

[Abilities Network] Project ACT - All Children Together
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www.abilitiesnetwork.org

PROJECT ACT TRAINING DESCRIPTIONS

All Project ACT trainings are hands-on and interactive. We believe active participants learn more! We encourage participants to share their thoughts, ideas, questions and experiences in order to learn from each other as they explore training materials. All of our Training Consultants are Project ACT Staff and have advanced degrees in Special Education, Speech, Early Childhood Education, and/or Counseling. Project ACT training modules are created by specialists in their respective fields. All of our trainings are approved by the Maryland State Department of Education – Office of Child Care Credentialing and provide participants with Core of Knowledge Hours.

ADHD I: Learning the Basics (3 hours)

This workshop will introduce participants to what Attention Deficit Hyperactivity Disorder (ADHD) really is and dispel the myths associated with the disorder. Participants will learn about possible red flags, how ADHD is diagnosed, what the latest research indicates about children with ADHD, and general teaching strategies that assist with teaching a child who has ADHD.

Core of Knowledge Area: Special Needs (3 hours); Level: Beginning to Intermediate

Autism I: Learning the Basics (3 hours) (SA)

This training provides an overview of Autism Spectrum Disorders (ASD) and helps participants understand the complexities related to working with children with ASD. It reviews current research and types of successful intervention strategies. Participants learn practical strategies for assisting children with ASD in the classroom. **Core of Knowledge Area: Special Needs (3 hours); Level: Beginner**

Autism III: Connecting the Circle of Friends (3 hours) (SA)

This interactive training helps participants to understand the challenges children on the Autism Spectrum may face with communication, play skills and social skills. Participants will learn strategies and have a chance to practice using augmentative communication, the D.I.R. Floor Time model created by Greenspan and Wieder, and using social stories and social scripts. *Participants interested in this training should take Autism Spectrum Disorders: Learning the Basics or have prior knowledge of ASD.* **Core of Knowledge Area: Special Needs (3 hours); Level: Intermediate to Advanced**

Becoming Curious: Strengthening Communication Skills (2 or 3 hours)

Early childhood educators at every level of care engage in conversations with children, families, and coworkers on a regular basis. These conversations range from funny and light to more serious or even confrontational. This training is designed to provide teachers with strategies that they can use to enhance their interactions with others. Participants will explore how curiosity plays a role in communication and will work through a series of activities designed to build curiosity in the context of communication. Recommended prerequisite: 9 Hour Communication Course.

Core of Knowledge Area 2 Hour: Professionalism (2); Level Competent

Core of Knowledge Area 3 Hour: Professionalism (3); Competent

Building Classroom Communities (3 hours)

This training addresses the various components involved in creating a supportive classroom community. In such a classroom environment, teachers and children come to know and care about each other and develop mutual regard and concern for each other, so that everyone can learn and grow. The training explores the three major leadership styles and their impact on a classroom, and it demonstrates how to utilize essential skills for building positive relationships between all staff and children. Throughout the training, the elements of a caring classroom community are identified. It ends with practical strategies to create a personalized action plan for building a classroom community in your current classroom.

Core of Knowledge Area: Curriculum (1.5 Hour) & Community (1.5 Hour); Level: Beginner to Intermediate

Building Early Literacy Through Expressive Arts (3 hours)

This training builds participants' knowledge and understanding of the ways in which the expressive arts can enhance children's literacy. Participants learn specific and practical strategies for promoting literacy skills through movement, play, music and visual arts. These strategies will assist teachers in creating learning environments which promote knowledge acquisition, creativity and positive self-esteem for all children, including those with special needs. **Core of Knowledge Area: Curriculum (2 hours) & Special Needs (1 hour); Level: Beginner to Intermediate**

Creating a Social Connection: Learning to Write Social Stories to Help all Children Be Successful in a Variety of Settings (2 hours)

This interactive training will provide participants with a complete introduction to the concept of Carol Gray's Social Stories. Social stories were originally created for children with Autism Spectrum Disorder (ASD) in order to increase their ability to take in "social information," also known as pragmatics or pragmatic language. Social stories are also beneficial to all children because of their sentence structure, content and use of pictures and so participants will learn how social stories can be beneficial to all children in their care. Participants will first learn about, and then practice writing, the different types of sentences that are often included in social stories and then write a complete social story about an activity or skill that will impact a child or children in their care. **Core of Knowledge Area: Curriculum (1 hour) & Special Needs (1 hour); Level: Beginner to Advanced**

Developmental Delays (2 or 3 hour)

This training provides participants with knowledge and strategies for teaching children with developmental delays. Participants review characteristics of typical child development from birth through five, discuss "red flags," developmental screening tools, developmental delays and adaptations to assist children with developmental delays. Through interactive simulations, participants will gain an understanding of the challenges children with developmental delays face and have an opportunity to develop accommodations they can utilize in their classrooms. **Core of Knowledge Area 2 hours: Child Development (1 hour) & Special Needs (1 hour); Level: Beginner to Intermediate or Core of Knowledge Area 3 hours: Special Needs (3 hours); Level: Beginner to Intermediate**

Developmentally Appropriate Art (3 hours)

This training teaches participants how to implement a developmentally appropriate art curriculum and how to create an environment where art is an integral part of the day. It explores visual arts, how to implement a variety of art experiences for children of all ages, and the educator's role in facilitating creative art activities and engaging children in conversations. It also provides strategies for involving parents in art activities at school and in the community. **Core of Knowledge Area: Curriculum (2 hours) & Community (1 hour); Level: Beginner to Intermediate**

Developmentally Appropriate Practices (3 hours)

This interactive training provides participants with an overview of developmentally appropriate practices, as defined by the National Association for the Education of Young Children and shares practical strategies for creating inviting environments for infants, toddlers, and preschoolers. Learning centers are an effective way to create an ideal classroom environment. Participants will learn how to use classroom learning centers and have opportunities to teach each other about these areas. This training provides many tips for creating fun and engaging learning opportunities for children. **Core of Knowledge Area: Curriculum (3 hours); Level: Beginner to Intermediate**

Developmentally Appropriate Practice for School Age Children (3 hours) (SA)

This interactive training provides participants with an overview of developmentally appropriate practices, as defined by the National Association for the Education of Young Children and shares practical strategies for creating a curriculum for school age and mixed age groups of children of all developmental ages and stages. Participants will learn how to implement individualized lessons that employ developmentally appropriate practices. This training provides many tips for creating fun and engaging learning opportunities for children. Setting up learning/interest areas appropriate and engaging for school age children and mixed age groups will be shared. Turn any type of area from a classroom to a cafeteria into an engaging age appropriate environment. **Core of Knowledge Area: Curriculum (3 hours); Level: Beginner to Intermediate**

Encouraging Healthy Social Emotional Development in the Young Child Ages 0- 3 (2 hours)

This training will increase participants' knowledge of healthy social and emotional development in young children ages, birth through three years old. Participants will be able to define social development, emotional development and attachment. Beginning in 3 month blocks, participants will learn the different developmental expectations of infants and toddlers as well as activities targeted to increase their social and emotional development. Through activities and case scenarios, participants will gain insight in the best uses of positive discipline, communicating with families and creating an infant/toddler classroom environment. **Core of Knowledge Area: Child Development (2 hour) Level: Intermediate**

Encouraging Healthy Social Emotional Development in the Young Child Ages 0-5 (2 or 3 Hour)

This training will increase participants' knowledge of healthy social and emotional development in early childhood. Participants will gain an overview of healthy development, ways to recognize major milestones, "red flags" which may indicate possible delays, and strategies to use to promote social and emotional competencies in children ages birth through five. **Core of Core of Knowledge Area 2 hours: Child Development (1 hour) & Special Needs (1 hour); Level: Beginner to Intermediate**
Core of Knowledge Area 3 hours: Child Development (1 hour) & Special Needs (2 hours); Level: Beginner to Intermediate

Encouraging Healthy Social Emotional Development in the Young Child Ages 3-5 (2 Hour)

This training will increase participants' knowledge of healthy social and emotional development in early childhood. Through research highlighting the importance of social emotional development for children's academic success, participants will gain an overview of healthy development, ways to recognize major milestones, "red flags" which may indicate possible delays, and strategies to use to promote social and emotional competencies in children ages three to five. **Core of Knowledge Area 2 hours: Child Development (1 hour) & Special Needs (1 hour); Level: Beginner to Intermediate**

Enhancing Rituals and Routines (3 Hours)

This workshop focuses on why rituals and routines are important and shares new ideas for enhancing or extending what educators do to encourage children's growth and development, connect with families, and highlight the unique aspects of their program. Participants will have opportunities to share ideas, try strategies, and learn new techniques for helping children with separations and transitions, enriching group times, providing adaptations for children who need assistance, and transforming everyday routines into learning opportunities. **Core of Knowledge Area 3 hours: Curriculum (3 hours); Level Intermediate**

The Essence of Language: Appreciating the Importance of Language Development for Children Birth - 5 Years (3 hours)

This training provides participants with an overview of children's typical language development from birth through five, possible "red flags" for language delays and how to assist English Language Learners. Through interactive activities, reviews of research and video, participants share their expertise and gain a comprehensive knowledge of language development and how to assist all children in improving their communication skills. **Core of Knowledge Area: Child Development (1.5 hours) & Special Needs (1.5 hours); Level: Beginner to Intermediate**

Express Yourself! Discovering How to Extend Children's Natural Forms of Self Expression to Promote Early Literacy Skills (2 hours)

In this highly interactive training, participants will learn more about extending children's natural forms of self expression in three main areas; music and movement, artwork and storytelling. In each of these three areas, the literacy skills that children are acquiring or practicing will be discussed and by participating in a few activities, the audience will have an opportunity to see first-hand how these three areas naturally develop in children and how they also greatly enhance reading readiness. **Core of Knowledge Area: Curriculum (2 hours); Level: Intermediate to Advanced**

Fit From the Start (3 hours)

In this interactive training, participants will learn the definition of obesity and the factors that are leading to a rise in the obesity rates of children (and adolescents). Participants will discover strategies to utilize in their child care setting and curriculum to encourage healthy eating habits and movement activities for all young children. **Core of Knowledge Area: Curriculum (1.5 hour) and Health, Safety & Nutrition (1.5 hour); Level: Beginner to Advanced**



From Stress to Resiliency: Why Children Struggle and Helping Them Succeed (3 Hours)

During this workshop, participants will examine social emotional competence and how it impacts school readiness. The Mariposa approach begins with the understanding that the high level of stress with which children live today present not only serious issues with respect to their behavior and academic achievement, but undermine their general health and ability to function. This training provides an overview of current theory and research explaining why children struggle and how to help them succeed in today's world. Research has shown that a substantive, caring relationship with an adult is a child's best protection against the negative effects of high levels of ongoing stress. It is also the key to helping a child develop the social-emotional competency needed to succeed in school and in life. **Core of Knowledge Area: Curriculum (2 hours) and Special Needs (1 Hour); Level Intermediate**

Fun with Feelings: Activities that Promote Emotional Intelligence (2 or 3 hours)

During this training, participants will learn strategies and "fun" activities to assist preschool and school aged children in exploring their feelings for the purpose of promoting Emotional Intelligence. Participants will learn about the connection between Multiple Intelligences and Emotional Intelligence. Participants will explore sample "feeling stations," and learn about potential "red flag" behaviors in children that may need to be addressed by a mental health professional. **Core of Core of Knowledge Area 2 hours: Child Development (1 hour) & Special Needs (1 hour); Level: Beginner to Intermediate**
Core of Knowledge Area 3 hours: Child Development (1.5 hour) & Special Needs (1.5 hours); Level: Beginner to Intermediate

How to Cope with Bullying Behaviors (2 hours) (SA)

In this training, participants will learn to identify the causes and signs of bullying behavior in children as well as understand the reasons why some children have bullying behaviors. Through movie clips and group participation, participants will receive working strategies for handling both bullies and their victims in order to provide a safe learning environment for all children. **Core of Knowledge Area: Health, Safety and Nutrition (2 hours); Level: Beginner to Intermediate**

How to Create a Meaningful Lesson Plan (2 hours)

Lesson plans support the goals and objectives that you set for the children. Writing plans that focus on all areas of the curriculum and changes to the environment will assist in planning and implementing for the group as well as differentiated instruction. The inclusion of assessment on your plans will also help to support documentation of children's growth and development. **Core of Knowledge Area: Curriculum (2 hours); Level: Beginner to Intermediate**

Including All Children and the American's With Disabilities Act (ADA) (3 Hours)

This workshop will provide participants with an understanding of the requirements for ADA and inclusionary practices. Participants will leave with a better understanding of best practices and available resources. This training *will* meet the 3 hour training requirement for MSDE. **Core of Knowledge Area: Special Needs (3 hours); Level: Beginning to Advanced**

Introduction to Inclusion: Educating All Children Together (3 hours) (SA)

In this interactive training, participants will learn about including children with special needs in their child care. The civil rights laws that protect persons with disabilities will be reviewed and participants will learn what these laws require of child care settings. Participants will become familiar with ideas to utilize when adapting their learning environment to accommodate children of varying abilities and will understand how these accommodations benefit all children and families. **Core of Knowledge Area: Special Needs (2 hours) & Professionalism (1 hour); Level: Beginner to Intermediate**

I Won't and You Can't Make Me (3 hours)

In this highly informative training, participants will be exposed to the differences in processing skills in children who display **oppositional and explosive behaviors**. The collaborative problem-solving approach developed by Drs. Ross Green and J. Stuart Ablon will be explained and participants will gain strategies to use in their early childhood setting to understand and support very challenging behaviors. This training includes 3 different vignettes to allow participants to use the collaborative problem-solving approach in a practical way. ** It is suggested that participants first take one of our other behavior trainings, Time In (2 hour) or Using a Positive Approach to Address Challenging Behaviors (3 hour) before taking this training.* **Core of Knowledge Area 3 hours: Special Needs (3 hours); Level: Intermediate to Advanced**

If They're Mad And You Know It, Then What? What to do with the Mad that you Feel (2 or 3 hours)

In this training, participants will be supported in their understanding that all emotions are natural and that learning self-control is a developmental skill that continues to be mastered throughout childhood. An overview of "what's happening" in the brain of a child who is experiencing anger and related feelings will be shared and discussed. The four developmental stages of self-control will be explained and strategies to support children in the development of these stages will be detailed. Strategies and techniques will be identified and discussed for participants to be able to immediately implement into their child care settings. **This training includes Family Communications/Mr. Roger's "What Do You Do With the Mad That You Feel?"** **Core of Knowledge Area 2 hours: Child Development (2 hours); Level: Intermediate to Advanced or Core of Knowledge Area 3 hours: Child Development (3 hours); Level: Intermediate to Advanced**

Kids in Motion! Music and Movement Activities for the Whole Child (3 hours)

This highly interactive training incorporates current research and theory on the benefits of music and movement for the "whole child," including, a child's physical development as well as their social-emotional development and cognitive growth. Participants will explore how music and movement is experienced by young children of other cultures and will, through hands-on activities, explore fun, practical ways to utilize music and movement every day, throughout the day. **Core of Knowledge Area: Child Development (1 hour), Special Needs (1 hour), & Curriculum (1 hour); Level: Beginning to Advanced**

Language: The Key to Literacy (3 hours)

This training showcases the importance of how strong language skills promote literacy. Through a variety of activities, participants review ways to promote language development as highlighted by key research studies. Participants will gain a thorough understanding of how language impacts literacy and how to promote learning opportunities so that all children begin school with a wealth of words.

Core of Knowledge Areas: Curriculum (2 hours) & Child Development (1 hour); Level: Beginner to Advanced**Let's Talk the Talk (3 hours)**

During this interactive workshop, participants will take a close look at speech and language development. Participants will understand the anatomy of speech and hearing mechanisms, the developmental progression of speech and language development, the importance of hearing on speech language development, the timeline for specific sound development and the process of learning English as a second language. Participants will have an opportunity to explore strategies that are used to support the development of speech and language skills in typically developing children and ways to include children with special needs. **Core of Knowledge Areas: Child Development (3 hours); Beginner to Advanced**

Little Boy Blues (3 hours)

This training reviews current statistics on the struggles boys are experiencing in the United States and recent research on why boys are not doing as well as girls. Participants will be given a review of current research on gender differences in development of boys, cultural expectations and the impact of the academic focus of preschool and child care programs. In addition, strategies to address the findings are also presented. **Core of Knowledge Areas: Child Development (2 hours) Curriculum (1 hour); Beginner to Advanced**

Managing Stress at Any Age (3 hours)

This training is designed to increase participants' knowledge of stress and how to manage its symptoms. This training introduces participants to "good" and "bad" stress as well as other types of stress such as acute stress and post traumatic stress disorder, and participants will learn initial signs and symptoms of each type of stress. The participants will also be able to examine the similarities and differences of stress in infants, toddlers, preschool children, school-aged children, adolescents and adults. **Core of Knowledge Areas: Health and Safety (2 hours) & Professionalism (1 hour); Level: Beginner to Intermediate**

Multiple Intelligences: Discovering Gifts & Empowering Children (2 or 3 hours) (SA)

This training introduces participants to the theory of Multiple Intelligences and innovative teaching ideas which will assist in making their classroom an enhanced learning environment for children of all abilities. Participants will learn to identify the unique learning strengths of children and how to apply practical strategies to promote inclusive and empowering learning opportunities for all. **Core of Knowledge Area 2 Hours: Curriculum (1 hour) & Special Needs (1 hour); Level: Beginner to Intermediate Core of Knowledge Area 3 Hours: Curriculum (1 hour) & Special Needs (2 hour); Level: Beginner to Intermediate**

Now, Doesn't That Make Sense (2 hours)

This training introduces the participant to sensory processing dysfunction and sensory integration disorder and provides many easy-to-use strategies to implement in your classroom setting to address various sensory needs for all children. **Core of Knowledge Area : Special Needs (2 hours); Level: Intermediate to Advanced;**

Outdoor Learning Opportunities: Bringing the Classroom Outdoors (2 or 3 hours)

Throughout this advanced training, participants will discuss in depth the importance of outdoor play for young children. Participants will also discuss research that indicates the reasons why children are not being encouraged to play outdoors as much as in the past. Through large and small group discussion, pictures and descriptive outdoor play scenarios, participants will be exposed to many innovative ideas to bring the indoor classroom environment outdoors including such ideas as dramatic arts, visual arts, musical opportunities, nature journaling and planting a garden. Participants will also be introduced to the Preschool Outdoor Environment Measurement Scale (POEMS) which was designed as an assessment tool for those seeking ideas for high-quality outdoor learning environments. **Core of Knowledge Area 2 Hours: Curriculum (1 hour) Health, Safety and Nutrition (1 Hour); Level: Advanced . Core of Knowledge Area 3 Hours: Child Development (1 hour), Curriculum (1 hour) Health, Safety and Nutrition (1 Hour); Level: Advanced**

Promoting Resiliency in Early Childhood- Revised (2 hours)

From this training, participants gain an understanding of resiliency, and the important role attachment plays in helping children. Participants will learn factors that contribute to the formation of attachment relationships and discover intervention strategies that can be used to promote resiliency in children.

Core of Knowledge Area: Child Development (2 hours); Level: Beginner

Put on Your Thinking Cap: Executive Functions of the Mind in Early Childhood (3 hours)

Do you have children in your classroom who grab toys from their peers or have difficulty cleaning up their play areas? This training uses current research and interactive activities to increase the participant's knowledge of the executive functions of the brain, which encompass skills such as impulse control, transitioning between activities, and following directions. Participants will explore the role that these cognitive processes play in self regulation, which is the number one factor linked to kindergarten success. During early childhood, the parts of the brain that control these functions are in a critical stage of development. Participants will learn strategies to promote the development of executive functions and self regulation skills in the early childhood classroom. **Core of Knowledge Area: Child Development (3 hours); Level: Intermediate to Advanced**

Sensory Sensitivity (3 hours) (SA)

This training provides participants with an understanding of sensory integration, sensory integration dysfunction, and how sensory issues can impact children with autism spectrum disorders. It discusses ways to include 'sensory diets' and sensory activities that assist children with Autism Spectrum Disorders (ASD) to be successful in their learning environments. *Participants interested in this training should take Autism Spectrum Disorders: Learning the Basics or have prior knowledge of ASD.* **Core of Knowledge Area 3 hours: Special Needs (1.5 hours) & Curriculum (1.5 hour); Level: Beginner to Intermediate**

Setting up For Success: Adapting Environments to Promote Inclusive Practices (3 hours) (SA)

This interactive training will build participants knowledge and understand of the importance of making accommodations to create more inclusive environments. This training will also provide participants with appropriate strategies and suggestions for providing appropriate and reasonable accommodations for ensuring successful inclusion of children with special needs with their typically developing peers. **Core of Knowledge Area: Special Needs (1.5 Hours) & Curriculum (1.5 Hours); Level: Intermediate to Advanced**

Social Inclusion: Playing Learning & Growing Together (3 hours) (SA)

This training will focus on building participants knowledge concerning the appropriate ways to strengthen social relationships among children and youth. This training's emphasis is particularly on those individuals with special needs who lack close, positive peer associations and the ways in which educators can assist all students with providing social support to students of all abilities. **Core of Knowledge Area: Special Needs (1.5 Hours) & Curriculum (1.5 Hours); Level: Intermediate to Advanced**

Teaching Problem Solving Throughout the Day (3 hours)

During this interactive training, participants will learn through group activities and video vignettes, the importance of being intentional when teaching children how to problem solve. Participants will also study the effects of understanding how to problem solve on social and emotional development and the overall effects on academic success. This training will also build participants knowledge base on the process of the problem solving steps and how to teach these steps to children. **Core of Knowledge Area: Child Development (3 Hours); Level: Beginner to Intermediate**

Time In: Understanding and Preventing Behavior (2 hours)

We must first understand behavior before we can begin to prevent behavior issues. During this training, participants explore reasons for behavior and possible motivators of behaviors. Participants will utilize tools to help in identifying the reason for the behavior and ways to prevent future issues, so that they can provide a nurturing learning environment for all children. Participants will explore preventive strategies to implement in their classrooms and how these affect children's behavior. **Core of Knowledge Area: Special Needs (2 hours); Level: Beginner**

Traumatic Events: Helping Our Children Cope During and After a Crisis (3 hours)

This informative and interactive training provides an understanding of personal/family, community and global traumatic events as well as how such events may possibly affect children in their development. Practical strategies are provided focusing on ways to help children feel safe, empowered, and eager to engage in regular activities. **It is recommended that participants take "Promoting Resiliency in Early Childhood" prior to receiving this training.** **Core of Knowledge Area: Health, Safety and Nutrition (2 hours) & Special Needs (1 hour); Level: Intermediate to Advanced**

Understanding Temperament: Implications for Working with Young Children (3 hours)

In this training, participants will learn the definition of temperament and its nine traits, the three main types of temperament and the term, 'goodness of fit.' Through partner discussions, chart activities and case scenarios, participants will actively investigate the best ways to create an environment that will allow for differences in temperament. Temperament as it relates to children with special needs will be explored along with strategies to encourage peer-modeling and the building of social skills. **Core of Knowledge Area 3 hours: Child Development (2 hours) & Special Needs (1 hour); Level: Intermediate**

Understanding Linguistic and Cultural Diversity and Language Acquisition (2 hours)

This training explores best practices for working with children who are English Language Learners to help them be successful participants in their preschool setting, while supporting their ability to learn English. Participants will learn the stages of second language acquisition and ways to help support children as they move through each phase. Participants will also learn a variety of strategies for supporting children in the classroom and working with families to create a successful learning environment. **Core of Knowledge Area: Special Needs (1 hour) & Child Development (1 hour); Level: Beginner to Advanced**

Understanding Learning Disabilities (3 hours) (SA)

During this training, participants will gain knowledge of different types of learning disabilities. Through simulations and video clips, participants will explore the challenges of having a learning disability and how frustrating it can be for a child. This presentation will highlight some of the red flags in young children that might lead to a later diagnosis of a learning disability; and highlight teaching strategies and specific accommodations that meet the needs of all children, especially those children with learning disabilities. **Core of Knowledge Area: Special Needs (3 hours); Level: Beginner to Intermediate**

Understanding Oppositional Defiant Disorder: An ODD Experience! (3 hours) (SA)

This training introduces participants to Oppositional Defiant Disorder (ODD). Participants will understand the possible causes of ODD and the common behavioral characteristics that often accompany this disorder. Through interactive discussions and video clips, participants receive insight into the thought processes of a child with ODD. This training discusses recommendations for managing the behaviors of children with ODD as well as guided role playing scenarios for reducing oppositional behaviors in the classroom. **Core of Knowledge Area: Special Needs (3 hours); Level: Beginner to Intermediate**

Using a Positive Approach to Address Challenging Behaviors (3 hours)

This interactive training will define the term, "behavior" and discuss the four main motivators for behaviors. This training will engage participants to discover how to redirect and shape behavior while encouraging positive social and emotional skill-building in children. Global classroom strategies will be reviewed to encourage positive behavior in all children. Participants will leave this training with several strategies they can choose to implement immediately in their educational setting. **Core of Knowledge Area: Child Development (2 hours) & Special Needs (1 hour); Level: Intermediate to Advanced**

Using Visual Supports to Create Inclusive Environments (3 hours)

During this training workshop participants will learn what visual supports are as well as how visual supports can be utilized in their classrooms to support an inclusive environment. This training workshop will discuss various benefits and the importance of utilizing visual supports in their classroom setting in efforts to assist children in being successful. Concluding this training, participants will be provided with simple materials to create visual supports as well as have an opportunity to complete a make and take visual supports activity. **Core of Knowledge Area: Special Needs (1 Hour) & Curriculum (2 Hours); Level: Beginner**

Utilizing Principles of Applied Behavior Analysis in Preschool Classrooms (3 hours)

During this workshop, participants will gain an understanding of the rationale for Applied Behavior Analysis (ABA) as a behavior based classroom practice. Participants will have an opportunity to explore positive strategies that will promote active learning for children of all abilities. Participants will also discuss the importance of evidence based practices to best support students with autism while learning successful approaches to implementing ABA technique's within the preschool classroom. **Core of Knowledge Area: Child Development (2 hours) & Special Needs (1 hour) Level: Intermediate to Advanced**

Well Said! Effective Strategies for Enhancing Communication with Families (3 hours) (Part 1: of a 3-Part Series on the Complete Communication Experience)

This is one training of a 3-part, comprehensive series covering all aspects of communication in an early childhood setting. In this active training, the two main types of communication used with families, verbal and non-verbal, are introduced and explored. Participants will investigate the use, as well as the misuse, of written, oral and nonverbal forms of communication with families. Strategies and techniques will be discussed that will be of great support to participants seeking innovative ways to promote positive and effective communication in their early educational setting. Strategies to enhance communication with families with limited English proficiency will also be discussed. **Core of Knowledge Area: Professionalism (2 hours) & Community (1 hour); Level: Intermediate to Advanced**

Well Said 2! Effective Strategies for Enhancing Your Learning Environment to Promote Communication Skills in Young Children (3 hours) (Part 2: of a 3-Part Series on the Complete Communication Experience)

This is one training of a 3-part, comprehensive series covering all aspects of communication in an early childhood setting. Participants will review and discuss high-quality ways to establish a learning environment that enhances language and communication development in young children. Everything from the physical set-up of the classroom to creative ways to extend children's unique stories will be discussed to highlight how early educators can have a significant impact on children's verbal, written and listening skills. *Though this training is identified as Part 2 of a 3-Part training series, it is not essential that participants complete the trainings in a specific order.* **Core of Knowledge Area: Professionalism (2 hours) & Community (1 hour); Level: Intermediate to Advanced**

Well Said 3! Innovative Strategies for Enhancing Communication with Staff, Partners and Related Children's Service Agencies (3 hours) (Part 3: of a 3-Part Series on the Complete Communication Experience)

This is one training of a 3-part, comprehensive series covering all aspects of communication in an early childhood setting. Participants will learn the best ways to facilitate positive communication among staff. The importance of establishing a teaching style will be discussed and ideas for teachers to implement in their practice will be reviewed. The importance of partnering with similar organizations will be outlined as well as discussing ways to remain informed with current information on related children's service agencies. *Though this training is identified as Part 3 of a 3-Part training series, it is not essential that participants complete the trainings in a specific order.* **Core of Knowledge Area: Professionalism (1 hour) & Community (2 hours); Participant Level: Intermediate to Advanced**



What Should We Play With? Activities for Infants and Toddlers (3 Hours)

This training will support teachers who want to add engaging learning experiences into their daily routines. After reviewing typical development, participants will explore several best practices that lend themselves to supporting learners with varying developmental needs in infant and toddler classrooms. **Core of Knowledge Area: Child Development (2 hours) & Special Needs (1 hour) Level: Intermediate**



What Should We Talk About? Best Practices in Communicating with Infants and Toddlers(3 Hours)

This training is designed to provide participants with a variety of communication tools they can embed into their daily practices to support the language development of infants and toddlers. Through a series of interactive activities, teachers will gain skills and confidence to use new skills when they return to their programs. **PREREQUISITE** Participants should be able to recognize and demonstrate the importance of using various techniques to develop language and communication skills with infants and toddlers.

Core of Knowledge Area: Child Development (2 hours) & Special Needs (1 hour) Level: Competent

Why Play Matters (2 hours)

This interactive training will seek to build participants knowledge and understanding of the importance of play in the physical, cognitive and social development of children. This training will discuss the various aspects of play and the roles that each type plays in the growth and development in children. This training will conclude with discussing strategies for integrating developmentally appropriate practices into curriculum and daily activities to meet the individual needs of children. **Core of Knowledge Area: Child Development (2 Hours); Level: Beginner to intermediate**

SEFEL Trainings

SEFEL Trainings are provided in modules. Each preschool module is 6 Hours in total. The six hours can be broken into 2 or 3 hour workshops. Participants will be given a certificate of completion after **all 6 hours** have been successfully completed. Participants must attend and successfully complete **all 6 hours** in the module to receive a certificate.

SEFEL MODULE 1 Promoting Social and Emotional Competence (6 hours)

This training will utilize the SEFEL module of information to address building healthy relationships. This training will discuss social emotional wellness, temperament, self-regulation, secure relationships and the importance of environments. Designing spaces, using visuals, and structuring transitions will be presented. Participants will engage in activities that will provide them with opportunities to reflect on their own environments and design new spaces incorporating the concepts presented. Strategies to use in planning group activities that children are engaged in while addressing the social emotional development of children are explored.

Core of Knowledge Area: Child Development (5 Hours) & Professionalism (1 Hour); Level: Beginner to Intermediate

SEFEL MODULE 2 Social and Emotional Teaching Strategies (6 hours)

In this training participants will learn the individual skills that are components of social emotional development in young children. Participants will learn about how these skills develop and their impact on long-term school success. This module focuses on the importance of staff being intentional in the teaching of social emotional skills to children of typical development as well as children with special needs. Strategies that will be useful in supporting the development of friendship skills will be examined.

Core of Knowledge Area: Child Development (3 Hours) & Professionalism (3 Hours); Level: Beginner to Intermediate

SEFEL MODULE 3a Individualized Intensive Interventions: Determining the Meaning of Challenging Behavior (6 hours)

In this training module participants will learn the differences between PBS and traditional discipline approaches. Participants will identify the various types of functional communication as well as various behavioral components that contribute to understanding overall behavior as a form of communication. Finally, participants will learn to collect various forms of data to determine the communicative function of challenging behaviors and develop their individual hypothesis.

Core of Knowledge Area: Child Development (2 Hour), Professionalism (3 Hours) & Community (1Hour); Level: Beginner to Intermediate

SEFEL MODULE 3b Individualized Intensive Interventions: Developing a Behavior Support Plan (6 hours)

In this training module participants will learn to identify the steps of the process of PBS and describe strategies to prevent challenging behavior. Participants will identify replacement strategies as well as how to respond to challenging behaviors in a way that does not maintain or reinforce challenging behaviors. Finally, participants will learn to develop a behavior support plan, as a team for a case study child.

Core of Knowledge Area: Child Development (2 Hour), Professionalism (3 Hours) & Community (1 Hour); Level: Beginner to Intermediate

Module 1: Infant Toddler Social Emotional Development within the Context of Relationships (2 hours)

Participants will be able to describe the elements of social emotional wellness in infants and toddlers. Participants will be able to describe key developmental concepts that impact the social and emotional development of infants and toddlers. Participants will be able to describe the unique importance of families to the social emotional development of infants and toddlers. Participants will be able to describe the importance of caregiver self-awareness to the positive social emotional development of infants and toddlers and to supporting families rearing infants and toddlers.

Core of Knowledge Area: Child Development (1.5 Hour) & Special Needs (.5 Hour); Level: Beginner to Intermediate

Module 2: Infant Toddler Responsive Routine, Environment and Strategies to Support Social Emotional Development (2 hours)

Participants will be able to discuss why it is important to be intentional about supporting social emotional development in infants and toddlers. Participants will be able to describe the importance of caregiving routines and identify strategies for using them to support social emotional development. Participants will be able to identify key ways in which the physical environment can promote social emotional development in infants and toddlers.

Core of Knowledge Area: Child Development (1.5 Hour) & Special Needs (.5 Hour); Level: Beginner to Intermediate

Child Resource Center

Family Child Care Pre-Service Series (FCC)

Health, Safety and Nutrition (4 Hours)

Learn the basic concepts of health, safety, and nutrition for family care programs. Topics include emergency preparedness, menu planning, and specific issues of concern for the health and safety needs of young children.

Core of Knowledge Area: Health Safety and Nutrition (4 hours) Level Beginner

Professionalism (4 Hours)

Explore and understand specific concepts and practices that will lay the foundation for a successful program, including: supervision, abuse/neglect, appropriate guidance, record keeping, marketing, contracts, and policies and procedures.

Core of Knowledge Area: Professionalism (4 Hours) Level Beginner

Child Development (4 Hours)

Learn about child development concepts including stages of growth and development, leading child theorists, and an overview of learning theories.

Core of Knowledge Area: Child Development (4 Hours) Level Beginner

Community (4 Hours)

Develop and maintain relationships with children, families and the community.

Core of Knowledge Area: Community (4 Hours) Level Beginner

Special Needs (4 Hours)

Learn basic concepts of inclusive care for family providers. Topics include the Americans with Disabilities Act and how it applies to childcare, plus health, behavioral, and developmental issues that must be addressed.

Core of Knowledge Area: Special Needs (4 Hours) Level Beginner

Curriculum (4 Hours)

Gain a better understanding of the components of a family childcare curriculum, how to create a developmentally appropriate curriculum, and how to plan and design a family childcare home.

Core of Knowledge Area: Curriculum (4 Hours) Level Beginner

On Track: All Aboard for Developmental Progress (4 Hours)

Join us for an overview of the developmental screening tools and the benefits of using one. A review of the MSDE/OCC regulation, effective communication with families, and the referral process will be addressed. Discuss how to choose a developmental screening tool, appropriate collection of information regarding children, and the on-going process of screening children.

Core of Knowledge Area: Child Development (2 Hours) & Professionalism (2 Hours) Level

Beginner

Reporting Child Abuse and Preventing Bullying (3 Hours)

Participants will define “mandated reporter” and “abuse” according to the State of Maryland’s definition and develop policies for preventing and reporting child abuse to be included in staff and parent handbooks. Participants will be able to identify signs and symptoms of bullying behaviors and victims’ behaviors and strategies to address bullying behavior and assist victims of bullying.

Core of Knowledge Area: Child Development (1 Hour) & Health Safety and Nutrition (2 Hours)
Level Beginner

SIDS: Sudden Infant Death Syndrome (3 Hours)

SIDS is the sudden, unexplained death of a healthy infant under 12 months. The cause of SIDS is unknown, but there are ways to make babies in your care safer. A SIDS class is required for family child care applicants and for any family provider seeking to become licensed for infant care.

Core of Knowledge Area: Health Safety and Nutrition (3 Hours) Level Beginner

Emergency & Disaster Preparedness (6 Hours)

Develop a comprehensive plan to follow when a disaster occurs. Natural disasters, medical emergencies, technological hazards, and family and community concerns (disgruntled parents, missing children, pandemic flu) will be covered. Ensure that your plan addresses special needs, notifying parents, sheltering, resources, evacuation and other possibilities.

Core of Knowledge Area: Health Safety and Nutrition (3 Hours) & Professionalism (3 Hours)
Level Beginner

Medication Administration (6 Hours)

This MSDE-designed workshop will teach providers what they need to know when administering medication to children. Learn how to give oral, topical, inhaled, and emergency medicines to infants and children; how to keep accurate records; regulations for hygiene, safety, and measurement. Participants must attend both sessions or they will not receive a certificate.

Core of Knowledge Area: Health Safety and Nutrition (6 Hours) Level Beginner

Infant/Child and Adult CPR/AED Certification (3 Hours)

Certification Only - Approved for Licensing / 1st Alert Certified by the American Heart Association and good for two years. Participants will be trained in CPR for the infant, child and adult. This class meets the Maryland Child Care Administration's CPR/First Aid training requirements for child care facilities and family child care providers.

PARTICIPANTS WILL NOT RECEIVE CORE OF KNOWLEDGE HOURS FOR THIS CLASS

First Aid Certification (4 Hours)

Certification Only - Approved for Licensing / 1st Alert Certified by the American Heart Association and good for two years. This class meets the Maryland Child Care Administration's First Aid training requirements for child care facilities and family child care providers.

PARTICIPANTS WILL NOT RECEIVE CORE OF KNOWLEDGE HOURS FOR THIS CLASS.

Supporting Breastfeeding in Child Care (.5 hour)

Participants will understand regulations that support breastfeeding and best practices for programs to support families in regards to breastfeeding. This class meets the Maryland Child Care Administration training requirements for child care facilities and family child care providers who care for infants and toddlers.

PARTICIPANTS WILL NOT RECEIVE CORE OF KNOWLEDGE HOURS FOR THIS CLASS.

Center Aide Orientation (3 hours)

Participants will be able to identify appropriate interactions between aide and parents and give examples of appropriate workplace professionalism. Participants will be able to demonstrate knowledge of proper child supervision in classroom settings. This class meets the Maryland Child Care Administration training requirements for child care facilities and family child care providers who are new to the field.

Core of Knowledge Area: Professionalism (3 Hours) Level Beginner

Family and Community Partnerships (3 Hours)

Participants will explore the goal of parent and family engagement and strategies to create respectful partnerships. Participants will examine beliefs systems to create common understanding between provider and family.

Core of Knowledge Area: Community (3 Hours) Level Beginner

Healthy Beginnings (12 hours)

Module 1 (6 hours)

Participants will identify the developmental needs of infants and toddlers. Participants will be able to describe basic assumptions of child development and define a “responsive caregiving.” Participants will also be able to identify key features of “Healthy Beginnings” and determine how it can be used in an early childhood setting.

Core of Knowledge Area: Community (1 hour), Professional (1.5 hours) Curriculum (1.5 hours) & Child Development (2 hours); Level Beginner to Intermediate

Module 2 (6 hours)

Participants will identify elements of the environment that support responsive caregiving and create activities that support infant toddler development. Participants will be able to describe ways in which Healthy Beginnings can be used to plan and assess for infants and toddlers. Participants will identify strategies for communicating with and supporting families.

Core of Knowledge Area: Community (2 hour), Curriculum (3 hours) & Special Needs (1 hours); Level Beginner to Intermediate

Introduction to Healthy Beginnings (6 Hours)**Module 1 (3 hours)**

Participants will identify the developmental needs of infants and toddlers. Participants will be able to describe basic assumptions of child development and define a “responsive caregiving.” Participants will also be able to identify key features of “Healthy Beginnings” and determine how it can be used in an early childhood setting.

PARTICIPANTS WILL ONLY RECEIVE CORE OF KNOWLEDGE AFTER COMPLETION OF MODULE 2

Module 2 (3 hours)

Participants will identify elements of the environment that support responsive caregiving and create activities that support infant toddler development. Participants will be able to describe ways in which Healthy Beginnings can be used to plan and assess for infants and toddlers. Participants will identify strategies for communicating with and supporting families.

Core of Knowledge Area: Community (2 hour), Curriculum (2 hours), Child Development (1 hour) & Professionalism (1 hour); Level Beginner

Program for Infant Toddler Care**Becoming Aware of Cultural Issues (2 Hours)**

Children will develop a sense of who they are and what is important within the context of culture. Whether at home or in child care, caregivers play a significant role as transmitters of culture. In this class, participants will think about what culture means and become more aware of their own culture. Cultural sensitivity begins with an awareness of early experiences and their influence on our current values and behavior.

Core of Knowledge Area: Community (1 hour) & Professionalism (1 hour)

Supporting Culturally Diverse Family (2 Hours)

Cultural diversity enriches child care programs. At the same time it challenges caregivers to provide culturally sensitive care to each child and family served. In this class, participants will consider the ways in which they can support culturally diverse families within the child care setting and identify some of the cultural differences they experience on a day-to-day basis.

Core of Knowledge Area: Community (1 hour) & Professionalism (1 hour)

Language in the Multicultural Child Care Setting (2 Hours)

Children’s feelings of security and self-esteem are deeply embedded in a positive identification with their own family and culture of origin. A positive identification with their own family and culture in infants and toddlers is best supported when the child’s primary caregiver shares the culture and language of the child’s family. Caregivers from

cultures different than that of the child's family must find other ways to support the cultural and family identity. In this class, participants will explore the challenges of meeting the needs of infants and toddlers in a culturally and linguistically-diverse child care setting. Participants will examine their own caregiving practices and attitudes in relation to caring for children from homes where mainstream English is not spoken.

Core of Knowledge Area: Community (1 hour) & Professionalism (1 hour)

Routines and Cultures (2 Hours)

Cultural values are embedded in everyday routines of caregiving. Caregivers have a profound effect on the development of infants and toddlers because they engage in basic activities, toileting, feeding, and napping. In this class, participants will consider these three routines and how culture influences each of them. Participants will have the opportunity to expand their understanding of what is comfortable for them and how different cultures treat these routines.

Core of Knowledge Area: Curriculum (1 hour) & Child Development (1 hour)

Culture, Development, and Learning (2 Hours)

A caregiving environment that is in harmony with the home culture provides children with clear messages about who they are. Children acquire this knowledge most easily through the ways in which everyday routines and activities are conducted. Participants will examine specific ways that culture influences development and that child care practices reflect cultural beliefs.

Core of Knowledge Area: Curriculum (1 hour) & Child Development (1 hour)

Science, Technology, Engineering and Math (STEM) in the Early Childhood Program:

Discover STEM (2 hours)

STEM focuses on student's engagement and skills from the earliest grades in science, math and technology to help foster interest for their later school years and careers. The ultimate goal is to grow the proficiency level of students in sciences and mathematics. This workshop introduces participants to STEM and its importance as well as relevance in early childhood programs

Core of Knowledge Area: Curriculum (2 hours), Level Beginner

It's the Questions Not the Answers (2 hours)

Participants will learn how to encourage STEM learning and foster children's innate curiosity by using the Inquiry Teaching Model. Providers will reflect on what they are already doing and how they can increase their language and ability to support children with STEM learning.

Core of Knowledge Area: Curriculum (2 hours), Level Beginner

Infuse STEM in your Program (2 hours)

Participants will discover how to become more intentional about what they are doing. They will discuss indicators of effective curriculum and learn simple guidelines for infusing STEM in their child care program.

Core of Knowledge Area: Curriculum (2 hours), Level Beginner

Supporting STEM through Play (2 hours)

Participants will learn how to support STEM learning by creating environments that provide opportunities for children to explore, create, and question during play. Participants will identify developmentally appropriate STEM learning activities using several Hatch Early Learning STEM Kits as well as discover ways to use materials already available in their programs.

Core of Knowledge Area: Curriculum (2 hours), Level Beginner



Mindfulness and Yoga for Young Children and Adults (3 hours)

The child care professional will become aware of how to use yoga and mindfulness in their program. Please dress comfortably for this training as we will be doing simple yoga poses.

Core of Knowledge Area: Child Development (2 hours) and Professional (1 hour); Competent