur and learn how to work with parents throughout the toilet training process.

ONLINE SESSIONS

Accessible anytime, anywhere on a computer or mobile device!

PRIMARY CAREGIVING

The security of a child's attachment to primary caregivers provides a base for the child's emotional – social development. Learn the benefits of using primary caregiving techniques in the child care center and how to implement a primary caregiving system in your classroom.

PROFESSIONALISM: THE SECRET OF SUCCESS

This session will give practical ideas and strategies for building a professional image. It will focus on the fact that it is not only how you dress, but the attitude you display as well as the knowledge that you continue to gain that builds this image. It is designed to help participants realize that they are indeed professionals.

WE'RE ALL STRESSED HERE! HOW TO AVOID BURNOUT

Working with young children is rewarding, but it also has its own set of challenges. Participants will learn ways to manage stress and rediscover the joys of providing care and teaching young children.

WHO'S IN CHARGE HERE? EFFECTIVE LEADERSHIP

Good leaders know how to motivate staff and impact the workplace. Participants will evaluate their own leadership styles and learn how to positively influence staff and provide a motivating work environment. **For administrators and those in leadership positions only.*

ZONING IN ON BEHAVIOR PREVENTION: IT'S ALL IN THE ATTITUDE!

If you have many children with challenging behaviors, chances are there is a problem with your program, not with the children. You

will probably need to change aspects of your program – that is, the physical environment of the classroom; your schedule and curriculum; and your own attitudes, actions, and reactions. These are prevention strategies (or indirect guidance), which are your most powerful tools for changing challenging behaviors and the focus of this session.

ALL ABOUT THE ITERS-R or ALL ABOUT THE ECERS-R

Through a series of 10- to 15-minute lessons, we'll highlight each Subscale of the ITERS-R or the ECERS-R. You won't be learning how to get through the actual day of assessment, but how to have a high-quality classroom that is assessment-ready every day of the year! Along the way, we'll provide application and encouragement to apply the standards you learn to your environment. *These courses are mobile optimized, so feel free to take out your phone or tablet and move around your building or classroom as you learn.*



SCHEDULED SESSIONS

WORKSHOP TITLE	DATE	TIME	LOCATION	CATEGORY
ITS-SIDS	Sat., Jan. 4	9-11 am	Mecklenburg	Infant/Toddler
CPR/First Aid Certification	Sat., Jan. 4	8:30 am-4:30 pm	Mecklenburg	Health Safety & Nutrition
Keeping Children Safe Outside	Tue., Jan. 7	10 am-noon	Mecklenburg	Health Safety & Nutrition
ITS-SIDS	Thu., Jan. 9	9-11 am	Cabarrus	Infant/Toddler
Effective Communication in the Workplace	Thu., Jan. 9	6:30-8:30 pm	Rowan	Professionalism
Playground Safety	Fri., Jan. 10	noon-4:00 pm	Union	Health Safety & Nutrition
CPR/First Aid: Above and Beyond	Sat., Jan. 11	8:30 am-1:30 pm	Rowan	Health Safety & Nutrition
That Truck Is Mine!	Wed., Jan. 15	6:30-8:30 pm	Mecklenburg	Child Development
Positive Guidance for Infants Toddlers and Twos	Wed., Jan. 15	6:30-8:30 pm	Rowan	Social & Emotional Devel.
Conversation: The Common Thread in Our Work	Wed., Jan. 15	11 am-1 pm	Cabarrus	School-Age - Featured! Pg. 2
Emergency Preparedness and Response in Child Care	Thu., Jan. 16	9:30 am-noon	Mecklenburg	Administration
Staying on Track	Thu., Jan. 16	6:30-8:30 pm	Union	Social & Emotional Devel.
NC Childcare Regulations Boot Camp	Mon., Jan. 20	6:30-8:30 pm	Rowan	Professionalism
ITS-SIDS	Wed., Jan. 22	6:30-8:30 pm	Union	Infant/Toddler
Homelessness in After School Care	Wed., Jan. 22	11 am-1 pm	Cabarrus	School-Age - Featured! Pg. 2
Preventing Power Struggles with Preschoolers	Thu., Jan. 23	6:30-8:30 pm	Stanly	Social & Emotional Devel.
What Every Baby Needs	Mon., Jan. 27	6:45-8:45 pm	Union	Infant/Toddler
ITS-SIDS	Mon., Jan. 27	6:30-8:30 pm	Mecklenburg	Infant/Toddler
Building Relationships with Children & Youth Who Challenge Us	Wed., Jan. 29	11 am-1 pm	Cabarrus	School-Age - Featured! Pg. 2
Using Positive Discipline to Manage Challenging Behavior	Thu., Jan. 30	6:30-8:30 pm	Rowan	Social & Emotional Devel.
CPR/First Aid Certification	Sat., Feb. 1	8:30 am-4:30 pm	Mecklenburg	Health Safety & Nutrition
North Carolina Foundations for Early Learning and Development	Mon., Feb. 3; Mon., Feb. 17	6-8:30 pm	Union	Curriculum
Basic School Age Care (BSAC)	Tue., Feb. 4	9 am-3 pm	Mecklenburg	School-Age
Zero to Three: The Growing Brain-Let's Play	Thu., Feb. 6	5-8 pm	Mecklenburg	Infant/Toddler
ITS-SIDS	Thu., Feb. 6	6:30-8:30 pm	Rowan	Infant/Toddler
CPR/First Aid: Above and Beyond	Sat., Feb. 8	8:30 am-1:30 pm	Rowan	Health Safety & Nutrition
Studies: Lesson Planning Based on a "Study/Project" Approach	Mon., Feb. 10	6:30-8:30 pm	Mecklenburg	Curriculum
Understanding Monitoring and Developmental Screening	Tue., Feb. 11	6:30-8:30 pm	Cabarrus	Infant/Toddler
The Power of Positive Relationships	Tue., Feb. 11; Wed., Feb 12	6:30-9 pm	Mecklenburg	Social & Emotional Devel.
How Do I Stop Putting Out Fires?	Wed., Feb. 12	6:30-8:30 pm	Rowan	Administration
Emergency Preparedness for Staff	Thu., Feb. 13	9-11 am	Cabarrus	Health Safety & Nutrition
ITS-SIDS	Thu., Feb. 13	6:30-8:30 pm	Union	Infant/Toddler

SCHEDULED SESSIONS

WORKSHOP TITLE	DATE	TIME	LOCATION	CATEGORY
ITS-SIDS	Mon., Feb. 17	9-11 am	Mecklenburg	Infant/Toddler
Self Regulation Starts with Teaching Children Breathing Techniques	Mon., Feb. 17	6:30-8:30 pm	Rowan	Social & Emotional Devel.
Let's D-I-S-H! Directors Implementing Social-Emotional Health	Thu., Feb. 20	6:30-8:30 pm	Stanly	Social & Emotional Devel.
ITS-SIDS	Sat., Feb. 22	9-11 am	Mecklenburg	Infant/Toddler
Pyramid Model Series: Relationships are Key with Infants & Toddlers	Sat., Feb. 22	8:30 am-2:30 pm	Mecklenburg	Social & Emotional Devel.
Introduction to Social Emotional Learning for Young Children	Mon., Feb. 24	6:30-8:30 pm	Rowan	Social & Emotional Devel.
Social/Emotional Milestones-Birth to 36 Months	Mon., Feb. 24	6:45-8:45 pm	Union	Infant/Toddler
PCAN 2: Building a Healthy Brain	Tue., Feb. 25	9:30-11:30 am	Mecklenburg	Child Development
Solutions to the Dilemma	Wed., Feb. 26	6:30-8:30 pm	Mecklenburg	Administration
The Growing Brain-Communication and Language Development	Wed., Feb. 26	5-8 pm	Mecklenburg	Infant/Toddler
Language Development & Communication in Infants & Toddlers	Thu., Feb. 27	6:30-8:30 pm	Stanly	Infant/Toddler
Exploring Social and Emotional Development	Mon., Mar. 2	6:30-8:30 pm	Rowan	Infant/Toddler
Fire Safety	Tue., Mar. 3	6:30-8:30 pm	Union	Health Safety & Nutrition
What Every Baby Needs	Tue., Mar. 3	6:30-8:30 pm	Mecklenburg	Infant/Toddler
Emergency Preparedness and Response in Child Care	Thu., Mar. 5	1-3:30 pm	Union	Administration
Playground Safety	Thu., Mar. 5	9 am-1 pm	Mecklenburg	Health Safety & Nutrition
CPR/First Aid: Above and Beyond	Sat., Mar. 7	8:30 am-1:30 pm	Rowan	Health Safety & Nutrition
CPR/First Aid Certification	Sat., Mar. 7	8:30 am-4:30 pm	Mecklenburg	Health Safety & Nutrition
Keeping Children Safe Outside	Mon., Mar. 9	9-11 am	Cabarrus	Health Safety & Nutrition
Turn Everyday Infant Toddler Moments into Extraordinary!	Tue., Mar. 10	6:30-8:30 pm	Union	Infant/Toddler
Supervision	Wed., Mar. 11	6:30-8:30 pm	Rowan	Health Safety & Nutrition
How to Get Parents and Families on Your Team	Thu., Mar. 12	6:30-8:30 pm	Union	Professionalism
ITS-SIDS	Sat., Mar. 14	9-11 am	Mecklenburg	Infant/Toddler
Zero to Three: The Growing Brain-Let's Play	Sat., Mar. 14	9 am-noon	Mecklenburg	Infant/Toddler
Prevention Strategies for Addressing Undesirable Behaviors	Tue., Mar. 17; Thu. Mar. 19	6:30-8:30 pm	Rowan	Child Development
The Growing Brain-Communication and Language Development	Wed., Mar. 18	5-8 pm	Mecklenburg	Infant/Toddler
Please Let Them Play	Mon., Mar. 23	6:45-8:45 pm	Union	Child Development
ITS-SIDS	Tue., Mar. 24	3-5 pm	Union	Infant/Toddler
How to Get Parents and Families on Your Team	Tue., Mar. 24	6:30-8:30 pm	Mecklenburg	Professionalism
Rainy Day Fun	Tue., Mar. 24	10 am-noon	Mecklenburg	Preschool
How to Effectively Write Social Stories	Thu., Mar. 26	6:30-8:30 pm	Cabarrus	Social & Emotional Devel.
ITS-SIDS	Tue., Mar. 31	6:30-8:30 pm	Mecklenburg	Infant/Toddler
North Carolina Foundations for Early Learning and Development	Tue., Mar. 31; Thu., Apr. 2	6:30-9 pm	Stanly	Curriculum

SESSION DESCRIPTIONS

ADMINISTRATION

EMERGENCY PREPAREDNESS

Emergency preparedness is a vital component of quality early care and education. Every child deserves the safest environment possible to grow and thrive. This curriculum provides information, knowledge, and tools to prepare early educators for many types of emergencies. *This curriculum meets the state standards and requirements for Emergency Preparedness and Response. *This session is reserved for administrators ONLY, and class is limited to 12 participants.

[Thu., Jan. 16 | 9:30 am-noon | Mecklenburg](#)

[Thu., March 5 | 1-3:30 pm | Union](#)

\$15 | 2.5 credit hours | Level: Entry

HOW DO I STOP PUTTING OUT FIRES? LEADING WHEN NOBODY WILL FOLLOW (A PROACTIVE PROGRAM)

Do you wonder who is going to call in sick today? Are you going to have to jiggle personnel around just to maintain coverage? Are you tired of constantly dealing with nagging issues in your daily operations? Then stop the cycle and learn how to communicate with your staff so you can get them on board. *This session is designed for directors/supervisors.

[Wed., Feb. 12 | 6:30-8:30 pm Rowan](#)

\$15 | 2 credit hours | Level: Intermediate

SOLUTIONS TO THE DILEMMA

Suspension and expulsion from child care can have long-lasting negative effects on both children and families. It is the intent of NC DCDEE to severely limit the use of these exclusionary practices in early childhood education programs. This informational meeting will acquaint facility administrators/owners with NC's new Suspension/Expulsion Policy and explore the importance of promoting healthy social-emotional development in preventing the challenging behaviors that often lead to suspension/expulsion. Also included are effective program policies and procedures that support the shift from exclusion to retention.

[Wed., Feb. 26 | 6:30-8:30 pm](#)

[Mecklenburg](#) | **\$15 | 2 credit hours**

Level: Intermediate

CHILD DEVELOPMENT

PCAN 2: BUILDING A HEALTHY BRAIN

Brain development begins at conception and continues across the life span. Module 2 of the Preventing Child Abuse and Neglect series will help participants learn about five important strategies that child care professionals can use to support and promote very young children's healthy brain development.

[Tue., Feb. 25 | 9:30-11:30 am | Mecklenburg](#)

\$15 | 2 credit hours | Level: Beginner

PLEASE LET THEM PLAY

Playing isn't just about having fun – it's also about learning! Children learn best when they have the opportunity to explore, discover, and play. Join us as we take a comprehensive look at the cognitive, physical, and social-emotional value of play.

[Mon., March 23 | 6:45-8:45 pm | Union](#)

\$15 | 2 credit hours | Level: Entry

THAT TRUCK IS MINE!

Creating a strong community within a classroom helps children feel connected to their caregivers and peers. This session will emphasize the importance of developing a classroom community so that children experience an atmosphere in which they can thrive. This training will also explore the principles of child development and how adult emotions impact children's behavior.

[Wed., Jan. 15 | 6:30-8:30 pm | Mecklenburg](#)

\$15 | 2 credit hours | Level: Beginner

PREVENTION STRATEGIES FOR ADDRESSING UNDESIRABLE BEHAVIORS: DESIGNING A PRO-SOCIAL ATMOSPHERE

We all know that young children learn through play. However, did you know that part of play is introducing a healthy social and emotional learning environment so children can learn from you and each other through positive interactions, which means spending less time arguing and acting out? So, if there are fewer undesirable behaviors then there are fewer refereeing battles in the

classroom, which simultaneously protects your "last nerve." This session will provide you with knowledge for embracing a pro-social early childhood atmosphere that yields positive performance outcomes for children.

*Must attend both sessions to get credit.

[Tue., March 17 & Thu., March 19](#)

[6:30-8:30 pm | Rowan](#) | **\$25**

4 credit hours | Level: Beginner

CURRICULUM

NORTH CAROLINA FOUNDATIONS FOR EARLY LEARNING AND DEVELOPMENT

This five-hour session will provide participants with an introduction to Foundations, North Carolina's new early learning and development guidelines, how they are structured, and how to implement them in early childhood settings. Participants will construct the knowledge base necessary to use the standards in supporting children in their learning and development by embedding the standards in daily classroom planning and practice. *Participants must attend both sessions.

[Mon., Feb. 3 & Mon., Feb. 17](#)

[6-8:30 pm | Union](#)

[Tue., March 31 & Thu. April 2](#)

[6:30-9 pm | Stanly](#)

\$25 | 5 credit hours 0.5 CEUs

Level: Entry

STUDIES: LESSON PLANNING BASED ON A "PROJECT/STUDY" APPROACH

This session will investigate a "project/study" approach for planning in a preschool classroom. Participants will have the opportunity to explore the concept of lesson planning using a study approach; investigate how to integrate the content areas of literacy, math, science, social studies, the arts, and technology into a lesson plan; and how to develop a lesson plan based on the study approach.

[Mon., Feb. 10 | 6:30-8:30 pm](#)

[Mecklenburg](#) | **\$15 | 2 credit hours**

Level: Intermediate

HEALTH, SAFETY & NUTRITION

CPR/FIRST AID, ABOVE AND BEYOND

This training will go above and beyond regular CPR and First Aid. It is child-oriented, along with adult CPR. Participants will learn how to use a defibrillator and other lifesaving props. Participants will receive a Pediatric CPR and First Aid book along with handouts specific to your needs. After completing this session, participants should be able to demonstrate CPR and First Aid techniques for infants and adults. DCDEE-approved instructor. *Checks MUST be written out to the trainer: Tracy Webb-Goodman

Sat., Jan. 11 | 8:30 am-1:30 pm | Rowan

***CPR 8:30 am-noon/FA noon-1:30 pm**

Sat., Feb. 8 | 8:30 am-1:30 pm | Rowan

***CPR 8:30 am-noon/FA noon - 1:30 pm**

Sat., March 7 | 8:30 am-1:30 pm | Rowan

***CPR 8:30 am-noon/FA noon - 1:30 pm**

***CPR only \$50 / FA only \$30 / both \$60**

5 credit hours | Level: Beginner

CPR/FIRST AID CERTIFICATION

Cardiopulmonary resuscitation (CPR) certification is required for every family child care provider and recommended for most child care center staff. After completing this session, participants should be able to demonstrate age-appropriate CPR and first aid techniques for infants, children, and adults.

Sat., Jan. 4 | 8:30 am-4:30 pm | Mecklenburg

Sat., Feb. 1 | 8:30 am-4:30 pm | Mecklenburg

Sat., March 7 | 8:30 am-4:30 pm | Mecklenburg

\$60 | 7 credit hours | Level: Entry

EMERGENCY PREPAREDNESS FOR STAFF

Participants will learn ways to inform and prepare their children about their program's emergency plan and procedures, without scaring them. This hands-on workshop will teach participants how to make teacher-made emergency preparedness games and how to use the games throughout their curriculum to help their children better understand their program's emergency plan and procedures in a way that even a real emergency might not seem as scary.

Thurs., Feb. 13 | 9-11 am | Cabarrus

NC Cooperative Extension, Cabarrus County Center, 715 Cabarrus Ave. W. Concord, NC

\$15 | 2 credit hours | Level: Beginner

FIRE SAFETY

Does your program have a fire safety plan? This session will address county fire codes and guidelines for general precautions, emergency planning and fire drills, equipment services features and systems, fire-related construction and protection, restrictions for interior wall and ceiling covering in the classroom, means of egress, and the use of portable fire extinguishers. This session will also provide information on how to ensure compliance for fire safety.

**For Union County providers only*

Tues., March 3 | 6:30-8:30 pm | Union

\$15 | 2 credit hours | Level: Beginner

KEEPING CHILDREN SAFE OUTSIDE

Statistics show that injuries that occur in child care are much more likely to happen on the playground. Come learn why, and how to keep your children safe.

Tue., Jan. 7 | 10 am-noon | Mecklenburg

Mon., March 9 | 9-11 am | Cabarrus

NC Cooperative Extension, Cabarrus County Center, 715 Cabarrus Ave. W. Concord, NC

\$15 | 2 credit hours | Level: Entry

PLAYGROUND SAFETY

Do you know what makes a playground safe? This session is designed to promote safe play areas for children in child care. Participants will learn about potential hazards on the playground and gain hands-on experience by completing a playground safety check.

Fri., Jan. 10 | noon-4 pm | Union

Thurs., March 5 | 9 am-1 pm | Mecklenburg

\$25 | 4 credit hours | Level: Entry

SUPERVISION

This course is designed to help teachers understand how company policy, state guidelines, Environment Rating Scales, and NAEYC play a role in understanding best practices for the supervision of young children. Participants will discuss challenges in supervising young children in their facility. They will also develop a supervision improvement plan to avoid unnecessary mishaps and injuries.

Wed., March 11 | 6:30-8:30 pm | Rowan

\$15 | 2 credit hours | Level: Beginner

INFANT/TODDLER

EXPLORING SOCIAL AND EMOTIONAL DEVELOPMENT

Through supportive relationships, infants and toddlers develop a sense of trust, how to interact with others, and eventually how to express empathy. Strong, nurturing relationships are key to healthy development for infants and toddlers. This professional development event will explore social and emotional development within the context of relationships. Participants will learn how providing responsive care through the process of getting in tune will help infants and toddlers form secure relational attachments and develop a strong foundation for which they can explore their environment. This training provides information that supports the ITERS-R subscales: Listening and Talking and Interactions.

Mon., March 2 | 6:30-8:30 pm | Rowan

\$10 | 2 credit hours | Level: Beginner

ITS-SIDS

Developed by the NC Healthy Start Foundation's ITS-SIDS Project, this session meets state requirements for ITS-SIDS training. The Infant/Toddler Safe Sleep and SIDS Risk Reduction in Child Care (ITS-SIDS) training prepares caregivers to set up safe sleep environments and follow safe sleep practices that may reduce the risk of injury and death from SIDS deaths and other sleep-related infant deaths.

Sat., Jan. 4 | 9-11 am | Mecklenburg

Thu., Jan. 9 | 9-11 am | Cabarrus

NC Cooperative Extension, Cabarrus County Center 715 Cabarrus Ave. W. Concord, NC

Wed., Jan. 22 | 6:30-8:30 pm | Union

Mon., Jan. 27 | 6:30-8:30 pm | Mecklenburg

Thu., Feb. 6 | 6:30-8:30 pm | Rowan

Thu., Feb. 13 | 6:30-8:30 pm | Union

Mon., Feb. 17 | 9-11 am | Mecklenburg

Sat., Feb. 22 | 9-11 am | Mecklenburg

Sat., March 14 | 9-11 am | Mecklenburg

Tue., March 24 | 3-5 pm | Union

Tue., March 31 | 6:30-8:30 pm | Mecklenburg

\$15 | 2 credit hours | Level: Entry

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 3; 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.
Thu., Feb. 27 | 6:30-8:30 pm Stanly
\$7 | 2 credit hours | Level: Intermediate

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." Infants 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.
Tue., March 10 | 6:30-8:30 pm | Union
\$15 | 2 credit hours | Level: Intermediate

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 with others and learning about feelings. All children need an emotionally secure environment that supports healthy development in this learning domain. This session 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 session provides information that supports the ITERS-R subscales: Listening and Talking and Interactions.

Mon., Feb. 24 | 6:45-8:45 pm | Union
\$15 | 2 credit hours | Level: Intermediate

UNDERSTANDING MONITORING AND DEVELOPMENTAL SCREENING

Have you ever been approached by a parent who 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 5, how to communicate effectively with parents, and how to assist them through the referral process.

Tue., Feb. 11 | 6:30-8:30 pm | Cabarrus
Kings Keep Learning Center, 7550 Ruben Linker Road N.W., Concord NC
\$15 | 2 credit hours | Level: Intermediate

WHAT EVERY BABY NEEDS

Everything in a baby's world happens in steps and stages. It is important to appreciate each stage as it occurs and provide the support and guidance needed to allow a successful journey through each one. This training will offer suggestions of what types

of materials support learning at the different stages. You will gain insight on the benefits of providing babies with ample time and space to master a skill before moving on to start practicing a new one and will explore some of the drawbacks of intervening unnecessarily. With each mastered skill, babies are discovering more about their bodies, the world around them, and how the two work together. These skills are the foundations they will carry with them throughout their life and across all domains of learning.

Mon., Jan. 27 | 6:45-8:45 pm | Union
Tue., March 3 | 6:30-8:30 pm | Mecklenburg
\$15 | 2 credit hours | Level: Intermediate

ZERO TO 3: THE GROWING BRAIN – COMMUNICATION AND LANGUAGE DEVELOPMENT

This session focuses on communication and language that develop in the first three years, the brain's role in the development of these skills, and how to support them. In this training, you will learn about specific communication milestones, when they typically emerge, and how this relates to brain development; strategies for supporting early communication; and gain an understanding of how multi-language learning occurs.

Wed., Feb. 26 | 5-8 pm | Mecklenburg
Wed., March 18 | 5-8 pm | Mecklenburg
\$15 | 3 credit hours | Level: Beginner

ZERO TO 3: THE GROWING BRAIN – LET'S PLAY

This session focuses on the stages and types of play that unfold in early childhood, the role of the brain in this process, and how to maximize children's learning through play. In this training, you will learn about the development of play, the differences between free and guided play, the core skills children develop through play, and how to promote these skills.

Thu., Feb. 6 | 5-8 pm | Mecklenburg
Sat., March 14 | 9 am-noon | Mecklenburg
\$15 | 3 credit hours | Level: Beginner

PRESCHOOL

RAINY DAY FUN

Can't take the children outside? Have fun inside! This training will give ideas for indoor activities, along with handouts and resources to take back to your program to use right away. *This is an interactive session, so please dress accordingly.

[Tue., March 24 | 10 am-noon | Mecklenburg](#)
\$15 | 2 credit hours | Level: Beginner

PROFESSIONALISM

EFFECTIVE COMMUNICATION IN THE WORKPLACE

This course is designed to enhance communication skills among co-workers and families. Participants will learn the difference between effective and ineffective communication strategies. Participants will discuss various conflict resolution strategies. Participants will also be able to test their knowledge by developing a plan to improve communication with co-workers, parents, and students, making communication in the workplace more effective overall.

[Thu., Jan. 9 | 6:30-8:30 pm | Rowan](#)
\$15 | 2 credit hours | Level: Beginner

HOW TO GET PARENTS AND FAMILIES ON YOUR TEAM

Parent and family participation is a vital part of a successful child care program. This session will highlight how to inform parents about your program and its services, as well as how to encourage them to get involved. Discussion will include supporting families in visiting your program before enrolling their child, methods for staff to meet with families, procedures for family members to participate in program activities, and processes for families to share concerns. *This session will support the implementation of the requirements of the Child Care Rule: Parent Participation: .0513, .0514 and .0515.*

[Thu., March 12 | 6:30-8:30 pm | Union](#)
[Tue., March 24 | 6:30-8:30 pm | Mecklenburg](#)
\$15 | 2 credit hours | Level: Intermediate

NC CHILD CARE REGULATIONS BOOT CAMP

This training will help participants understand: 1) how to read the NC child care regulations that pertain to NC licensed programs; 2) how to stay in compliance with regulations by using best practices in classrooms; and 3) how to articulate the relationship between NC child care regulation, targeting instructional practices, NC Foundations for Early Learning and Development, NC professional teaching standards and Environment Rating Scales. Teachers will leave with a great understanding of the components needed for high-quality early childhood education and a knowledge of recent regulation changes.

[Mon., Jan. 20 | 6:30-8:30 pm | Rowan](#)
\$15 | 2 credit hours | Level: Entry

SCHOOL-AGE

****See also Page 2 for our featured series****

BSAC (BASIC SCHOOL AGE CARE)

The state of North Carolina mandates BSAC training for all school-age professionals who work in or operate a licensed child care program. The modules in BSAC cover the elements of quality care, child development, positive guidance, age-appropriate activities, environmental design, health/safety, and NC Child Care Regulations.

[Tue., Feb. 4 | 9 am-3 pm | Mecklenburg](#)
\$25 | 5 credit hours | Level: Entry

SOCIAL & EMOTIONAL DEVELOPMENT

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 of social stories in the early childhood classroom as a tool to support a child who is struggling with a challenging behavior.

[Thu., March 26 | 6:30-8:30 pm | Cabarrus](#)
\$15 | 2 credit hours | Level: Beginner

INTRODUCTION TO SOCIAL EMOTIONAL LEARNING FOR YOUNG CHILDREN

This interactive workshop will provide participants the opportunity to explore common barriers to Social Emotional Learning program implementation. Participants will gain knowledge about proven successful implementation approaches. Tools and strategies will be shared that address program launching. Participants will be exposed to materials designed to support successful implementation in the classroom. Building a relationship between children and a teacher is the first element needed for children to learn in a classroom. This workshop adds fun simple activities for teachers to build a relationship with young children. Teachers will learn components that define a school family. Participants will engage in activities to produce materials to bring back to their own classroom.

[Mon., Feb. 24 | 6:30-8:30 pm | Rowan](#)
\$15 | 2 credit hours | Level: Entry

LET'S D-I-S-H! DIRECTORS IMPLEMENTING SOCIAL-EMOTIONAL HEALTH

Join us for an information-packed session that explores the CSEFEL Pyramid model, stresses the importance of social-emotional well-being, and reviews resources for directors to share with teachers and parents about understanding and supporting social-emotional development. This is the key to unlocking your center's plan for positive classroom behaviors, school readiness, content parents, and happy teachers.

[Thu., Feb. 20 | 6:30-8:30 pm | Stanly](#)
\$7 | 2 credit hours | Level: Beginner

POSITIVE GUIDANCE FOR INFANTS, TODDLERS, AND 2'S

So you think you know how to play with very young children? Is your environment set up for maximum learning experiences, or are the children hitting, pushing, and biting? Did you know that you can begin guiding children toward appropriate behavior choices with even the youngest infant? Let's discover together the importance of creating an optimal atmosphere for the growth and development of very young children while learning to embrace Responsive Guidance Techniques that calm the most spirited infant, toddler, or 2-year-old.

Wed., Jan. 15 | 6:30-8:30 pm | Rowan
\$15 | 2 credit hours | Level: Beginner

THE POWER OF POSITIVE RELATIONSHIPS

The Pyramid Model, developed by the Center on the Social-Emotional Foundations of Early Learning (CSEFEL), provides a framework for preschool teachers to support the social-emotional development of young children. In this module we'll explore attitudes about challenging behaviors and the range of factors that influence a child's behavior, define the relationship between social-emotional development and children's behavior, and learn a framework to enhance social emotional competence and reduce challenging behaviors, and focus on positive relationships as the crucial foundation of children's ability to learn. **Attendance in both sessions is required to receive credit.*

Tue., Feb. 11 & Wed., Feb. 12
6:30-9 pm | Mecklenburg | \$20

5 credit hours | 0.5 CEUs | Level: Beginner

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, 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.

Thu., Jan. 23 | 6:30-8:30 pm | Stanly
\$7 | 2 credit hours | Level: Beginner

PYRAMID MODEL SERIES FOR INFANT/TODDLER CLASSROOMS: RELATIONSHIPS ARE KEY

Yes, even infants and toddlers can have behaviors that challenge us. Did you know that understanding the Pyramid Model developed by the Center on the Social and Emotional Foundations for Early Learning (CSEFEL) can help? Infant and toddler teachers sometimes feel that ALL they do is wipe noses and change diapers. Every moment in an infant-toddler classroom (including wiping noses, changing diapers, and dealing with challenging behavior) is an opportunity to build the foundation of lifelong social emotional competence and reduce challenging behaviors. Relationships are key from the very beginning; one positive relationship can make a lifelong impact. In this module, participants will explore attitudes about challenging behavior, discuss how relationships build brain capacity, and identify strategies for developing positive relationships with babies and their families.

Sat., Feb. 22 | 8:30 am-2:30 pm
Mecklenburg | \$25 | 5 credit hours
0.5 CEUs | Level: Intermediate

SELF-REGULATION STARTS WITH TEACHING CHILDREN BREATHING TECHNIQUES

Children need a teacher that role models social and emotional skills. In this training, teachers will learn positive guidance techniques with young children in a classroom. Participants will learn how children develop and the research that supports teaching young children social-emotional lessons. We will review the components of a self-regulating corner (aka cozy corner, safe place, etc.) and the materials that should be included. In this workshop participants will walk away with breathing techniques that can be used for calming down. Participants will engage in activities to produce materials to bring back to their own classroom.

Mon., Feb. 17 | 6:30-8:30 pm | Rowan
\$15 | 2 credit hours | Level: Beginner

STAYING ON TRACK

Why are daily classroom routines and schedules 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.

Thu., Jan. 16 | 6:30-8:30 pm | Union
\$15 | 2 credit hours | Level: Entry

USING POSITIVE DISCIPLINE TO MANAGE CHALLENGING BEHAVIORS

This course is designed to help teachers understand why challenging behaviors exist and how to react with positive discipline strategies. Participants will learn best practice for discipline and behavior management.

Thu., Jan.30 | 6:30-8:30 pm | Rowan
\$15 | 2 credit hours | Level: Beginner

REGISTRATION FORM

*Mecklenburg, Cabarrus, Union counties only

Organization/Program Name: _____

Organization Address: _____

City: _____ State: _____ County: _____ Zip Code: _____

Organization Phone Number: _____ Fax Number: _____

Email Address: _____

Type of Program (circle one): Child Care Center / Family Child Care Home / Other _____

Please list the title and date of the training session selection(s). In order to register multiple participants, you must include their last name and the last four digits of their Social Security Number. Please make copies as needed to register additional participants or sessions.

TRAINING SESSION TITLE: _____ **Date of Session:** _____

Participant Name: (First, Last): _____

Participant Address: _____

Participant City: _____ State: _____ County: _____ Zip: _____

Participant Phone: _____ Email: _____

Position (Administrator/Teacher/Assistant): _____ Last 4 digits of participant's SSN: _____

Ethnicity (circle one) Caucasian / African American / Asian / Hispanic-Latino / Native American / Multi-Racial / Prefer not to give

Gender (circle one) M / F

____ # of children in care (0-3yrs) ____ # of children in care (3-5yrs) ____ # of children in care (5-12yrs)

Participant Age: ____ 15-19 years ____ 20-25 ____ 25-34 ____ 35-44 ____ 45-59 ____ 60-69 ____ 65 and over ____ Prefer not to give

TRAINING SESSION TITLE: _____ **Date of Session:** _____

Participant Name: (First, Last): _____

Participant Address: _____

Participant City: _____ State: _____ County: _____ Zip: _____

Participant Phone: _____ Email: _____

Position (Administrator/Teacher/Assistant): _____ Last 4 digits of participant's SSN: _____

Ethnicity (circle one) Caucasian / African American / Asian / Hispanic-Latino / Native American / Multi-Racial / Prefer not to give

Gender (circle one) M / F

____ # of children in care (0-3yrs) ____ # of children in care (3-5yrs) ____ # of children in care (5-12yrs)

Participant Age: ____ 15-19 years ____ 20-25 ____ 25-34 ____ 35-44 ____ 45-59 ____ 60-69 ____ 65 and over ____ Prefer not to give

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