

[Abilities Network®]

PROJECT ACT

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PROJECT ACT WEBINAR DESCRIPTIONS

All Project ACT Webinars are 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. Attendance is based upon participant interaction. Participants are expected to have individual access to a computer, smartphone or tablet. All of our Training Consultants are Project ACT Staff and have advanced degrees in Special Education, Early Childhood Education, Social Work and/or Counseling. Project ACT training modules are created by specialists in their respective fields. These webinars are approved by the Maryland State Department of Education – Office of Child Care Credentialing and provide participants with Core of Knowledge Hours.

NEW! The ABCs of XYZ: Communication Across Generations

In this training, participants will explore generational groups and learn that each group has its own distinct characteristics, values and attitudes toward work. Participants will learn the fundamental differences between the generations and which communication methods work best with each. Attendees will gain research-based guidance about communication approaches that can bridge the generation gaps. Through engaging activities and discussion, participants will learn how to effectively communicate with the different generations and styles of parents.

Core of Knowledge Area: Community (1 hour) & Professionalism (1 hour) ; Level: Beginning to Intermediate

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: Beginner 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

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

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

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 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

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

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 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

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

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**

Keys to Inclusion and Behavior Management (2 hours)

This training addresses best practices in Early Childhood Education with regards to inclusion and behavior management. Through hands-on activities and experiences, teachers will explore and increase their familiarity with best practices, such as an engaging classroom arrangement, balanced visual schedules, effective transitions, how to best utilize classroom staff, using proactive language for behavior management, and the importance of teaching about emotions.

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

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: Beginner to Advanced

NEW! Making Meaningful Connections: Building the Foundation of the Young Brain (3 Hours)

This interactive training will build participants knowledge around how a young child's brain develops. Participants will actively engage in "building a brain", explore the importance of developing their own capacity, and learn specific strategies and interactions that grow healthy brains. After engaging with the content of this training, participants will have a better understanding of the core components used to support the growth of all learners.

Core of Knowledge Areas: Child Development (1 hour) Professionalism (1 hour) Special Needs (1 hour); Level: Intermediate

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

Outdoor Learning Opportunities: Bringing the Classroom Outdoors

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

NEW! Redesign Your Circle Time

Through engaging discussions, hands-on activities, and thoughtful self-reflection, participants will explore developmentally appropriate best practices regarding Circle Time. How can you shift your focus to social/emotional development? Do children have to sit crisscross applesauce in order to learn? Do you have to do weather and calendar during Circle Time? Find out these answers and more!

Core of Knowledge Area: Special Needs (1 hour) & Curriculum (2 hours)

NEW! Take a Step Back: The Importance of Behavioral Observation

AVAILABLE JUNE

Observation is the key to changing children's behaviors. Hands-on activities will allow providers to identify the function of behavior and strategies to help change the behaviors.

Core of Knowledge Area: Child Development (1 Hour) & Special Needs (1 Hour)

NEW! Treat Yourself: Self Care Strategies for the ECE Professional (2 hours or 3 hours)

This training addresses the importance of self-care for teachers and administrators. Through self-reflective, hands-on activities and experiences, teachers will explore and increase their familiarity with best practices in self-care, including breathing techniques, using mantras, getting enough rest, and feeling gratitude. Providers and administrators will create a plan to increase the use of self-care strategies in their program.

Core of Knowledge Area: Special Needs (1 hour) & Professionalism (1 hour)

Core of Knowledge Area: Special Needs (1 hour) & Professionalism (2 hours)

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 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

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

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. PREREQUISTE 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

Maryland's Child Care Resource Network

Basic Health & Safety (3 Hours)

This workshop provides basic information about critical health and safety topics for all child care providers to meet the requirement of the proposed licensing regulation regarding training in basic health and safety areas. Key topics include: establishing and maintaining safe and healthy environments; safe practices to prevent and reduce injuries, identification and reporting of abuse or neglect and proper sanitation practices and procedures. Completion of this training does not meet regulatory requirements for specified training in Medication Administration, CPR / First Aid, or Emergency and Disaster Preparedness.

Core of Knowledge Area: Health, Safety & Nutrition (3 hour); Level: Beginner to Advanced

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**

Recognizing and Reporting Child Abuse and Neglect (2 hours)

Participants will define the different types of child abuse and neglect. They will understand their role as a mandated reporter, and learn how to respond to a child who discloses child abuse or neglect.

Core of Knowledge Area: Health Safety and Nutrition (2 Hours) Level Beginner

SIDS, SUID and Other Sleep-Related Infant Deaths (2 Hours)

As infant and toddler caregivers, it is important to understand SIDS and sleep-related deaths, including the many strategies which can be implemented to reduce the risk of sleep-related death. Participants will review what is SIDS and sleep-related death, review recent research and statistics, gain greater understanding of the role child care plays in keeping infants safe, and the recommendations and strategies for keeping children safe.

Core of Knowledge Area: Health, Safety & Nutrition (2) Level Beginner

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.

Behavior Guidance for Infants and Toddlers

This training will outline the developmentally appropriate, yet sometimes challenging, behaviors of children, birth through age 3. Through the review of developmentally appropriate behaviors and strategies to prevent or redirect sometimes challenging experiences, providers will complete the training with new strategies to implement with children in their programs. Participants will begin to develop the knowledge and strategies necessary to properly redirect children's negative or challenging behaviors into positive and appropriate behaviors.

Core of Knowledge Area: Child Development (3 Hours)

Biting: When, Why and How to Stop It (3 hours)

Biting is developmental, but a very upsetting behavior for parents and teachers. This training will explore the developmental reasons why some children bite, how to set up an environment to reduce the opportunity for biting to occur and strategies to reduce occurrence.

Core of Knowledge Area: Child Development (1 hour), Curriculum (1 hour) & Health, Safety & Nutrition (1 hour); Level Beginner

Building Your Resilience

Participants will learn how to improve resilience in their personal and professional lives. By improving resilience factors, they will be able to better cope with or recover from change, loss,

adversity, and mistakes.

Core of Knowledge Area: Professionalism (3 Hours)

Capturing Child Development Through Portfolios (3 hours)

Participants will gain an in-depth introduction to what a portfolio is and the purpose it serves for educators. Participants will examine samples of what comprises a portfolio, how to appropriately collect samples and record observations, and resources available to assist with planning based on observations. Participants will gain a greater understanding of the connection between compiling a portfolio and understanding a child's individual development throughout the course of a year.

Core of Knowledge Area: Child Development (3 Hours); Level Beginner

Developmentally Appropriate Supervision (3 hours)

Participant will be able to describe the term supervision based upon COMAR Regulations, NAEYC's best practices and identify strategies for both indoor and outdoor environments that allow for proper supervision at all times. Participant will determine appropriate interactions with children through active monitoring will ensure safety and maximize learning.

Core of Knowledge Area: Child Development (3 Hours); Level Beginner

Lessons to be Learned from the Bowerbird and Nature (3 hours)

Nature lends itself to being a model for beautiful environments in which children can develop positive memories and scaffold their learning. Learn how one of nature's creatures, the bowerbird can inspire you to create a beautiful and captivating classroom environment that honors the child, builds classroom community and meets the needs of all children.

Core of Knowledge Area: Curriculum (3 hours); Level Beginner

Make Time Happen: Time Management Tips

This course is designed to teach child care providers how to make the most effective use of the time and how to help handle the time that they cannot control. Topics include how to manage time appropriately through work, rest and play.

Core of Knowledge Area: Professionalism (3 Hours)

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

Terrific Twos

The two year old is full of wonder and curiosity. They are beginning to show signs of independence. This workshop takes a look at the two year and how the environment as the "third teacher" can help terrific two year olds growth.

Core of Knowledge Area: Curriculum (3 hours)

Toilet Training: Catching the Cues of the Potty Dance (2 hours)

This workshop is designed to address challenges of toilet training in a child care program. We'll discuss developmental readiness vs. the readiness of the adult. Learn sure fire potty training including celebrating and the power of peer pressure.

Core of Knowledge Area: Child Development (2 hours)

Working Together: The Importance of Community Helpers in Our Daily Lives

This training explores the importance of community helpers in the lives of young children and how recognizing these people helps to build a community of caring.

Core of Knowledge Area: Curriculum (2 Hours)

Working with Mixed Aged Groups

Working with a group of children who are different ages presents child care providers with unique challenges and opportunities. Learn strategies to overcome challenges, create daily schedules and meet the needs of each child.

Core of Knowledge Area: Child Development (2 Hours) & Curriculum (1 Hour)

What's In Their Backpack: The Impact of Trauma

This engaging workshop discusses the affects and impact that trauma can have on the brain. It not only affects children in the moment, but throughout life if gone untreated. By understanding the effects of trauma on the brain, we can gain insight into children's behavior.

Core of Knowledge Area: Child Development (3 hours)

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)