

## Training Events Listing-WEBINARS ONLY

### October 2020 Training Calendar



October					
Date	Time	Location	Title	Trainer	Fee
Wednesday, 10/7/2020	6:00 pm- 8:00 pm	Online Webinar	Adventures in Neurodevelopment and Use of Nature	Patrick McMillon, Clinical Director, Adventure Works	Fee: <b>Non 4-C Members: \$10, 4-C Members: Free</b>
Wednesday, 10/14/2020	6:00 pm- 8:00 pm	Online Webinar	An Introduction to Contracts and Policies	Nicole Davis, Recruitment and Retention Coordinator, 4-C	Fee: <b>Non 4-C Members: \$10, 4-C Members: Free</b>
Monday, 10/19/2020	6:00 pm- 8:00 pm	Online Webinar	Self-Care: Are You Worth It?	Andrea Cossey, Mental Health Consultant, 4-C  Maureen McMurrough, Social Worker, 4-C	Fee: <b>Non 4-C Members: \$10, 4-C Members: Free</b>
Thursday, 10/22/2020	6:00 pm- 8:00 pm	Online Webinar	How to Catch a Predator: Recognizing the Role of Grooming in Child Sexual Abuse Cases	Lynnea Erickson Laskowski, Director of Prevention and Communication, Safe Passage	Fee: <b>Non 4-C Members: \$10, 4-C Members: Free</b>
Tuesday, 10/27/2020	6:00 pm- 8:00 pm	Online Webinar	When All You Hear is No: Guiding Behavior	Karla Belzer, Family Life Educator, University of Illinois Extension	Fee: <b>Non 4-C Members: \$10, 4-C Members: Free</b>

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

## Adventures in Neurodevelopment and Use of Nature

An introduction to the use of activity, games, and adventure in nature to promote healthy neurodevelopment. Participants will learn basic principles of neurodevelopment and how nature and various activities can help children develop a healthy brain-body connection.

*This training is the first in a series of three hosted by the trainer. Each will build on the next, but participants do NOT have to attend all three trainings. It will just be a connection and expansion of information.*

**Audience:** All Providers

**2 Training Hours; Level of Learning: Introductory**

## An Introduction to Contracts and Policies

Do you need to write your first contract and policy for your family child care program? Do you have a contract and policy but are wondering if it has everything you need? In this workshop we will identify the difference between contracts and policies, give examples of what goes into contracts and policies, and apply the information to new or current contracts and policies.

**Audience:** Family Child Care Providers

**2 Training Hours; Level of Learning: Introductory**

## How to Catch a Predator: Recognizing the Role of Grooming in Child Sexual Abuse Cases

In almost every high-profile case of child abuse and exploitation, the perpetrators have engaged in some form of trust-building or grooming. A critical aspect of child abuse prevention is to learn how to recognize and address that grooming process, protecting children from abuse before it even happens. This training will give educators the tools they need to recognize the process of grooming, red flags of sexual abuse in children, and tips for how to reduce the likelihood of abuse happening in their facility or home.

**Audience:** All Providers

**2 Training Hours; Level of Learning: Intermediate**

## Self-Care: Are You Worth It?

Child care professionals naturally focus intently on meeting the needs of the children and the families they serve. Unfortunately, when they care for others but neglect themselves, they risk experiencing stress and burnout. This training highlights the importance of self-care for the child care professional. We will examine the physical and mental impact of stress and explore strategies to combat stress by practicing self-care. We will identify practical ways for child care professionals to incorporate healthy self-care habits into their busy lives.

**Audience:** All Providers

**2 Training Hours; Level of Learning: Introductory**

## **When All You Hear is “No”: Guiding Behavior**

Does your toddler shake her head and shout “no!” when you ask her to come to you? Early stages of exploration and interactions among infants and toddlers can include behaviors such as a child grabs a toy, pulls hair, hits, pushes, pokes, or bites. This module shares why young children resort to these behaviors, and how professionals can use positive guidance to help children learn to solve problems without hurting others. Assessments of current guidance practices are included to determine if improvements are needed to enhance the quality of care for infants and toddlers. This workshop features information about the toddler stage and ways to help both you and the children in your care during the “no” years.

**Audience:** All Providers

**2 Training Hours; Level of Learning: Introductory**