



MARCH 2021 TRAINING CALENDAR VIRTUAL and SEATED



VIRTUAL CLASSES BELOW:

Date/Time	Training Title	Description of Training	Hrs	Cost
WED. 3/3/21 6:30-8 pm	Children Can WIGGLE and LEARN- VIRTUALLY ONLINE	Join us as we navigate into understanding that bodies are designed to move, not to just sit! What does Active Learning mean? How can Physical Activity improve learning? Educators will receive tips/join in on action words as we move...over, under, around, through, beside, and near objects or others, as we learn about prepositions and spatial concepts-is meaningful and fun; other action words like...stomp, pounce, stalk, slither; other descriptive words like...smooth, strong, gentle, enormous as the children are learning the words in context; from body shapes, geometric shapes to metamorphosis, children are more likely to remember and enjoy the lesson than if they were just given the information....An example in ACTION: Let's get MOVING! Educators will incorporate the ERS (Environmental Rating Scale), CLASS interactions, NCFELD (Foundations) domains/ subdomains/goals/ indicators relating to HPD, LDC, CD as it correlates to this subject.	1.5 hrs	\$5
THURS. 3/4/21 6:30-8:30 pm	ITS SIDS VIRTUALLY ONLINE	THIS CLASS WILL BE VIRTUAL ONLY: ITS-SIDS: Mandatory training (within the first 2 months of employment) for "all providers" (including Directors, floaters and subs) licensed to work with infants 0-12 months. Certificate must be renewed every 3 yrs.	2 hrs	\$10
WED. 3/17/21 6:30-8 pm	Nibbles for Health and Nutrition VIRTUALLY ONLINE	Did you know that meals and snacks served through the CACFP help give preschoolers the nutrients they need to learn, grow, and be healthy?-By providing a variety of vegetables, fruits, whole grains, low fat dairy, and lean protein foods, and offering water throughout the day to stay hydrate? Nibbles for Health and Nutrition will cover a variety of important topics for families of preschoolers including: Child Care-What will my child eat? Colorful fruit and vegetables likes/dislikes, their purpose and value and how to encourage consumption, growing strong with milk/varieties/allergies/intolerances, What to bring for healthy celebrations and enjoying lasting memories, choosing healthy meals and portion sizes with MyPlate, Healthy Snacks with Smiles, What this means for different age groups-Portions and Nutritional Value, Tips for a Choosy Eater, Varying Protein Foods, Why Water Consumption as a great choice, How Choosing Whole Grains can make a difference; Educators will be encouraged to participate in an activity by role modeling developmentally appropriate practice and converse with open-ended questions relating to nutrition and meals while pretending to eat with the children at the table. Other group activity will be listing as many open-ended questions that each group can think of to encourage language development as they pretend to taste the food. Let's have some fun as we nibble into health and nutrition! Educators will incorporate the ERS (Environmental Rating Scale), CLASS interactions, NCFELD (Foundations) domains/ subdomains/goals/indicators relating to HPD, LDC as it correlates to this subject.	1.5 hr	\$5
THURS. 3/18/21 5-9 pm	Playground Safety VIRTUALLY ONLINE	THIS CLASS WILL BE AVAILABLE VIRTUAL ONLY: PLAYGROUND SAFETY: This training will review all the DCDEE rules required for Child Care Center playgrounds. UPDATED INFORMATION!	4 hrs	\$20
THURS. 3/25/21 6:30-8 pm	The Wisdom of Nature: Out of My Backyard! VIRTUALLY ONLINE	Once upon a time in the not-so-distant past, many children left the adult world filled with fantasy and improvising. Using sticks, branches, logs, sand, dirt, water, and other natural materials, as they built castles, houses, ships, rockets, and anything else that they imagined. As they ran, jumped, dug, climbed, slid, twirled, and whirled, their imaginations took across the prairie in covered wagons, up the tallest mountain, into outer space, on the land and on high sea adventures. At the end of the day, they returned indoors dirty and tired but feeling happy and confident, competent and full of stories. Join us as we unfold all these adventures straight from the playground to their family back door; discuss the set of principles to support ever-growing efforts to build nature-based outdoor spaces for children; how to create planet earth ideas and its importance; how to develop future generations of tree planters as well as building, creating, and discovering these nature-rich spaces; Advice and tips to teachers; understand the meaning of Gift of Nature; mobilizing a community-training adults about why and how to help children enjoy nature; Understanding the importance of Outdoor Play is critical to the health of children; most importantly having memories of childhood and its inner connection to nature and its risks/protection factors. Educators will incorporate the ERS, CLASS Interactions, and NCFELD (Foundations) domains/subdomains/goals/indicators relating to APL, ESD, HPD, LDC, CD as it correlates to this subject.	1.5 hrs	\$5
TUES. 3/30/21 6:30-8:30 pm	Diaper Changing and Handwashing VIRTUALLY ONLINE	DIAPER CHANGING: This workshop will provide educators step by step, the process of diaper changing, per rules and regulations, policies and procedures of DCDEE/DHHS/CDC.GOV. HANDWASHING: Clean Hands=Better Health! Keeping hands clean is not just a lesson from childhood. Proper handwashing can stop the spread of germs. In child cares providers have the opportunity to teach children how to properly wash hands. This course will provide the why's and how's of keeping hands clean to prevent disease and keep children healthy.	2 hrs	FREE
WED. 3/31/21 6:30-8:30 pm	ITS SIDS VIRTUALLY ONLINE	THIS CLASS WILL BE VIRTUAL ONLY: ITS-SIDS: Mandatory training (within the first 2 months of employment) for "all providers" (including Directors, floaters and subs) licensed to work with infants 0-12 months. Certificate must be renewed every 3 yrs.	2 hrs	\$10

SEATED CLASSES BELOW:

Date/Time	Training Title	Description of Training	Hrs	Cost
TUESDAY 3/16/21 4 pm-until	CPR/FA SEATED ONLY	CPR: Participants will learn lifesaving- breathing techniques. First Aid: Teaches critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency m (EMS) arrives. REMINDER: Can't be used toward your DCDEE on-going training hours. THIS IS A SEATED CLASS ONLY!	6 hrs	\$75