

April 24 **ExceleRate Illinois Orientation for Licensed Child Care Centers** 6:00-8:00pm
Location: Eastern Illinois University, 2201 S 9th St, Ninth Street Hall-East Door Entrance, Charleston, IL
Make quality an everyday priority with our state's new quality rating and improvement system- **ExceleRate Illinois**. Come to this orientation to learn about the standards, objectives, requirements, and rewards associated with ExceleRate Illinois. Attendees will learn the answers to common questions, including: What are the program standards? What are the requirements? What does each level of ExceleRate Illinois achievement mean? How do I apply? There will also be time designated for your questions.
Presenter: Lori Rothrock, Quality Specialist
In-Service Hours: 2 CDA: 5 Cost: Free RSVP: 4/17

April 25 **Understanding Sexual Violence** 6:00-8:00pm
Location: Eastern Illinois University, 2201 S 9th St, Ninth Street Hall-East Door Entrance, Charleston, IL
Sexual Violence is a taboo topic that is rarely talked about and even more rarely understood. Our Understanding Sexual Violence training breaks down this topic in a way that is easy to understand and informs you on how you can be part of the solution.
Presenter: Darien Prevost, SACIS
In-Service Hours: 2 CDA: 3 Cost: Free RSVP: 4/18

May 1 **Center Director Meeting** 1:00-2:30pm
Location: ZOOM online (link will be emailed after registration)
This training will provide an opportunity for directors to share information with each other regarding child care in the center environment. Topics may include CCAP, ExceleRate, Staffing, and other issues in the early childhood field. Participants are asked to bring ideas, thoughts and resources that will be helpful to the networking process.
Presenter: Shelli Blair, Child Care Resource Specialist
In-Service Hours: 1.5 CDA: 6 Cost: Free RSVP: 4/24

May 2 **Pyramid Model – Infant Toddler Module 2** 6:00-8:30pm
Focusing on Relationships
Location: Eastern Illinois University, 2201 S 9th St, Ninth Street Hall-East Door Entrance, Charleston, IL
In Focusing on Relationships, a module of the Pyramid Model Infant-Toddler Module Series, participants will explore the importance and complexities of developing relationships between caregivers, families, and children. Participants should leave understanding that social-emotional development takes place within the context of relationships, so strategies to support development must prioritize building relationships. This training covers topics such as reflecting on participants' past and current relationships, as well as addressing issues related to culture, diversity, race, equity, risk, and protective factors.
Presenter: Vicky Foster, Infant Toddler Child Care Specialist
In-Service Hours: 2.5 CDA: 2 Cost: Free RSVP: 4/25

May 13 **Childhood Neglect Prevention: Exploring the Basics** 6:00-8:00pm
Location: ZOOM online (link will be emailed after registration)
Childhood neglect is the most prevalent form of child maltreatment, with serious and long-term consequences. It is also the least clearly defined, understood and publicly recognized. PCA Illinois is conducting a targeted effort to raise the visibility of this issue and expand the statewide conversation about preventing neglect.

Neglect can be characterized as occurring in different, but often overlapping domains. These include:

- Physical (e.g., failure to provide necessary food or shelter, or lack of appropriate supervision)
- Medical (e.g., failure to provide necessary medical or mental health treatment)
- Educational (e.g., failure to educate a child or attend to special education needs)
- Emotional (e.g., inattention to a child's emotional needs, failure to provide psychological care, or permitting the child to use alcohol or other drugs)

Presenter: Jill Duden, Prevent Child Abuse Illinois

In-Service: 2

CDA: 1

Cost: Free

RSVP: 5/6

May 15

Head Strong (Brain Series)

6:00-8:00pm

Location: Eastern Illinois University, 2201 S 9th St, Ninth Street Hall-East Door Entrance, Charleston, IL

This is another good training from the Brain series of trainings. By attending the Head Strong program, you can learn more about what you can do to keep your brain healthy and engaged.

Presenter: Cheri Burcham, Family Life Educator at U of I Extension

In-Service Hours: 2

CDA: 6

Cost: Free

RSVP: 5/6

May 16

Grooming and Faith's Law

6:00-8:00pm

Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston, IL

In 2021, "Faith's Law" was passed and, for the first time, established a definition of 'sexual misconduct' within the School Code. Our grooming prevention programs define grooming, how to spot it, and how to report grooming behaviors.

Presenter: Darien Prevost, SACIS

In-Service Hours: 2

CDA: 1

Cost: Free

RSVP: 3/14

May 22 & May 29

Preschool Pyramid Model – Module 1 Creating a Win-Win:

6:00-9:00pm

A Team Approach to Strengthening Young Children's Social and Emotional Skills:

Location: Eastern Illinois University, 2201 S 9th St, Ninth Street Hall-East Door Entrance, Charleston, IL

Interested in a calmer learning environment filled with supported, engaged children? Learn more about the relationship between challenging behavior and social emotional development in young children and the role of your own attitude about challenging behavior. Gather tips and tricks on building important relationships with children, families and coworkers as well as designing an effective preschool environment. Need help with transitions? Learn more about developing consistent schedules and routines to assist in structuring transitions. Finally, guidance is provided for use of ongoing monitoring and positive attention to support children's social/emotional behavior. Fill your toolbox today! A team of teacher(s) and administrator welcome.

The second session of this training meets on May 29th, from 6:00-9:30pm

Presenter: Lori Rothrock, Quality Specialist

In Service Hours: 6.5

CDA: 2

Cost: Free

RSVP: 5/15

June 5

Center Director Meeting

1:00-2:30pm

Location: ZOOM online (link will be emailed after registration)

This training will provide an opportunity for directors to share information with each other regarding child care in the center environment. Topics may include CCAP, ExceleRate, Staffing, and other issues in the early childhood field. Participants are asked to bring ideas, thoughts and resources that will be helpful to the networking process.

Presenter: Shelli Blair, Child Care Resource Specialist

In-Service Hours: 1.5

CDA: 6

Cost: Free

RSVP: 5/2

June 5

STRESS and Its Effects on the Developing Brain

6:00-7:30pm

Location: ZOOM online (link will be emailed after registration)

Let's Build a Brain! Stress and Its Effects on the Developing Brain

Chronic, long-term stress and trauma can damage a child's developing brain. Children with no predictability or consistency will be in a constant state of heightened stress. The same is true for children without secure attachments, or children who live in an unsafe physical environment.

When stress is chronic and severe, it can have a profound negative effect on brain development. Protecting children from toxic stress is an important way, adults can support healthy brain development. Children who have adequate support are resilient under toxic stress and have learned that they have power to thrive even under extremely negative conditions.

Participants in this workshop will play the Brain Architecture Game, which is a tabletop game experience that builds understanding of the powerful role of experiences on early brain development. The game helps people appreciate the impact of early childhood experiences on outcomes across the lifespan.

Presenter: Cheri Burcham, Family Life Educator at U of I Extension

In Service Hours: 1.5

CDA: 6

Cost: Free

RSVP: 5/29

June 10

Poverty-Cycles of Risk

6:00-8:00pm

Location: ZOOM online (link will be emailed after registration)

This training will allow participants to gain a deeper understanding of how poverty often reinforces other issues such as exposure to violence, complex trauma, homelessness, and substance misuse as well as how living in poverty can impact the most vulnerable families in communities we serve. Participants will explore their own attitudes and beliefs about poverty and the people who are identified as living in poverty.

Participants will also explore the underlying conditions of poverty and how that impacts our communities.

During the training, participants will take part in a poverty simulation. Finally, participants will learn and discuss strategies to change these underlying conditions within their community.

Presenter: Jill Duden, Prevent Child Abuse Illinois

In-Service Hours: 1.5

CDA: 4

Cost: Free

RSVP: 6/3

Register Today!

Contact Marissa at 217-581-6699 or mdalexander3@eiu.edu or online through your Gateways Registry Membership...www.ilgateways.org

FREE Online Trainings also available here: <https://courses.inccrra.org/>

CPR & FIRST AID

Sarah Bush Lincoln Health Center Options:

CPR

January 2, February 6, March 5, April 2, May 7, June 4, July 2, August 6, September 3, October 1, November 5 & December 3 5:30 pm- 9:30 pm

Location: SBLHC EMS, 104 Professional Plaza, Mattoon

Cardiopulmonary Resuscitation is a hands-on learning experience designed to introduce learning to the initial actions that should be taken in the event of a cardiac emergency. Participants will learn how to assess a victim of a cardiac arrest, how to access help, and how to begin providing life-saving interventions for those victims of sudden cardiac events.

Registration: 217-258-2403

Cost: \$50 to SBLH

CPR/First Aid Combo

January 2, March 5, May 7, July 2, September 3, November 5 CPR starts 5:30 pm

Location: SBLHC EMS, 104 Professional Plaza, Mattoon First Aid starts 7:00 pm

CPR: Cardiopulmonary Resuscitation is a hands-on learning experience designed to introduce the learning to the initial actions that should be taken in the event of a cardiac emergency. Participants will learn how to assess a victim of a cardiac arrest, how to access help, and how to begin providing life-saving interventions for those victims of sudden cardiac events. **First Aid:** Properly applied first aid can save lives, reduce recovery time, and quite possibly mean the difference between temporary disability or lifelong disability for the victim. Participants learn to recognize the signs and symptoms of injuries and sudden illness. Crucial information about how to deal with emergencies like bleeding, shock, burns, strains, fractures, allergic reaction, diabetes, and seizures is shared.

Registration: 217-258-2403

Cost: \$100 to SBLHC

Online Course Option (with SBLHC)

American Heart Association course-<https://www.onlineaha.org/courses>

1. Complete the *Heartsaver Pediatric First Aid CPR AED online*
 - o \$20 online fee
2. Contact SBLHS EMS office at 217-258-2403 to request a CPR/First-Aid Test Out
 - o \$45 per certification (\$90 for First Aid & CPR)

YMCA OPTIONS:

First Aid/CPR/AED-Adult, Child, Infant

5:45-9:15 pm

March 14, May 9, June 20, & November 14

Location: Neal Center YMCA, 130 Courthouse Square, Toledo

Cardiopulmonary Resuscitation is a hands-on learning experience designed to introduce the earning to the initial actions that should be taken in the event of a cardiac emergency. Participants will learn how to assess a victim of a cardiac arrest, how to access help, and how to begin providing life-saving interventions for those victims of sudden cardiac events.

Registration: 217-235-2500

Cost: \$50 to YMCA

First Aid/CPR/AED-Adult, Child, Infant

5:30-9:00 pm

January 23, February 13, April 17 & 27, May 1, June 5, July 20, August 7 & 24, September 14 & October 16

Location: Mattoon Area Family YMCA, 221 N 16th St Mattoon

Cardiopulmonary Resuscitation is a hands-on learning experience designed to introduce learning to the initial actions that should be taken in the event of a cardiac emergency. Participants will learn how to assess a victim of a cardiac arrest, how to access help, and how to begin providing life-saving interventions for those victims of sudden cardiac events.

Registration: 217-234-9494

Cost: \$50 to YMCA

**Funds are available to reimburse
YOU and YOUR STAFF for
CPR & First Aid taken July 2023-
May 2024...application available
at**

**[https://www.eiu.edu/ccrr/training.
php](https://www.eiu.edu/ccrr/training.php) and included in this mailing
Don't forget to save receipts and
training certificates!**