



# UNITED for Child Care Training Event

May 5, 2018

This NEW event is designed to provide training and professional development opportunities to childcare providers in the Cass and Clay community.

## UNITED For Child Care Training Schedule

<b>8:00 – 8:30</b>	Registration and breakfast	<b>12:15 – 12:30</b>	Welcome keynote
<b>8:30 – 8:45</b>	Welcome and housekeeping	<b>12:30 – 2:30</b>	Keynote
<b>8:45 – 9:00</b>	Move to first breakout session	<b>2:30 – 2:45</b>	Housekeeping and wrap-up
<b>9:00 – 11:00</b>	Breakout Session 1	<b>2:45 – 3:00</b>	Move to second breakout session
<b>11:00 – 11:30</b>	Break and visit vendors	<b>3:00 – 5:00</b>	Breakout Session 2 (4 options)
<b>11:30 – 12:15</b>	Lunch		

*\*Breakout Session Details on back*

Breakout Sessions will be held in **BRAHMS, BACH, CRYSTAL & MOZART** rooms

To receive credit for attending you must sign in for each session, Growing Futures for ND providers and Develop for MN providers. Paper certificates will not be distributed, all credit will be posted to the online Learning Record.

Handouts and materials for the breakout sessions will be available at each breakout session. Handouts and materials can also be found on the homepage of our website at [www.unitedwaycassclay.org](http://www.unitedwaycassclay.org).

## What is the UNITED for Child Care Coalition?

A group of local child care leaders and professionals led United Way of Cass-Clay with a goal to create a unified approach to understanding, advocating for, and investing in critical child care issues facing parents and child care providers.

## UNITED for Child Care Coalition Members

- Bright and Early ND
- Cass County & Clay County Social Services
- Child Care Aware ND & Child Care Aware MN
- Clay County Collaborative
- Eventide Senior Living
- Fargo Youth Commission/Boys & Girls Club of the Red River Valley
- Greater FM Economic Development Corporation
- Jasmin Childcare Center
- Lakes and Prairies Community Action Partnership
- Sanford Health
- US Senator Heidi Heitkamp of ND
- SouthEastern North Dakota Community Action
- The Village Family Service Center
- Learn n' Move Childcare
- United Way of Cass-Clay
- YMCA of Cass and Clay Counties
- YWCA Cass-Clay



This event is made possible thanks to United Way of Cass-Clay, Child Care Aware of ND & MN and the UNITED for Child Care Coalition



# Breakout Sessions

## Breakout Session 1 (9:00 AM - 11:00 AM)

### **BACH: Christin Mohr: Supporting the Emotional Child**

Explore emotional understanding in young children. Provide a framework for adults understand emotions in children. Facilitate the Emotion Coaching process to help children cope with their emotions. Discuss and practice verbal deescalation techniques.

### **BRAHMS: Laura Lamb: Moving and Grooving**

Learn how movement affects children's growth across all domains of development and their learning readiness skills. Discuss and practice ways to intentionally integrate music and movement activities into daily routines.

### **CRYSTAL: Krystle McNeal: ChildcareAlive!: Shaping the First Five – Healthy Eating and Active Play**

ChildcareAlive! is a program and community initiative focused on preventing childhood obesity by shaping the eating and physical activity habits of children in early care and education settings. This 2-hour, face-to-face training introduces the new "ChildcareAlive!: Shaping the First Five" Guide, including 12 Nutrition and Active Play Lessons that engages children and families with the ultimate purpose of promoting healthy weights for young children. Participants will learn best practices for teaching children about nutrition and leading them in structured physical activity. Each participant will also receive a copy of the 120-page ChildcareAlive! Guide at the conclusion of this training.

### **MOZART: Sherry Tiegs: P is for PLAYdough**

Push, explore, pull, squish, roll, and discover- children love to play with play dough! A basic substance, created in a variety of textures, scents, and colors provides an exciting and explosive opportunity for children to grow in child development and school readiness skills. Participants will learn the developmental benefits of play dough, and will leave with a variety of activities and recipes they can use with their mixed age group or prekindergarten class.

## Keynote Presentation (12:30 PM - 2:30 PM)

### **Raelene Ostberg: Decrease Stress; Increase Success! (CRYSTAL II & III)**

Learn how to train your brain to stress less and enjoy more! Identify how stress impacts our brain, thinking, and responses to stressful situations. Discover practical methods to reduce stress, improve relationships, foster joy, and increase success both personally and professionally.

## Breakout Session 2 (3:00 PM - 5:00 PM)

### **BACH: Christin Mohr: Big Science for Little Learners**

Engage in hands-on science training activities. Learn tools to support children's development in the areas of cognitive development and approaches to learning. Explore the purpose of engaging activities and recognize the importance of differentiating activities to fit developmentally appropriate levels of learners. Through supporting and clarifying questions, gain a deeper understanding of science experiments created for little learners.

### **BRAHMS: Laura Lamb: Building Self-Awareness through Playful Interactions**

Examine the relationship between self-awareness and self-regulation. Explore how to foster the development of self-awareness, including body awareness and social-emotional awareness, through a variety of thoughtful play experiences.

### **CRYSTAL: Raelene Ostberg: Mastering Stressful Moments**

If you care for young children, you can expect many stressful and emotional moments! During this seminar, you will identify common stress triggers and explore typical stress responses. You will discover hands-on methods to reduce stress, work with intense emotions, and triumph over a stressful time of day!

### **MOZART: Sherry Tiegs: Breaking Bad... Habits; Setting Boundaries with Families**

Set boundaries with families to allow for a professional environment and mutual respect. Discover what boundaries participants want in their unique environment and making a plan to implement them. Create an environment that is open and supportive with families, yet has professional boundaries.