



## **Professional Development Training Calendar**

Training may meet the requirements of other credentials  
**January-June 2021**

### **COVID-19 Training Policies**

- Please note...trainings **may** change to a virtual set up (ZOOM) depending on Covid-19 data
- *Limit of 15 participants per training*
- Classrooms will be set up to adhere to the 6-foot social distancing guidelines
- All providers will be required to wear a mask when entering and signing into the training. They will be provided if you don't have your own
- Hand sanitizer will also be stationed throughout the training room/facility
- Signs will be posted to remind participants to follow state and CDC recommendations for social distancing (at least 6 ft)
- Cleaning will take place on a regular basis including desks, tables, chairs, doorknobs, light switches and other high touch surfaces
- If you are experiencing any Covid-19 symptoms please **CANCEL** your training registration

January 14

**Four Elements of Success**

6:00 pm-8:00 pm

*Location: ZOOM online*

Participants will learn the traits of each of 4 personality types. They will identify their personality type.

Finally, participants will process strengths and challenges of each personality type.

Presenter: Angela Catalano, Early Childhood Mental Health Consultant

In-Service Hours: 2

Cost: FREE

RSVP: 1/7

January 28

**Challenging Behaviors**

6:00 pm-8:00 pm

*Location: Eastern Illinois University, 2201 S 9<sup>th</sup> St, Ninth Street Hall-East Door Entrance, Charleston*

We will discuss three sections of the brain and the role they play in challenging behaviors and also identify ways to help children calm themselves and discuss the needs of all children. We will look at the importance of having realistic expectations of children's behaviors and how infants are cared for can affect their behaviors as they grow. We will discuss the importance of recognizing a child's strengths and the reasons why children may have challenging behaviors. We will also look at how challenging behaviors affect us and strategies to help reduce behaviors.

Presenter: Angela Catalano, Early Childhood Mental Health Consultant

In-Service Hours: 2

Cost: FREE

RSVP: 1/21



**February 10**

**Suspension & Expulsion in Early Childhood Education**

12:30 pm-3:00 pm

*Location: LifeLinks Conference Room, 750 Broadway Ave East, Mattoon*

Suspension and expulsion in the field of early childhood is happening at an alarming rate. Current legislative efforts are being put in to place to ensure every child has the opportunity to participate in quality programs. During this training participants will review the history and causes of suspension and expulsion, how current legislation may affect their program, and best practices and resources to implement to ensure that children and families can remain in quality programs.

Presenters: Lori Rothrock, Quality Specialist and Angela Catalano, Early Childhood Mental Health Consultant

In-Service Hours: 2.5

Cost: FREE

RSVP: 2/3



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

**March 3**

*Location: Eastern Illinois University, 2201 S 9<sup>th</sup> St, 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.

Presenter: Melissa Coleman, EIU CCR&R Health and Safety Monitor

In-Service Hours: 2

Cost: FREE

RSVP: 2/24

**March 9**

**Manage Your Risk**

6:00 pm-8:00 pm

*Location: Eastern Illinois University, 2201 S 9<sup>th</sup> St, Ninth Street Hall-East Door Entrance, Charleston*

Uncontrolled diabetes puts you at risk for many chronic health conditions. During this session, we will discuss the importance of talking with your healthcare team, how high blood sugars impact your health, and what you should be aware of when you are feeling ill.

Presenter: MaryLiz Wright, Nutrition Educator U of I Extension

In-Service Hours: 2

Cost: FREE

RSVP: 3/2

**March 25 & April 1 (Series)**

**Growing Up WILD**

6:00 pm-8:00 pm

*Location: Douglas-Hart Nature Center, 2204 Dewitt Ave. East, Mattoon*

Children are natural explorers! Exploring the outdoors is an opportunity for children to actively engage in learning, especially with their senses! Workshop participants will receive hands-on training on how to incorporate the Growing up WILD curriculum in their own classrooms and outdoor spaces using the NAAEE Guidelines for Excellence as a model for best practices. **Workshop participants can expect to:**

- Experience at least 4 G UW activities through hands-on interactions
- Practice planning and incorporating a G UW activity into your own lesson plans
- Demonstrate at least one G UW in a supportive group setting
- Discuss the adaptability of G UW to your classroom and outdoor space
- HAVE FUN!

**Growing Up WILD: Exploring Nature with Young Children** is an early childhood education activity guide that builds on children's sense of wonder about nature and invites them to explore wildlife and the world around

them. Through a wide range of activities and experiences, it provides a foundation for developing positive impressions about nature while also building lifelong social and cognitive skills.

Participants will receive the Growing Up WILD's activity guide:

- Is written for early childhood educators of children ages 3-7.
- Features 27 field-tested, hands-on, nature-based activities in a full-color "11x17" activity guide. Includes crafts, art projects, music, conservation activities, reading and math connections and much more.
- Involves social, emotional, physical, language, and cognitive domains to help foster learning and development in all areas.
- Supports developmentally appropriate practice allowing children to learn at levels that are individually, socially, and culturally appropriate.
- Is correlated to the National Association for the Education of Young Children (NAEYC) Standards, Head Start Domains, and My Plate! Food Program

**Early Childhood Environmental Education Programs: Guidelines for Excellence** is part of a continuing series of documents published by the North American Association for Environmental Education (NAAEE) as part of the National Project for Excellence in Environmental Education. The project is committed to synthesizing the best thinking about environmental education through an extensive process of review and discussion.

Presenter: Jennifer Tariq, Douglas-Hart Nature Center Education Director

In-Service Hours: 4

Cost: \$5.00 (Check made out to DHNC)

RSVP: 3/18



April 14

### **Sudden Infant Death Syndrome (SIDS)**

6:00 pm-7:30 pm

*Location: Eastern Illinois University, 2201 S 9<sup>th</sup> St, Ninth Street Hall-East Door Entrance, Charleston*

Understanding of the risk factors related to SIDS and creating a preventative child care environment. An increased understanding of the safety issues that need to be considered when caring for an infant.

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 1.5

Cost: FREE

RSVP: 4/7



April 14

### **Shaken Baby Syndrome**

7:30 pm-9:00 pm

*Location: Eastern Illinois University, 2201 S 9<sup>th</sup> St, Ninth Street Hall-East Door Entrance, Charleston*

Taking care of babies can be difficult and frustrating. Learn ways to help calm a crying baby. Learn ways to keep yourself calm. Learn why you should NEVER shake a baby and what Shaken Baby Syndrome is. Learn that crying doesn't hurt a baby-shaking does.

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 1.5

Cost: FREE

RSVP: 4/7

June 3, 10, 17, 24 (Series)

### **Circle of Security**

6:00 pm-8:00 pm

*Location: Eastern Illinois University, 2201 S 9<sup>th</sup> St, Ninth Street Hall-East Door Entrance, Charleston*

COS-P is a series training consisting of 4 sessions utilizing an eight-chapter, video and interactive discussion on an attachment-based approach that helps build caregivers' capabilities to view young children's behavior from a secure base and safe haven perspective and then identify children's needs, challenges, and strengths. This enables caregivers to increase positive attachments with the children in their care, which supports positive

developmental outcomes for young children. All 4 sessions **MUST** be completed consecutively in order to receive full credit for participation.

Presenter: Angela Catalano, Early Childhood Mental Health Consultant

In-Service Hours: 8

Cost: FREE

RSVP: 5/27



June 5 & 12 (Series)

**Preschool Pyramid Model-Module 1: Creating a Win-Win: A Team**

**Approach to Strengthening Young Children's Social and Emotional Skills**

8:00 am-11:00 am

*Location: Eastern Illinois University, 2201 S 9<sup>th</sup> St, Ninth Street Hall-East Door Entrance, Charleston*

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.

Presenter: Lori Rothrock, EIU Quality Specialist

In-Service Hours: 6

Cost: FREE

RSVP: 5/28



June 19 & 26 (Series)

**Preschool Pyramid Model-Module 2: Social Emotional Teaching**

**Strategies: Teach Children How to Resolve Conflict**

8:00 am-11:00 am

*Location: Eastern Illinois University, 2201 S 9<sup>th</sup> St, Ninth Street Hall-East Door Entrance, Charleston*

How can we be more intentional about teaching social emotional skills at the preschool level? How can we identify strategies for supporting development of friendship skills in preschool? Workshop content will include the importance of emotional literacy and identifying strategies that build "feeling vocabularies." Participants will deepen their understanding about the importance of providing children opportunities to begin to understand their own and others' emotions.

Presenter: Lori Rothrock, EIU Quality Specialist

In-Service Hours: 6

Cost: FREE

RSVP: 6/11



Child Care Assistance Program (CCAP) Required Trainings

**Register Today!**

**Contact Melissa at 217-581-6991 or [mdcoleman@eiu.edu](mailto:mdcoleman@eiu.edu)**



**TRAINING CELL # 217-208-9512**

Available to text or call an hour before a training starts...also might receive training reminders from this number!

**FREE Online Trainings also available here:**

**<https://courses.inccrra.org/>**

# CPR & FIRST AID



## **CPR**

February 2, April 6, June 8

5:30 pm- 9:30 pm

*Location: SBLHC EMS, 104 Professional Plaza, Mattoon*

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: 217-258-2403

Cost: \$50 to SBLHC



## **CPR/First Aid Combo**

CPR starts 5:30 pm    First Aid starts 7:00 pm

January 5, March 2, May 4

*Location: SBLHC EMS, 104 Professional Plaza, Mattoon*

CPR: 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. 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, diabetic and seizures is shared.

Registration: 217-258-2403

Cost: \$100 to SBLHC

## **Online Course Option**



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

1. Complete the Heartsaver Pediatric First Aid CPR AED (combo) online
  - \$20 online fee
2. Contact SBLHS EMS office at 217-258-2403 to request a CPR/First-Aid Test Out
  - \$40 fee/SBLHC



Child Care Assistance Program (CCAP) Required Trainings

**Funds may be available to reimburse for  
CPR & First Aid...application available at <https://www.eiu.edu/ccrr/training.php>  
Don't forget to save receipts and training certificates!**