

Eastern Illinois University
Child Care Resource and Referral
Professional Development Training Calendar

August-December 2023



**Training may meet the requirements of other credentials*

- August 30 **Circle of Security-Parenting Training** 6:00-8:00pm
This training is for Licensed Home - Family Child Care Providers
Location: ZOOM online (Link will be emailed after registration)
The Circle of Security is a visual map of attachment, developing specific relationship capacities.
This training meets 4 times (8/30, 9/6, 9/20, 9/27) You must attend all four trainings to receive credit for trainings and the \$300.00 Stipend.
Presenter: Lisa Flynn, Mental Health Consultant
In-Service Hours: 2 (8 total) CDA: 6 Cost: Free RSVP: 8/23
- September 6 **Circle of Security-Parenting Training** 6:00-8:00pm
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Presenter: Lisa Flynn, Mental Health Consultant
In-Service Hours: 2 (8 total) CDA: 6 Cost: Free RSVP: 8/30
- September 6 **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: Vicky Foster, Infant Toddler Child Care Specialist
In-Service Hours: 1.5 CDA: 6 Cost: Free RSVP: 8/30
- September 7 **Portion Distortion** 6:00-7:30pm
Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston
The obesity epidemic is front and center of health concerns for the 21st Century. This lesson illustrates one of the reasons that American waistlines are expanding. Learn what portion size means and how to achieve a healthy weight while eating a balanced diet.
Presenter: Mary Liz Wright, Illinois Extension
In-Service Hours: 1.5 CDA: 1 Cost: Free RSVP: 8/31

September 12 Recognizing and Reporting Child Abuse: Training for Mandated Reporters 6:00-8:00pm

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

The purpose of this in-person training is to help all Illinois Mandated Reporters understand their critical role in protecting children by recognizing and reporting child abuse. Everyone who suspects child abuse or neglect should call the Illinois Department of Children and Family Services Child Abuse Hotline to make a report, but Mandated Reporters are required by law to do so.

This training is also for License Exempt Provider CCAP Orientation training requirement.

Presenter: Melissa Coleman, Child Care Resource Specialist

In-Service Hours: 2

CDA: 1

Cost: FREE

RSVP: 9/5

September 20

Circle of Security-Parenting Training

6:00-8:00pm

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

The Circle of Security is a visual map of attachment, developing specific relationship capacities.

This training meets 4 times (8/30, 9/6, 9/20, 9/27) You must attend all four trainings to receive credit for trainings and the \$300.00 Stipend.

Presenter: Lisa Flynn, Mental Health Consultant

In-Service Hours: 2 (8 total) CDA: 6

Cost: Free

RSVP: 9/13

September 23

PITC 1: Social-Emotional Growth & Socialization (Hybrid)

8:00am-2:30pm

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

Social-Emotional Growth and Socialization explores topics on social-emotional development in the first three years, temperaments of children and caregivers, socialization, guidance and discipline, environments, and gaining an understanding of children's behavior. Training will begin with an overview of the basic concepts of early social-emotional growth and socialization and their application to the group care context. An emphasis is placed on the development of a nurturing relationship between the infant and caregiver. The overview addresses the importance of responsive caregiving, the individualization of care through an understanding of infant temperament, the critical role of family and culture in early identity development, exploring developmentally appropriate play strategies with ages of infancy, creating supportive physical environments, and stages of emotional development. **Lunch will be included, Limited to the first 15 to sign up.**

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 6 (and 2 hours online assessment)

CDA: 3, 8

Cost: FREE

RSVP: 9/16

September 26

Trauma 101: Understanding the Impact of Childhood Trauma

6:00-7:30pm

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

This training is an introductory training on trauma and discusses the definition of trauma, explaining both acute and complex trauma. It describes how traumatic experience impacts brain development in children and how that affects them into adulthood. The training explores the ACES (Adverse Childhood Experiences) study and how that has influenced the movement to become more trauma sensitive in working with children and families. At the conclusion of the training, there is a brief discussion on addressing secondary trauma as well as the importance of building resiliency in children and families who have experienced complex trauma.

Presenter: Jill Duden, Prevent Child Abuse Illinois

In-Service Hours: 1.5

CDA: 3

Cost: Free

RSVP: 9/19

September 27

Circle of Security-Parenting Training

6:00-8:00pm

This training is for Licensed Home - Family Child Care Providers

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

The Circle of Security is a visual map of attachment, developing specific relationship capacities.

This training meets 4 times (8/30, 9/6, 9/20, 9/27) You must attend all four trainings to receive credit for trainings and the \$300.00 Stipend.

Presenter: Lisa Flynn, Mental Health Consultant

In-Service Hours: 2 (8 total) CDA: 6

Cost: Free

RSVP: 9/20

September 30

Healthy Kids, Healthy Future PALS-Physical Activity Learning Session

8:00am-2:30pm

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

PALS is an “out of the box” training designed to give early care providers a solid knowledge base of best practices for physical activity. The PALS content addresses physical activity for children birth through age five years. The goal of PALS is to support practice and policy changes in ECE programs. PALS combines content learning with facility-level self-assessments, policy development opportunities, resources, and materials to support practice change in ECE programs, leading to healthier, more active children. **Limited to the First 15 to Sign up, Free Resources and Lunch Included.**

Presenter: Lori Rothrock, Quality Specialist & Melissa Coleman, Child Care Resource Specialist

In-Service Hours: 6

CDA: 2

Cost: Free

RSVP: 9/23

October 4

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: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 1.5

CDA: 6

Cost: Free

RSVP: 9/27

October 10

Family Meal Hacks

6:00-7:30pm

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

Freezer, One Pan, 5 Ingredients or less- Let us help you make meal time easy!

Presenter: Mary Liz Wright, Illinois Extension

In-Service Hours: 1.5

CDA: 1

Cost: Free

RSVP: 10/3

October 12

Child Development, Health, and Safety Basics

6:00-10:00pm

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

This training will provide participants an overview of child development, health, and safety issues for children birth through early school-age. Emphasis will be on understanding patterns of development, developmental domains, and the role of nutrition in development. In addition, health and safety issues will address supporting the growth of healthy children - from the basics such as handwashing to more in-depth practices surrounding healthy procedures and disease prevention. Participants will learn more about emergency planning/preparedness and first aid as well as identify tips for maintaining safe indoor/outdoor environments.

This training is also for License Exempt Provider CCAP Orientation training requirement.

Presenter: Vicky Foster, Illinois Trainers Network

In-Service Hours: 4

CDA: 1

Cost: FREE

RSVP: 10/5

October 14 & November 11 **Strengthening Business Practices for Centers** 8:00am-3:00pm

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

The Strengthening Business Practices for Centers training addresses basic concepts in fiscal and operational management of child care programs. The purpose of this training is to strengthen childcare provider's foundational knowledge of fiscal terms, concepts, and practices. It encourages providers to realize the importance of fiscal planning to the sustainability of their business operations. It provides tips and best practices in fiscal, organizational, and financial goals and human resource documents in order to help break down the fiscal processes into manageable steps. **Limited to the first 15 to sign up, must attend both trainings, lunch included.**

Presenter: Melissa Coleman, Child Care Resource Specialist

In-Service Hours: 13

CDA: 5

Cost: Free

RSVP: 10/7

October 17

Understanding ACES: How the Body Keeps the Score

6:00-7:30pm

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

This training introduces participants to the Adverse Childhood Experiences study that was done in the late 1990's. Participants will learn how and why the study was conducted and conclusions due to the study. This training will explore a deeper understanding of brain development and what types of stress impact healthy brain development. Participants will learn how adverse childhood experiences impact lifelong physical and mental health. The conclusion of this training will focus on resilience and how building resilience can negate the negative impacts of adverse childhood experiences.

Presenter: Jill Duden, Prevent Child Abuse Illinois

In-Service Hours: 1.5

CDA: 6

Cost: Free

RSVP: 10/10

October 18

Baby Circle Time

6:00-8:00pm

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

This training includes a small yet huge piece of the Conscious Discipline Training. Bring a baby doll with you to training to learn with Dr. Becky Bailey.

Presenter: Lisa Flynn, Mental Health Consultant

In-Service Hours: 2

CDA: 3

Cost: Free

RSVP: 10/11

November 1

Center Director Meeting

1:00-2:30pm

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

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Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 1.5

CDA: 6

Cost: Free

RSVP: 10/25

November 4

An Introduction to the Environment Rating Scales

8:00am-12:00pm

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

An Introduction to the Environment Rating Scales: This training for center-based programs and family child care providers offers an overview of the Environment Rating Scales. The Environment Rating Scales are user-friendly assessment tools that measure the quality of the learning environment for infants through school-age children. After completing this training, participants will be able to use the tool(s) for program self-assessment and improvement planning. **Limited to the first 15 to sign up**

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 4

CDA: 5

Cost: \$10 check must be made out to EIU

RSVP: 10/28

- November 7** **Hold That Thought** 6:00-8:00pm
Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston
 This is the first installment of the Brain Health Series. This workshop will look at the memory process and what researchers say contributes to brain health, as well as strategies for helping with everyday forgetfulness.
 Presenter: Cheri Burcham, Family Life Educator at U of I Extension
 In-Service: 2 CDA: 6 Cost: Free RSVP: 10/31
- November 9** **Trusted Adult Training (Sexual Assault Counseling & Information Services)** 6:00-8:00pm
Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston
 Helping and empowering children in our community by becoming a trusted adult. Trusted Adult training to talk about red flags of sexual abuse, reporting and considerations for your role as a trusted adult.
 Presenter: Tina Johnson, SACIS
 In-Service Hours: 2 CDA: 3 Cost: Free RSVP: 8/20
- November 14** **Day Care Training for Autism Spectrum Disorder** 6:00-8:00pm
Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston
 Autism training for child care providers that touches upon the basics of autism, how it effects children, and how to best support them while in your care. Basics of communication, sensory and behavioral supports will be discussed.
 Presenter: Raegan Carey, The Autism Program
 In-Service Hours: 2 CDA: 8 Cost: FREE RSVP: 4/11
- November 15** **Baby Circle Time** 6:00-8:00pm
Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston
 This training includes a small yet huge piece of the Conscious Discipline Training. Bring a baby doll with you to training to learn with Dr. Becky Bailey.
 Presenter: Lisa Flynn, Mental Health Consultant
 In-Service Hours: 2 CDA: 3 Cost: Free RSVP: 11/8
- December 6** **Center Director Meeting** 1:00-2:30pm
Location: ZOOM online (link will be emailed after registration)
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 Presenter: Vicky Foster, Infant Toddler Child Care Specialist
 In-Service Hours: 1.5 CDA: 6 Cost: Free RSVP: 11/30
- December 7** **Human Trafficking 101** 6:00-8:00pm
Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston
 Join us for a discussion on the signs, risk factors, and realities of human trafficking in our area and beyond.
 Presenter: Tina Johnson, SACIS
 In-Service Hours: 2 CDA: 6 Cost: Free RSVP: 11/30

Register Today!

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



TRAINING CELL # 217-208-9512

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

CPR & FIRST AID

Sarah Bush Lincoln Health Center Options:

CPR

July 11, August 1, September 5, October 3, November 7, & December 5

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 SBLHC

CPR/First Aid Combo

CPR starts 5:30 pm

First Aid starts 7:00 pm

January 3, March 7, May 2, July 11, September 5, November 7

Location: SBLHC EMS, 104 Professional Plaza, Mattoon

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*
 - \$20 online fee
2. Contact SBLHS EMS office at 217-258-2403 to request a CPR/First-Aid Test Out
 - \$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 learner 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-June 2024...application available at

<https://www.eiu.edu/ccrr/training.php> and included in this mailing

Don't forget to save receipts and training certificates!