



Training Events Listing - Updated October 2018–February 2019 Training Calendar




October

Date	Title	Time	Location	Fee
Monday, 10/1/2018	Supporting Early Brain Development	6:00 PM-8:00 PM	YWCA of the Sauk Valley, Sterling	Fee: Non 4-C Members: \$10 4-C Members: free
Tuesday, 10/2/2018	We Have to Talk: Partnering with Families for Effective Communication	6:30 PM-8:30 PM	4-C Office, DeKalb	Fee: Non 4-C Members: \$10 4-C Members: free
Saturday, 10/6/2018	 An Introduction to the Environment Rating Scales (includes the new ECERS-3)	8:30 AM-12:30 PM	4-C Office, DeKalb	Fee: \$10 non-refundable and non-transferable fee required to register.
Tuesday, 10/16/2018	What is CCAP?	6:00 PM-8:00 PM	YWCA of the Sauk Valley, Sterling	Free Training
Thursday, 10/18/2018	 Basics of Culturally and Linguistically Appropriate Practice	6:15 PM-9:15 PM	NISRA, Crystal Lake	Free Training
Wednesday, 10/24/2018	Recognizing and Reporting Child Abuse: Training for Mandated Reporters	2:00 PM-4:00 PM	4-C Office, DeKalb	Free training
Saturday, 10/27/2018	Child Development, Health and Safety Basics	8:00 AM-12:00 PM	4-C Office, DeKalb	Free training
Saturday, 10/27/2018	 Caring for Mixed Ages of Children	8:00 AM-11:30 AM	4-C Office, DeKalb	Fee: \$10 non-refundable and non-transferable fee required to register.
Saturday, 10/27/2018	 Early Childhood Development Screening	8:00 AM-4:00 PM	CGH Hospital, Sterling	Fee: \$15 non-refundable and non-transferable fee required to register.
Saturday, 10/27/2018	PCAN: Supportive Relationships with Infants, Toddlers and Their Families	8:30 AM-4:30 PM	McHenry County Mental Health Board, Crystal Lake	Fee: \$15 non-refundable and non-transferable fee required to register.




November

Date	Title	Time	Location	Fee
Thursday, 11/1/2018	Everyone is Important: Welcoming Diverse Families in Early Childhood	6:30 PM-8:30 PM	Sterling/Rock Falls Child Care, Sterling	Fee: Non 4-C Members: \$10 4-C Members: free
Saturday, 11/3/2018	Child Development, Health and Safety Basics	8:00 AM-12:00 PM	CGH Hospital, Sterling	Free training
Saturday, 11/3/2018	 An Introduction to the Environment Rating Scales (includes the new ECERS-3)	8:30 AM-12:30 PM	Shah Center, McHenry	Fee: \$10 non-refundable and non-transferable fee required to register.
Saturday, 11/10/2018	ECE Credential Level 1 - Module 1: Child Development Overview	8:00 AM-11:00 AM	4-C Office, DeKalb	Free training
Saturday, 11/10/2018	ECE Credential Level 1 - Module 2a: Health Issues for Children in Group Care	11:30 AM-2:30 PM	4-C Office, DeKalb	Free training
Saturday, 11/10/2018	Child Development, Health and Safety Basics	8:30 AM-12:30 PM	NISRA, Crystal Lake	Free Training
Tuesday, 11/13/2018	What is CCAP?	6:30 PM-8:30 PM	4-C Office, DeKalb	Free Training
Thursday, 11/15/2018	STEAM for Infants and Toddlers: Facilitating Young Learner's Natural Discoveries	6:00 PM-8:00 PM	Little Sprouts Daycare and Preschool, Lanark	Fee: Non 4-C Members: \$10 4-C Members: free
Tuesday, 11/20/2018	Recognizing and Reporting Child Abuse: Training for Mandated Reporters	6:00 PM-8:00 PM	4-C Office, DeKalb	Free training
Thursday, 11/29/2018	 Introduction to Developmental Screening Tools	6:15 PM-9:15 PM	NISRA, Crystal Lake	Fee: \$10 non-refundable and non-transferable fee required to register.




December

Date	Title	Time	Location	Fee
Saturday, 12/1/2018	Child Development, Health and Safety Basics	8:00 AM-12:00 PM	4-C Office, DeKalb	Free training
Saturday, 12/1/2018	 An Introduction to the Environment Rating Scales (includes the new ECERS-3)	8:30 AM-12:30 PM	CGH Hospital, Sterling	Fee: \$10 non-refundable and non-transferable fee required to register.
Thursday, 12/6/2018	Recognizing and Reporting Child Abuse: Training for Mandated Reporters	6:00 PM-8:00 PM	4-C Office, McHenry	Free training
Saturday, 12/8/2018	Program for Infant Toddler Care (PITC): Culture, Family and Provider - Module 4	8:00 AM-4:30 PM	4-C Office, DeKalb	Fee: Non 4-C Members: \$15 4-C Members: free
Saturday, 12/8/2018	ECE Credential Level 1 - Module 2b: Nutrition Issues for Group Care	8:00 AM-11:00 AM	4-C Office, DeKalb	Free training
Saturday, 12/8/2018	ECE Credential Level 1 - Module 2c: Safety Issues for Group Care	11:30 AM-2:30 PM	4-C Office, DeKalb	Free training
Tuesday, 12/11/2018	Supporting Family Child Care Providers in Responsive Parent Relationships	6:30 PM-8:30 PM	4-C Office, DeKalb	Fee: Non 4-C Members: \$10 4-C Members: free

January

Date	Title	Time	Location	Fee
Tuesday, 1/8/2019	ExceleRate Illinois Orientation	6:30 PM-8:30 PM	4-C Office, DeKalb	Free Training
Saturday, 1/12/2019	 Illinois Early Learning & Development Standards	8:30 AM-3:00 PM	4-C Office, DeKalb	Free Training
Saturday, 1/12/2019	ECE Credential Level 1 Module 3: Observation and Guidance	8:00 AM-11:00 AM	4-C Office, DeKalb	Free Training
Saturday, 1/12/2019	ECE Credential Level 1 Module 4: Learning Happens in Relationships	11:30 AM-2:30 PM	4-C Office, DeKalb	4-C Office, DeKalb
Thursday, 1/17/2019	Creating Secure Child-Caregiver Relationships	6:30 PM-8:30 PM	Huntley Park District Rec Center, Huntley	Fee: Non 4-C Members: \$10 4-C Members: free
Thursday, 1/24/2019	 Family and Community - Partners in Learning	6:15 PM-9:15 PM	McHenry County Mental Health Board, Crystal Lake	Fee: \$10 non-refundable and non-transferable fee required to register.
Saturday, 1/26/2019	Program for Infant Toddler Care (PITC): Learning and Development - Module 3	8:00 AM-4:30 PM	4-C Office, DeKalb	Fee: Non 4-C Members: \$15 4-C Members: free
Saturday, 1/26/2019	Child Development, Health and Safety Basics	8:00 AM-12:00 PM	4-C Office, McHenry	Free Training
Monday, 1/28/2019	Webinar: Adverse Childhood Experiences: What You Need to Know	6:00 PM-8:00 PM	Webinar	Fee: Non 4-C Members: \$10 4-C Members: free
Tuesday, 1/29/2019	 Creating Individual Professional Development Plans	9:00 AM-12:00 PM	CGH Hospital, Sterling	Fee: \$10 non-refundable and non-transferable fee required to register.

February

Date	Title	Time	Location	Fee
Saturday, 2/2/2019	We Choose Health Modules 1 & 2 (Childhood Obesity and Nutrition for Young Children)	8:30 AM-12:30 PM	4-C Office, DeKalb	Fee: Non 4-C Members: \$10 4-C Members: free
Saturday, 2/2/2019	Child Development, Health and Safety Basics	8:00AM-12:00PM	4-C Office, DeKalb	Free training
Tuesday, 2/5/2019	The Science of Challenging Behaviors	6:30 PM-8:30 PM	4-C Office, DeKalb	Fee: Non 4-C Members: \$10 4-C Members: free
Saturday, 2/9/2019	 An Introduction to the Environment Rating Scales (includes the new ECERS-3)	8:30 AM-12:30 PM	4-C Office, DeKalb	Fee: \$10 non-refundable and non-transferable fee required to register.
Saturday, 2/9/2019	ECE Credential Level 1 Module 5: Family and Community Relationships	8:00 AM-11:00 AM	4-C Office, DeKalb	Free Training
Saturday, 2/9/2019	ECE Credential Level 1 Module 6: Personal and Professional Development	11:30 AM-2:30 PM	4-C Office, DeKalb	Free Training
Saturday, 2/9/2019	 Finding a Curriculum that Works for You	8:00 AM-12:00 PM	CGH Hospital, Sterling	Free Training
Tuesday, 2/12/2019	Tax and Recordkeeping for Family Child Care	6:30 PM-8:30 PM	4-C Office, DeKalb	Fee: Non 4-C Members: \$10 4-C Members: free
Wednesday, 2/13/2019	What is CCAP?	6:30 PM-8:30 PM	4-C Office, McHenry	Free Training
Saturday, 2/16/2019	We Choose Health Modules 3 & 4 (Physical Activity for Young Children and Working with Families to Promote Health Behaviors)	8:30 AM-12:30 PM	4-C Office, DeKalb	Fee: Non 4-C Members: \$10 4-C Members: free
Saturday, 2/16/2019	Child Development, Health and Safety Basics	8:00AM-12:00PM	CGH Hospital, Sterling	Free training
Saturday, 2/16/2019	 Welcoming Each and Every Child	8:30 AM-4:30 PM	United Way of Greater McHenry County, McHenry	Fee: \$15 non-refundable and non-transferable fee required to register.
Monday, 2/25/2019	Webinar: Moving Beyond Time Out	6:00 PM-8:00 PM	Webinar	Fee: Non 4-C Members: \$10 4-C Members: free

 ExceleRate Training available to all providers regardless of ExceleRate Circle of Quality. See training description for specific audience.

This is a printer friendly listing of our training events. The most up-to-date training information can be found on our electronic calendar at www.four-c.org/calendar. Visit our website to search for trainings by keyword, category, and more.

CPR/First Aid Training

Training fee is waived for providers caring for families on the 4-C CCAP caseload or working in a child care center serving CCAP families in Carroll, DeKalb, Lee, McHenry, Ogle, or Whiteside counties. Reimbursement is available for providers taking CPR/First Aid outside of 4-C. See guidelines on the training calendar page of our website.

Providers not being paid by CCAP are required to pay the \$20 fee and have a current 4-C membership.

Date	Location	Time
Saturday, October 6, 2018	4-C DeKalb Office, DeKalb	8:00 AM-2:00 PM
Saturday, October 20, 2018	McHenry County Mental Health Board, Crystal Lake	8:30 AM-1:30 PM
Saturday, October 20, 2018	4-C DeKalb Office, DeKalb	8:00 AM-2:00 PM
Saturday, October 27, 2018	CGH Medical Center, Sterling	10:00 AM-2:00 PM
Saturday, October 27, 2018	4-C McHenry Office, McHenry	8:30 AM-1:30 PM
Saturday, November 3, 2018	CGH Medical Center, Sterling	10:00 AM-2:00 PM
Saturday, November 3, 2018	4-C McHenry Office, McHenry	8:30 AM-1:30 PM
Saturday, November 10, 2018	4-C DeKalb Office, DeKalb	8:00 AM-2:00 PM
Saturday, November 10, 2018	CGH Medical Center, Sterling	10:00 AM-2:00 PM
Saturday, November 17, 2018	4-C DeKalb Office, DeKalb	8:00 AM-2:00 PM
Saturday, November 17, 2018	4-C McHenry Office, McHenry	8:30 AM-1:30 PM
Saturday, December 1, 2018	4-C DeKalb Office, DeKalb	8:00 AM-2:00 PM
Saturday, December 1, 2018	4-C McHenry Office, McHenry	8:30 AM-1:30 PM
Saturday, December 1, 2018	CGH Medical Center, Sterling	10:00 AM-2:00 PM
Saturday, December 8, 2018	CGH Medical Center, Sterling	10:00 AM-2:00 PM
Saturday, December 15, 2018	4-C DeKalb Office, DeKalb	8:00 AM-2:00 PM
Saturday, December 15, 2018	CGH Medical Center, Sterling	10:00 AM-2:00 PM
Saturday, December 15, 2018	McHenry County Mental Health Board, Crystal Lake	8:30 AM-1:30 PM
Saturday, January 19, 2019	CGH Medical Center, Sterling	10:00 AM-2:00 PM
Saturday, January 19, 2019	4-C McHenry Office, McHenry	8:30 AM-1:30 PM
Saturday, February 16, 2019	4-C DeKalb Office, DeKalb	8:00 AM-2:00 PM
Saturday, February 16, 2019	McHenry County Mental Health Board, Crystal Lake	8:30 AM-1:30 PM
Saturday, February 23, 2019	CGH Medical Center, Sterling	10:00 AM-2:00 PM

American Heart Association Heartsaver Pediatric First Aid, CPR & AED

Audience: Open to All Providers; Including providers participating in the Child Care Assistance Program

CPR/First Aid trainings are open to providers 18 years and older working in child care settings in Carroll, DeKalb, Lee, McHenry, Ogle and Whiteside counties.

4-6 Training Hours; Level of Learning: Introductory

Presenter(s): 4-C DeKalb Office: Steve Kimmel, Director, Kishwaukee College Early Childhood Center; 4-C McHenry Office: Debra Peterson, RN, CCNC, CPR/First Aid Instructor; CGH Medical Center: April Johnson, CPR/First Aid Instructor

Adverse Childhood Experiences: What You Need to Know

Audience: All Providers

Children who are exposed to adverse childhood experiences (ACEs) face an increased risk for social-emotional, physical, and mental health issues. ACEs include abuse, neglect, parental separation or divorce, and other traumatic experiences before the age of eighteen. This webinar explores the awareness of trauma in young children and families and discusses the role of the early care and education professional in nurturing resilience.

2 Training Hours; Level of Learning: Introductory

Presenter(s): Karla Belzer, Family Life Educator, University of Illinois Extension Office

An Introduction to the Environment Rating Scales

Audience: All Providers

This training is for center-based programs and family child care providers and offers an overview of the Environment Rating Scales. The Environment Rating Scales are user-friendly assessment tools that measure the quality of the learning environment for infants through school-age children. After completing this training, participants will be able to use the tool(s) for program self-assessment and improvement planning.

4 Training Hours; Level of Learning: Intermediate

Presenter(s): October and February Training: Stephanie Budziak, 4-C Infant Toddler Child Care Specialist

November and December Training: Barb Christmas, 4-C Quality Specialist

Basics of Culturally and Linguistically Appropriate Practice

Audience: All Providers

In this training, participants will learn about the complexities of culture and how culture impacts interactions with families and other professionals. Through discussion and group activities, participants will explore their own cultural competence and awareness.

3 Training Hours; Level of Learning: Introductory

Presenter(s): Maggie Mosca, MSW, 4-C Early Childhood Mental Health Consultant

Caring for Mixed Ages of Children

Audience: Family Child Care Providers

In this training, participants will define developmentally appropriate practice (DAP) as well as recognize the importance of DAP when caring for mixed ages of children. Components of a safe and healthy family child care environment serving mixed ages of children will be discussed as well as identifying areas for program improvement.

3.5 Training Hours; Level of Learning: Introductory

Presenter(s): Rachel Feigel, ITN Curricula Trainer

Child Development, Health and Safety Basics

Audience: All Providers; including providers participating in the Child Care Assistance Program

This training will provide participants an overview of child development, health, and safety issues for children birth through early school-age. Emphasis will be on understanding patterns of development, developmental domains, and the role of nutrition in development. In addition, health and safety issues will address supporting the growth of healthy children – from the basics such as handwashing to more in-depth practices surrounding healthy procedures and disease prevention. Participants will learn more about emergency planning/preparedness and first aid as well as identify tips for maintaining safe indoor/outdoor environments.

4 Training Hours; Level of Learning: Introductory

Presenter(s): DeKalb and Whiteside County Training: Andrea Angileri, Ed.S., ITN Curricula Trainer

McHenry County Training November: Ruth Van Duzer, ITN Curricula Trainer and Director of Kindercare Learning Center January: Nicole Davis, 4-C Recruitment & Retention Coordinator/Referral Specialist

Creating Individual Professional Development Plans

Audience: All Providers

Participants will define and explain the value of professional development. This training will assist in recognizing the relationship of staff development to Continuous Quality Improvement. Participants will also be able to identify the components of an effective professional development plan.

3 Training Hours; Level of Learning: Introductory

Presenter(s): Barb Christmas, 4-C Quality Specialist

Creating Secure Child-Caregiver Relationships

Audience: All Providers

The value of relationships when caring for children is immeasurable. In this training, participants will be introduced to concepts to help shift focus from behavior management to building relationships to create secure attachments with children. The training will allow participants opportunities to learn steps to build self-reflection while providing care for children. It will also identify strategies to help support empathy and emotional regulation in themselves, and in turn the children they are caring for day-to-day.

2 Training Hours; Level of Learning: Introductory

Presenter(s): Maggie Mosca, MSW, 4-C Early Childhood Mental Health Consultant

Early Childhood Development Screening

Audience: All Providers

This training reviews child growth and development in early childhood environments. A review of several commercial screening tools is discussed to allow child care practitioners more options on monitoring a child's typical development. Case studies provide hands-on learning for the participant on use of a developmental screening tool and guidelines for referral to an early intervention program. Please note: Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

7.5 Training Hours; Level of Learning: Intermediate

Presenter(s): Stephanie Witt, ITN Curricula Trainer

ECE Credential Level 1 - Module 1: Child Development Overview

Audience: All Providers; including providers participating in the Child Care Assistance Program

Participants receive an overview in child development for children birth through early school-age. Emphasis will be on understanding basic milestones in development as well as on strategies used to promote the healthy development of children.

Please note: If you are attending modules 1 and 2a there will be a 30 minute lunch break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

3 Training Hours; Level of Learning: Introductory

Presenter(s): Andrea Angileri, Ed.S., ITN Curricula Trainer

ECE Credential Level 1 - Module 2a: Health Issues for Children in Group Care

Audience: All Providers; including providers participating in the Child Care Assistance Program

Ensuring a child's health and well-being requires more than basic first aid and emergency contacts. In this module, you will learn how to help the growth of healthy children—from the basics like hand washing to a more in-depth look at various practices surrounding health care.

3 Training Hours; Level of Learning: Introductory

Presenter(s): Andrea Angileri, Ed.S., ITN Curricula Trainer

ECE Credential Level 1- Module 2b: Nutrition Issues for Group Care

Audience: All Providers; including providers participating in the Child Care Assistance Program

Whether you are responsible for providing a quick snack or a well-balanced meal, understanding children's dietary needs creates healthier and happier kids. Learn the basics of good nutrition, food safety, and various practices surrounding nutrition through this module that offers hands-on activities and practical discussions that will make science and good nutrition easy to understand. **Please note:** If you are attending modules 2b and 2c there will be a 30 minute lunch break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

3 Training Hours; Level of Learning: Introductory

Presenter(s): Andrea Angileri, Ed.S., ITN Curricula Trainer

ECE Credential Level 1 - Module 2c: Safety Issues for Group Care

Audience: All Providers; including providers participating in the Child Care Assistance Program

A child's safety is the number one concern for parents and child care providers alike. In this module, you will identify tips for creating a safer group care environment, confront the issue of abuse and neglect, and learn more about emergency preparedness and first aid.

3 Training Hours; Level of Learning: Introductory

Presenter(s): Andrea Angileri, Ed.S., ITN Curricula Trainer

ECE Credential Level 1 - Module 3: Observation and Guidance

Audience: All Providers; including providers participating in the Child Care Assistance Program

To know how to best help children in your care, it is important to observe them and identify their specific needs. This session will define the different kinds of observation skills you can use when caring for children and how to offer more effective guidance and discipline. Please note: If you are attending modules 3 and 4 there will be a 45 minute lunch break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant. Please note: If you are attending modules 3 and 4 there will be a 30 minute lunch break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

3 Training Hours; Level of Learning: Introductory

Presenter(s): Andrea Angileri, Ed.S., ITN Curricula Trainer

ECE Credential Level 1 - Module 4: Learning Happens in Relationships

Audience: All Providers; including providers participating in the Child Care Assistance Program

Our children are constantly responding to family members, teachers, and social relationships that help to shape their understanding of the world around them. This module explores how relationships between families, children, and teachers can help learning, and how crafting the environment around them can help children learn.

3 Training Hours; Level of Learning: Introductory

Presenter(s): Andrea Angileri, Ed.S., ITN Curricula Trainer

ECE Credential Level 1 - Module 5: Family and Community Relationships

Audience: All Providers; including providers participating in the Child Care Assistance Program

As our partner in child development, families—especially parents—directly affect a child’s learning. In this class, you will learn new ways of working with parents to help their children enjoy learning. You also will explore the social world of a family to be sure that the learning that takes place in your care is consistent with learning done at home. Please note: If you are attending modules 5 and 6 there will be a 30 minute lunch break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

3 Training Hours; Level of Learning: Introductory

Presenter(s): Andrea Angileri, Ed.S., ITN Curricula Trainer

ECE Credential Level 1 - Module 6: Personal and Professional Development

Audience: All Providers; including providers participating in the Child Care Assistance Program

What does it mean to be a child care professional? How can you be sure you are getting the support and supplies you need? How can you set effective limits with parents and children alike? You will also learn about your own professional development and how to take care of yourself so you can continue to care for others.

3 Training Hours; Level of Learning: Introductory

Presenter(s): Andrea Angileri, Ed.S., ITN Curricula Trainer

Everyone is Important - Welcoming Diverse Families in Early Childhood

Audience: All Providers

Today, the definition of a traditional family has changed from what we used to know. In this training, we will address ways to welcome families of different make-ups by building an inclusive, respectful community in which to care for their children. Providers will be given the opportunity to discover ways to help children feel included and welcome, which will help build their self-esteem and develop positive attitudes.

2 Training Hours; Level of Learning: Intermediate

Presenter(s): Maggie Mosca, MSW, 4-C Early Childhood Mental Health Consultant

ExceleRate Illinois Orientation

Audience: Center Based Program Directors and Administrators Only

ExceleRate™ Illinois is the new quality rating and improvement system for licensed child care centers, Head Start, and Preschool for All programs. This orientation provides child care centers an overview of the goals, quality indicators, benefits of participation, application process, and the system supports available for success at reaching each Circle of Quality.

2 Training Hours; Level of Learning: Introductory

Presenter(s): Barb Christmas, 4-C Quality Specialist

Family and Community - Partners in Learning

Audience: All Providers

The benefits of strong family and community engagement practices in the child care setting will be the basis of discussion. Participants will identify the strengths of current family and parent policies, as well as discuss strategies to develop a strengths-based family and community engagement plan.

3 Training Hours; Level of Learning: Introductory

Presenter(s): Cheryl Joseph, ITN Curricula Trainer

Finding a Curriculum that Works for You

Audience: All Providers

Participants will define developmentally appropriate practice and review the benefits of various curricula approaches. Through group activities and discussion on the use of effective curriculum, participants will be able to determine which curriculum approach best fits their program.

4 Training Hours; Level of Learning: Introductory

Presenter(s): Rachel Feigel, ITN Curricula Trainer

Illinois Early Learning & Development Standards

Audience: All Providers Caring for Preschool Age Children

This training gives early childhood practitioners an overview of the revised learning and development standards for preschool children ages three to five. Through discussion and small group activities, training participants will learn how to connect the standards with daily practice in their programs. There will be a 30 minute break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

6 Training Hours; Level of Learning: Intermediate

Presenter(s): Barb Christmas, 4-C Quality Specialist

Introduction to Developmental Screening Tools

Audience: All Providers

The process of developmental screening in the early childhood setting is introduced to practitioners. A review of several commercial screening tools is discussed to provide child care practitioners' options in monitoring a child's typical development.

3 Training Hours; Level of Learning: Introductory

Presenter(s): Maggie Mosca, MSW, 4-C Early Childhood Mental Health Consultant

Moving Beyond Time Out

Audience: All Providers

Time-out has not been effective in helping children develop self-regulation skills. Learn ways to respond to children to help them develop emotional awareness and ways to provide calming activities for children who are upset.

2 Training Hours; Level of Learning: Introductory

Presenter(s): Karla Belzer, Family Life Educator, University of Illinois Extension Office

PCAN: Supportive Relationships with Infants, Toddlers and Their Families

Audience: All Providers Caring for Infants and Toddlers

Through this training participants will look deeply at the relationship building process between caregivers, families and children. We will spend time identifying strategies to work effectively with parents, and examining participants' own cultural influences that contribute to views of child rearing and child development. A step-by-step reflective process is used to support caregiver practices as we define and relate healthy social-emotional development of infants and toddlers to relationships with parents and caregivers. There will be a 30 minute break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

7.5 Training Hours; Level of Learning: Intermediate

Presenter(s): Stephanie Budziak, 4-C Infant Toddler Child Care Specialist

Program for Infant Toddler Care (PITC): Learning and Development - Module 3

Audience: All Providers Caring for Infants, Toddlers and Twos

This session explores brain development, early learning and language development, and appropriate curriculum planning for infants and toddlers. PITC's view of infants as active, self-motivated learners is explained and the role of caregiver in supporting infants' desire for exploration is considered. The perspective that is presented can be summed up in the following way: "All children are born wired for feelings and ready to learn" when provided nurturing relationships and a peaceful but engaging environment that supports all learners, including infants with special needs. Engaging discussion and activities support participant's learning.

There will be a 30 minute break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

8 Training Hours; Level of Learning: Intermediate

Presenter(s): Stephanie Budziak, 4-C Infant Toddler Child Care Specialist

Program for Infant Toddler Care (PITC): Culture, Family and Provider - Module 4

Audience: All Providers Caring for Infants, Toddlers, and Twos

Through viewing and discussing DVDs, personal reflection, and large and small group discussions, participants explore their cultural expectations and biases and have an opportunity to learn about alternative perspectives and realities through the cultural lenses and experiences of others. Throughout these sessions, participants will increase their awareness of their own cultural assumptions and how these assumptions may affect their interaction with families from cultures different from their own. Participants will also explore the different emotions parents often feel when bringing their infants to infant/toddler care programs. This type of exploration is designed to help participants increase their capacity for becoming culturally aware and responsive to families with children in infant/toddler care. There will be a 30 minute break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

8 Training Hours; Level of Learning: Intermediate

Presenter(s): Stephanie Budziak, 4-C Infant Toddler Child Care Specialist

STEAM for Infants and Toddlers: Facilitating Young Learner's Natural Discoveries

Audience: All Providers Caring for Infants, Toddlers, and Twos

What is STEAM all about for our youngest learners? Providers will learn to recognize what STEAM concepts look like in developmentally appropriate learning experiences for infants and toddlers. Participants will also review the role of the provider in facilitating these experiences in infant toddler environments with materials that stimulate children's natural motivation to explore and discover. Participants will also engage in hands-on, interactive activities and discover ways to apply STEAM concepts to everyday caregiving through best practices.

2 Training Hours; Level of Learning: Introductory

Presenter(s): Stephanie Budziak, 4-C Infant Toddler Child Care Specialist

Supporting Early Brain Development

Audience: All Providers

Supporting the healthy development of the young child's brain is both a tremendous opportunity and an awesome responsibility. While brain development begins prenatally, the brain is not fully developed at birth and the environment in which the young child grows up strongly influences how the brain is wired. Brain development is not complete at birth. Although many processes of brain development begin prenatally, significant brain growth continues long after birth. The brain continues to organize itself, make and refine connections, and develop protective coatings on the neurons for many months and years. This workshop explains the five basic processes of brain development, how the brain develops through life, and how repetition and experiences play a role in shaping brain development. We'll also experience the Brain Architecture Game, an experience that builds understanding of the powerful role of experiences on early brain development.

2 Training Hours; Level of Learning: Introductory

Presenter(s): Karla Belzer, Family Life Educator, University of Illinois Extension Office

Supporting Family Child Care Providers in Responsive Parent Relationships

Audience: Family Child Care Providers Only

Family Child Care providers are often linked closely with families of the children they care for. This session will explore ways to understand stages of parenting, help gain perspective on how parenting styles affect relationships with the child and caregiver, and how to build responsive relationships that support the children and their families in the family child care setting.

2 Training Hours; Level of Learning: Introductory

Presenter(s): Stephanie Budziak, 4-C Infant Toddler Child Care Specialist

Tax and Recordkeeping for Family Child Care

Audience: Family Child Care Providers Only

Does keeping up with current tax laws as it relates to self-employed business practices seem overwhelming? Learn what it means to be self-employed, how to track income and expenses, and what business expenses can be deducted. Gain other useful resources for tax planning.

2 Training Hours; Level of Learning: Intermediate

Presenter(s): Mike Allen, Certified Public Accountant

The Science of Challenging Behaviors

Audience: All Providers

The brain is a complex thing. Early childhood professionals are like neurobiologist trying to interpret the needs of children on a daily basis. A child's brain is the most fluid during the early years of life. In this training, participants will learn about brain development and its effects on relationships and behavior. Participants will also begin to understand environmental factors that affect the brain, such as socioeconomic status and sensory processing difficulties.

2 Training Hours; Level of Learning: Intermediate

Presenter(s): Maggie Mosca, MSW, 4-C Early Childhood Mental Health Consultant

We Choose Health Modules 1 & 2 (Childhood Obesity and Nutrition for Young Children)

Audience: All Providers

In this training session, the problem and consequences of childhood obesity in 2–5 year old children will be discussed. The environment and the role of the child care provider in preventing obesity and shaping children’s eating behavior will be described. In addition, providers will explore some ways that can help children develop healthy eating habits and be more active. The Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) tool will be used to explore specific program improvements that guide child care providers in giving children a healthy start in life.

4 Training Hours; Level of Learning: Introductory

Presenter(s): Lindsay Marvick, RN, 4-C Nurse

We Choose Health Modules 3 & 4 (Physical Activity for Young Children and Working with Families to Promote Healthy Behaviors)

Audience: All Providers

In this session, the components of the environment and the child care provider’s role in promoting the development of active play will be described. Participants will explore the barriers and solutions to eating healthy and being physically active. Participants will use their NAP SACC results to identify specific program improvements that can help children be more active. Participants will discuss the key messages to send home with families and identify ways to improve their own nutrition and physical activity choices to better model healthy behaviors for children and families.

4 Training Hours; Level of Learning: Introductory

Presenter(s): Lindsay Marvick, RN, 4-C Nurse

We Have to Talk: Partnering with Families for Effective Communication

Audience: All Providers

The relationship with parents begins with the first inquiry and continues throughout the child care experience. In this training we will discuss techniques for communicating with families in regards to sensitive topics, as well as numerous suggestions for parent involvement.

2 Training Hours; Level of Learning: Introductory

Presenter(s): Maggie Mosca, MSW,

4-C Early Childhood Mental Health Consultant

Welcoming Each and Every Child

Audience: All Providers

This training provides information on caring for children with special needs in typical child care settings. The training helps increase the knowledge and comfort level of participants to enhance their ability to care for young children with disabilities in early childhood environments. Adaptations and modifications that will assist all children to participate in activities will be discussed. This meets the DCFS requirement for early childhood providers in special care inclusion training. There will be a 30 minute break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

7.5 Training Hours; Level of Learning: Introductory

Presenter(s):

Gloria Davis, Owner of Quality Child Care, Mt Carroll and ITN Curricula Trainer

What is CCAP?

Audience: All Providers; interested providers, parents or social service agency staff who would like to learn more about the Illinois Department of Human Services Child Care Assistance Program

Join this informative session to become more familiar with the Illinois Child Care Assistance Program’s (CCAP) policy and procedures, including the application process, provider qualifications, payment process and parent co-payments. The CCAP is funded by the IL Department of Human Services.

2 Training Hours; Level of Learning: Introductory

Presenter(s): Tracy Carls, 4-C CCAP Manager