

TRAINING FOR WINTER 2021

Happy New Year and May 2021 bring the peace and hope that seems to be lacking in 2020!

During the winter months we are offering all training online through the zoom platform from 6:00-8:00 pm, EXCEPT CPR/First Aid classes which will be offered in Room 220 from 8-1:00. There are specific requirements we need to meet as we provide training credit for your online participation. If for any reason you cannot meet those specifications below, you need to notify the instructor BEFORE the class starts. When a problem occurs during the class, notify the instructor by Chat Box. Please note the following:

- PRE-REGISTRATION REQUIRED with Courtney St Pierre, 518-561-4999. Training enrollment will close the Monday of the week BEFORE the training which allows time to email participant handouts. Note the registration closing dates following the description. Also, there are 25 participant spaces in each workshop.
- When you register with Courtney St Pierre, 518-561-4999, she will need your name, address, working email and phone so the link can be sent to you for the zoom training.
- All classes are 2 hours long. Log in between 5:30 and 6:00pm. Classes start promptly at 6:00 and you may leave at 8:00 even if discussions are running longer.
- You must sign into the chat box by 6:00pm and again, by 8:15pm to receive credit. Also, if you have an ASPIRE number, we ask you use it when you sign in with your name.
- ASPIRE credit will be given for the workshop, if you provide an ASPIRE number with your sign-in.
- Training certificates will be emailed out after the workshop based on the online transcript showing your participation. Contact Courtney if you will need a paper copy.
- Participation is measured by your comments and ideas as well as having your camera on for the whole event. Both video and sound must be on (unless the background noise is too distracting for others and you must turn off sound).
- An evaluation will be found in the chat box at the end of the workshop. We appreciate your honest feedback as we are navigating this new workshop platform.
- Please have all family members wearing clothes during the workshop!

Thinking about your own professional development?

Wednesday, January 13, 2021----CDA Recruitment Session for the 2021 Live CDA class coming this year to Plattsburgh. The CDA, or Child Development Credential, is a nationally recognized, professional credential that provides a well-rounded understanding of child development and developmentally appropriate practices to the individual who enrolls. The first step to achieving this credential is to take the 120 hours of preparatory education in our face-to-face class that meets Thursdays from 6-9:00pm for two semesters (60 hours each semester). All learning materials, workshops and portfolio preparation is included in the cost of the course which may be covered through local or state scholarships. In order to offer the class, a minimum of 15 participants is needed. Bring a friend to participate! OCFS: 3, 5; CDA: 5,6; CBK: 6,7.

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Caring for Infants and toddlers?

Wednesday, January 20, 2021—Sudden Infant Death Syndrome and Abusive Head Trauma This mandatory training topic examines the elements of safe sleep, navigating naptime during group care and managing caregiver stress to avoid abusive head trauma (previously known as shaken baby syndrome). The effects of abusive head trauma and brain injury will be highlighted as well as the NYS OCFS Regulations. OCFS: 6,7,8,9; CDA: 1, 6, 8; CBK: 3,5,7. **(Registration closing date is Jan.11.)**

Wednesday, January 27, 2021—What Music Play for Young Infants Looks Like and Boy, Does Baby like It!! Infants and Babies naturally love music and movement that they grew up listening to in utero. As caregivers, it is important to understand how the rhythm of language and the power of your voice as it helps to support relationship and responsive caregiving. What babies listen to will help them grow, sleep, and play—so choose carefully to avoid cranky, overstimulated babies. OCFS: 1,2,3, 5; CDA: 1, 5, 8; CBK: 1,4. **(Registration closes Jan 18.)**

Monday, February 8, 2021---The Science and Art of Infant Feeding Practices: What you and your new parents want to know! Being a responsive caregiver to infants means so much more in the childcare field than simply changing a diaper. There is a dance to interaction, identifying and responding to baby's cues, or even proper storage of breast milk or formula. As Baby grows so must your skillset as you master bottle feeding, or using a cup, as you determine readiness for solid foods. Helping Baby develop self-feeding skills and understanding proper nutrition makes feeding in the first year a true science. Healthy habits start with the foundation of strong relationships. Parents are welcome to participate! OCFS: 1,2,3,4; CDA: 1, 4, 5, 8; CBK: 1, 2, 5. **(Registration closes Feb 1.)**

Wednesday, March 3, 2021—Music Play for Toddlers-Balancing Activity and Skill. Toddlers are different than preschoolers in size, ability, thinking and their understanding the world. Toddler years are about balancing quiet and busy activities that maintain good sleep hygiene and develop strong bodies. Toddlers are messy tiny humans and music is a creative outlet that can either tame the beast within or disrupt their day. This workshop will give you music play ideas that provide that balance and lots of ideas/resources. OCFS: 1,2,3; CDA: 1,2,3,5; CBK: 1,4. **(Registration closes Feb 22.)**



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Interested in learning more about trauma and young children?

Wednesday, February 17, 2021—The ACES Study: How early childhood adversity creates long-term trauma in our children. What you can do to support the children in your care and build up their resilience. Using the groundbreaking ACES Study as a foundation, we will learn about causes of trauma in people and how trauma influences brain development as well as thinking in children. We will discuss the principles of trauma-informed practices that you can use to support all children and their families to build resilience. OCFS: 1,2,3; CDA: 1,3,5,8; CBK: 1,5. **(Registration closes Feb 8.)**

Wednesday, February 24, 2021—The Behavioral Impact of Trauma in Early Children—The healing power of play. Not only is play fun for children, it builds their brains, bodies, and resilience to handle life's many challenges. At times trauma in children looks like challenging behaviors that are hard to source. High quality play experiences are good for everyone and happen through planning and intentional practices. We will discuss how trauma impacts children's play and how caregivers can best support children's play-based learning and exploration. Free play has never been so important! OCFS: 1,3; CDA: 1,2,3; CBK: 1,3,4. **(Registration closes Feb 15.)**

Wednesday, March 10, 2021 —Connecting with Families Under stress using Trauma-Informed Practices. Families are as diverse and eclectic as the children we serve each day in our program activities. The focus of this workshop will be on teaching children and families' strategies for building resilience and trauma-informed practices. We will discuss how resources in our own communities are part of the solution. OCFS: 3,4,5,8; CDA: 4,5,6; CBK: 2,7. **(Registration closes Mar1.)**

Wednesday, March 17, 2021 —Trauma, Children, and Stress: Caring for Yourself in Trying Times. Vicarious trauma is real and debilitating. This trauma can be "absorbed" through our experiences supporting others. In this workshop we will discuss burnout, compassion fatigue and personal trauma that can re-emerge in times of stress. Come join the discussion, practice mindfulness, and create an action plan for change in your own life. OCFS: 2,3; CDA: 5,6; CBK: 6,7. **(Registration closes Mar 8.)**

Caring for preschool children?

Wednesday, March 24, 2021 —Gender Identity in Early Childhood: A group discussion on the development of self-identity in preschool children. Gender identity begins to form in infancy and by preschool, young children are starting to have clearer ideas about who they most identify with as they grow. As preschool children are learning to understand their gender, they are learning about what being that gender means in their everyday life. Caregivers, as well as parents, provide a great deal of the role modeling and supports for this emerging sense of self. This workshop has an article to review beforehand and will be a guided discussion through some of the current literature on gender identity formation. Courtney St Pierre will email this information to you beforehand. OCFS: 1, 3, 4; CDA: 3,4,8; CBK: 1, 2,4. **(Registration closes Mar 15.)**

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Wednesday, April 14, 2021 —Music Play for Preschoolers: Balancing skills and abilities while developing a lifelong love of music. Music provides a creative outlet for preschool children that will provide the basis for a life-long love of music and dance. Preschoolers are mastering functional movement skills and the kinetic scale of development as they experience music through their five senses, their proprioceptive and vestibular senses. As caregivers we bring children through locomotion as well as stability and manipulative skill development! These everyday music activities will help children develop physical power, physical coordination and body control. OCFS: 1, 2, 3; CDA: 1, 2, 5, 8; CBK: 1, 4, 5. **(Registration close Apr 5.)**

Wednesday, April 21, 2021—Gender Identity in School-age Children: Supporting children’s sense of identity and social worth. In your role as a school provider, “you play a major role in helping children feel proud, shamed or conflicted about their identities and their attitudes towards human differences. Learning about social and personal identities begins in one’s families...” And extends to your care environment. Our responsibility is to support both children and families. (Derman-Sparks, et al, Anti-Bias Education for Children and Ourselves, second edition). This workshop has an article to review beforehand and will be a guided discussion through some of the current literature on gender identity formation. Courtney St Pierre will email this information to you beforehand. OCFS: 1, 3, 4; CDA: 3,4,8; CBK: 1, 2,4. **(Registration closes Apr 12.)**

Need Health and Safety Training?

Health and Safety: Competencies in Child Care for Day Care Center and School-Age Child Care Directors. 15 hour required training conducted virtually.

Jan 26, Jan 27, Jan 28, Feb 3 and Feb 4, 2021. Each day will be from 9am to 12pm. Cost is \$250.

Please register at www.ecetp.pdp.albany.edu. For more information, contact Kathy Bogdziewicz, Training Specialist, Adirondack Community Action Programs, Inc. 518-873-3207, ext. 236 or kathyb@acapinc.org.

Coming This Spring:

- **Trauma informed practices to address challenging behaviors using the Pyramid Model**
- **The Pyramid Model for Family Child Care Providers**

QualitySTARSNy is expanding in the North Country!

This quality rating and improvement system is available to any licensed and registered program across Clinton, Essex, and Franklin counties. This program offers the opportunity for program improvement using your goals. In addition to the standards of quality, QSNY provides coaching, professional development funds and program materials funding—all for free to the enrolled program. Interested in taking your program to the next level? Contact Ann Fraser (518)569-7907 and watch your email for a recruitment session coming up!

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