

1:45-2:00– Break

2-3:30 General Session (everyone)

### Ages and Stages of Learning

*Instructors: Dr. Virginia Brown, Kira Huber, Becky Ridgeway and Terry Serio, University of MD Extension*

Children from three months to 18 years all learn in different ways. The general session will focus on the ways of learning for each age and stages and fun activities for each.

Objectives: Participants will:

- Learn about the different stages of development;
- Ways in which children learn based on their age and stage; and
- Experience low cost, hands-on activities for each.

3:30-4– Evaluations and Certificates



Completion of the full training day will provide **6 hours** of basic continuing education credits for directors, early childhood and school age teachers, staff and family care providers.

### Registration and Other Information

Registration will open August 19th and run through October 18th.

Registration has two options:

Early Bird- \$55 (August 19-September 18)  
Regular- \$65 (September 19-October 18).

To register:

1. Go to:  
<https://go.umd.edu/2019childcaretraining>
2. Answer all questions to select your courses and lunch.
3. Pay for the course online with your credit card.
4. Show up on October 26th!

Sessions are limited to 25 people each and is first come, first served. Once one session fills up, you will not be able to register for it. The University of Maryland Extension reserves the right to cancel a session due to low enrollment.



If you have a disability that requires special assistance for your participation in a program, please contact the Carroll County Extension Office at 410-386-2760; fax 410-876-0132, two (2) weeks prior to the program.

The University of Maryland Extension programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression.

# UNIVERSITY OF MARYLAND EXTENSION



## Childcare Professionals Training Day

**Date: October 26, 2019**  
**Time: 8:30-4pm**

**Location:**

**University of Maryland Extension  
Carroll County Office  
700 Agriculture Center  
Westminster, MD 21157**

**Phone: 410-386-2760  
or 888-326-9645**

## Schedule

**7:30-8:30– Registration**

**8:30-10– Concurrent Sessions**

### **Option 1**

#### **Smart Choice Health Insurance**

*(Professional)*

*Instructors: Dr. Virginia Brown & Dorothy Nuckols, University of MD Extension*  
Shopping for and choosing health insurance can be confusing. This interactive workshop helps you understand how to choose the health insurance plan that is best for you and your family.

### **Option 2**

#### **Kitchen Kaizen** *(Health, Safety and Nutrition)*

*Instructor: Dr. Shauna Henley, University of MD Extension*

The class teaches important but less common behaviors focused on clean (versus sanitize), separate (not washing raw poultry), cook (calibrating a food thermometer), and chill (refrigerator temperatures), while reviewing behaviors. Resources will allow participants to implement safe food handling at home.

### **Option 3**

#### **The Lens of a Single Story**

*Instructor: Nancy Cahlink-Seidler, MSDE Early Childhood Development*

This training allows providers the opportunity to take an inward look at themselves, their culture, background, and values. We will begin to start the conversation of stereotypes, along with how to change our lens to an anti-bias approach.

**10-10:15– Break**

**10:15-11:45– Concurrent Sessions**

### **Option 1**

#### **Stories and Cents** *(Curriculum)*

*Instructor- Dorothy Nuchols, University of MD Extension*

Storytelling, game, and craft program for caregivers of young children. This workshop uses fun and engaging activities to demonstrate how popular children’s literature can be used to teach money skills, values, and basic math.

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### **Option 3**

#### **Growing Together** *(Curriculum)*

*Instructor: Courtney Coddington, University of MD Extension*

Participants will learn fun hands on activities that stimulate the senses while youth explore the nature of growing up in the garden. Lessons include mini-gardens, exploring the “bit changes” that children will see and some creation time with a “build a bug” workshop.

**11:45-12:15– Lunch (provided)**

**12:15-1:45– Concurrent Sessions**

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#### **Stories and Cents** *(Curriculum)*

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### **Option 2**

#### **Feeding Healthy without a Fight** *(Health, Safety and Nutrition)*

*Instructor: Terry Serio and Dr. Virginia Brown, University of MD Extension*

A fun interactive training to help add healthy choices to the table. A hands on dialogue based approach to discuss the importance of fruits and veggies and how to persuade the reluctant child to eat them. Resources and tastings will provide participants with ideas to help include these items into snack and meal menus.

### **Option 3**

#### **All About Owls** *(Curriculum)*

*Instructor: Kira Huber, University of MD Extension*

A hands-on, interactive lesson all about owls. Their anatomy, adaptations, and eating habits will be the main focus so that you can go back to your daycare to teach your children all about owls!