

## Training Events Listing-WEBINARS ONLY

### November 2020 Training Calendar



November					
Date	Time	Location	Title	Trainer	Fee
Wednesday, 11/4/2020	6:00 pm- 8:00 pm	Online Webinar	Using Activity and Adventures for Optimal Neurointegration	Patrick McMillon, Clinical Director, Adventure Works	Fee: <b>Non 4-C Members: \$10, 4-C Members: Free</b>
Monday, 11/9/2020	6:00 pm- 8:00 pm	Online Webinar	Healthy Through the Holidays and Other Celebrations	Veronica Skaradzinski, SNAP-Ed Educator, University of Illinois Extension	Fee: <b>Non 4-C Members: \$10, 4-C Members: Free</b>
Thursday, 11/12/2020  Thursday, 11/19/2020	6:00 pm- 8:00 pm	Online Webinar	The Use of Puppetry in Social Emotional Acquisition and Across the Curriculum  <b>**Must attend both trainings for credit**</b>	Patricia Wiggins, National Trainer	Fee: <b>Non 4-C Members: \$10, 4-C Members: Free</b>
Monday, 11/16/2020	6:00 pm- 8:00 pm	Online Webinar	Reflections on Race	Andrea Cossey, 4-C Mental Health Consultant  Maureen McMurrough, 4-C Social Worker	Fee: <b>Non 4-C Members: \$10, 4-C Members: Free</b>
Wednesday, 11/18/2020	6:00 pm- 8:30 pm	Online Webinar	<b>**JUST ADDED**</b> Infant Toddler Mental Health: Key Developmental Assets	Patrick McMillon, Clinical Director, Adventure Works	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.

## Healthy Through the Holidays and Other Celebrations

Children are like sponges, taking in everything they see and do! Explore how healthy celebrations can impact the food and activity choices children make each day. Discover new activities and strategies to approach celebrations with a healthy focus and create an environment that promotes healthy lifestyles. Perfect timing with the multiple holiday celebrations fast approaching! Content will be primarily geared to twos through preschool but information is applicable for school-aged children as well.

**Audience:** All Providers, especially those working with Twos-Preschool, School-Age  
**2 Training Hours; Level of Learning: Introductory**

## Infant and Toddler Mental Health: Key Developmental Assets

Learn how to apply the forty developmental assets and the 6 C's of Positive Youth Development to infant toddler development to best promote positive mental health during these stages and set the foundation for positive mental wellness throughout their life.

**Audience:** All Providers, especially those working with Twos-Preschool, School-Age  
**2.5 Training Hours; Level of Learning: Introductory**

## Reflections on Race

Please join Maureen and Andrea as they explore the topic of race. They will reveal the challenges and rewards of exploring this complex topic together as they reflect on their personal journeys toward growth and self-awareness. Participants will look at their own views, challenge their thinking, and be encouraged to reflect on their own journey toward self-awareness. Discussion of how our own discoveries and beliefs relate to our work in early childhood and the importance of advancing equity in early childhood education.

**Audience:** All Providers  
**2 Training Hours; Level of Learning: Introductory**

## The Use of Puppetry in Social Emotional Acquisition and Across the Curriculum

Grab your puppet and join us for this two-part series (***must attend both dates for credit***). This highly interactive series will take participants from introducing a puppet as part of a classroom family, making a home for the puppet to live in and actively demonstrate/role play ways to utilize the puppet in talking about topics such as current world happenings and teach social emotional learning, communication and interpersonal skills, autonomy and regulation just to name a few. *Each participant will need to have a puppet for use during the trainings; contact Ann Wilson ([annw@four-c.org](mailto:annw@four-c.org)) if this is a challenge for you.*

**Audience:** All Providers  
**2 Training Hours; Level of Learning: Introductory**

## Using Activity and Adventures for Optimal Neurointegration

This training will look at how a child's experiences (both traumatic and non-traumatic) play into the overall brain development over their life span. How to help children build resiliency will be discussed. A deeper look into a child's behavior, how to observe that behavior and correlate it to where they are at in their brain development will be covered, which will in turn assist the caregiver in creating an optimal learning environment based on knowledge of where each child's brain functioning is as they approach an activity, challenge, learning, etc. Activities that promote neurointegration will also be discussed.

*If you attended Patrick's 10/7/2020 presentation, you will see that this training dives deeper into topics previously presented and will serve as an extension of knowledge. If you were not able to attend, you will also gather information and benefit!*

**Audience:** All Providers

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