




## Training Events Listing May Trainings

May							
Date	Time	Location <i>Face to Face Trainings Noted in Purple</i>		Title	Trainer	Fee	Registration Deadline
Monday, May 6, 2024	6:00 pm- 7:30 pm	Online Webinar		Understanding Children's Temperament	Marquita Myles, 4-C Infant Early Childhood Mental Health Consultant	Fee: Non 4-C Members: \$10, 4-C Members: Free	Monday, April 29, 2024
Monday, May 13, 2024	6:00 pm- 7:30 pm	Online Webinar		Standard Health Requirements for Children and Child Care Professionals	Jennifer Dieckman, Communicable Disease and Immunization Coordinator, DeKalb County Health Department	Fee: Non 4-C Members: \$10, 4-C Members: Free	Monday, May 6, 2024
Tuesdays May 14, 2024 and May 28, 2024	6:00 pm- 8:00 pm	Online Webinar		Preventing Suspensions and Expulsions	Andrea Cossey, 4-C Early Childhood Mental Health Consultant	Fee: Non 4-C Members: \$10, 4-C Members: Free	Tuesday, May 7, 2024
Thursday, May 23, 2024	12:30 pm- 1:30 pm	Online Webinar		Self-Compassion and Mindfulness	Marquita Myles, 4-C Infant Early Childhood Mental Health Consultant	Fee: Non 4-C Members: \$10, 4-C Members: Free	Thursday, May 16, 2024

## Preventing Suspensions and Expulsions

No one wants to suspend or expel a child from their program. The goal is to find ways to help children be successful, ensure a safe environment, and help you feel empowered as childcare providers. Together we'll consider the impact of relationships, environment, schedule, and interactions on children's behavior as well as the role of implicit bias. Utilizing scenarios and small group discussion, we will reflect on ways you can apply the Steps to Prevent Suspensions/Expulsions tool in order to build your capacity and respond to children and their families with wisdom and compassion, and how and when to seek help from outside sources. ***–Participants must attend both sessions to receive credit.–***

**Audience: All Providers**

**Level of Learning: Intermediate**

## Self-Compassion and Mindfulness

Experience the profound effects of cultivating compassion for yourself and others through Mindful Self-Compassion and discover a journey of self-discovery, healing, and growth. We'll look at combining mindfulness with self-compassion to enhance emotional well-being and resilience and well as practical tools and techniques to deal with life's challenges.

**Audience: All Providers**

**Level of Learning: Introductory**

## Standard Health Requirements for Children and Child Care Professionals

Join us as we look at how COVID and the pandemic affected immunization rates. We'll review standard health requirements for children and staff in centers and homes including most current COVID guidelines, physical, immunizations, and lead exposure. We'll also look deeper at immunizations, reviewing COVID stats, seasonal immunizations like flu and RSV, and why vaccinations are so important. Finally, an overview of Health Department services will be included.

**Audience: All Providers**

**Level of Learning: Intermediate**

## Understanding Children's Temperament

Temperament is a way children respond to the world. It influences the way children handle emotions, regulate behavior, feel around new people and adapt to new situations. You can nurture a child's development by using strategies that suit their temperaments. Nevertheless, the behavioral adjustment of young children depends a lot on the interaction between their temperament and yours and how others respond to them - how comfortably they fit within their environment and the people around them. We will explore children's temperament and how to respond.

**Audience: All Providers**

**Level of Learning: Introductory**



## CPR/First Aid Trainings



Training fee is waived for providers caring for 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.

**To register, providers are required to have a current 4-C membership.**

*All CPR/First Aid Trainings offered by 4-C qualify for both CCAP Health and Safety Training Hours and CCAP Health and Safety Orientation*

<b><i>Date</i></b>	<b><i>Location</i></b>	<b><i>Time</i></b>	<b><i>Trainer</i></b>	<b><i>Registration Deadline</i></b>
Saturday, May 4, 2024	McHenry County Mental Health Board 620 Dakota St, Crystal Lake	8:30 am-12:30 pm	Annie Johnson, Assistant Director, The Growing Place	Monday, April 29, 2024
Saturday, May 11, 2024	Rock River Center 810 S 10 <sup>th</sup> St, Oregon	8:30 am-12:30 pm	Maria Lombardo, Director, Kishwaukee Early Learning Center	Monday, May 6, 2024
Wednesday, May 22, 2024	Northern Illinois University Child Development & Family Center 220 Annie Glidden Rd, DeKalb	6:00 pm-9:00 pm	Amy Lofthouse, Associate Director, Northern Illinois University Child Development & Family Center	Wednesday, May 15, 2024