

**Training may meet the requirements of other credentials*

January 3

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: 12/27

January 25

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, IL

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.

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 4

CDA: 1

Cost: FREE

RSVP: 1/18

January 27

ECE Literacy Micro-Credential: Part 1

9:00am-12:00pm

Location: Mattoon Public Library, 1600 Charleston Ave., Mattoon, IL

* Is your classroom library inclusive of all children and families? Are you looking for a way to evaluate the books and literacy materials you select for your classroom or program? This is the session for you! This session will include Best Practices and research in early childhood, Illinois Early Learning Standards, and Illinois Culturally Responsive Teaching and Learning Standards.

* So You've developed your classroom library. And IT Is Amazing! Are you looking for the next step? Are you looking to expand and integrate literacy and language into your classroom activities and routines? This session will assist in helping teach identifying ways to meaningfully and intentionally embed language and literacy into activities, routines, transitions, and learning centers.

Presented by: Mikki Sherwood, EIU Faculty and Jennifer Buchter, EIU Faculty

Free Resources

In-Service Hours: 3

CDA: 3

Cost: Free

RSVP: 1/20

January 29 **Grocery Shopping on a Budget: More Bang for Your Buck** 6:00-7:30pm
Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston, IL
Is it really more expensive to eat healthy? It doesn't have to be! In this lesson, we'll show you how to cut down on food waste with simple meal planning tricks and find value for your money. Learn how to find affordable yet healthy options at the grocery store, and get the most nutrition bang for your buck.

Presenter: Mary Liz Wright, Illinois Extension

In-Service Hours: 1.5 CDA: 1 Cost: Free RSVP: 1/22

February 6 **Air Fryers and Electric Pressure Cookers** 6:00-7:30pm
Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston, IL
Did you get one of these appliances for a gift? Do you only boil eggs in your electric pressure cooker? Are you hesitant to purchase one for yourself? Find out how easy it is to add one or both of these appliances to your cooking repertoire.

Presenter: Mary Liz Wright, Illinois Extension

In-Service Hours: 1.5 CDA: 5 Cost: Free RSVP: 1/30

February 7 **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: 1/31

February 13 **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: 2 CDA: 4 Cost: Free RSVP: 2/6

February 15 **Sudden Infant Death Syndrome** 6:00-7:30pm
Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston, IL

This training discusses Sudden Infant Death Syndrome (SIDS/SUID/AAP Safe Sleep), including behaviors that increase the risk of SIDS, safe sleep habits, licensing standards, and resources for further information. The successful completion of this course meets DCFS pre-service licensing requirements for home care providers. Licensed providers will also receive training hours for license renewal.

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 1.5 CDA: 1 Cost: FREE RSVP: 2/8

7:30-9:00pm

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

This training discusses the signs, symptoms, causes, triggers, prevention, and long-term effects of Shaken Baby Syndrome and Traumatic Brain Injury. The successful completion of this course meets DCFS pre-service licensing requirements for home care providers. Licensed providers will also receive training hours for license renewal.

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 1.5

CDA: 1

Cost: FREE

RSVP: 2/17

6:00-8:00pm

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

This Tom Copeland workshop will help participants track the income and expenses of their family child care business. This class will focus on areas such as identifying the benefits of keeping accurate records, tracking business income, recording business expenses, and identifying the most common deductible business expenses.

Presenter: Melissa Coleman, Child Care Resource Specialist

In-Service Hours: 2

CDA: 5

Cost: Free

RSVP 2/13

6:00-8:00pm

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

In our Bystander Intervention Training, you will learn not only how to respond when you witness sexual violence but also how to do so safely and make a difference. How to go from inaction to action when you witness harassment.

Presenter: Darien Prevost, SACIS

In-Service Hours: 2

CDA: 1

Cost: Free

RSVP: 2/15

8:00am-12:00pm

Location: Eastern Illinois University

EIU Literacy and Learning Conference- Featuring a new early childhood track for our youngest readers!!

Dr David Purpura from Purdue University joins us to present on how literacy can be used to support math concepts in developmentally and individually appropriate ways.

Dr Youjin Yang (EIU) – Integrating social-emotional development and literacy: Social-emotional development in every early childhood developmental stage is very important. Social-emotional wellness in early childhood will influence school success and social relationships in adulthood. This session will introduce social-emotional development fun and hands-on activities by integrating literacy.

Free Resources

Presenter: Dr David Purpura, Purdue University and Dr Youjin Yang, EIU Faculty

In-Service Hours: 4

CDA: 3

Cost: Free

RSVP: 2/17

8:00am-12:00pm

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

An Introduction to the Environment Rating Scales: This training is for center-based programs and family child care providers and 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 made out to EIU

RSVP: 2/24

- March 5** **Recognizing and Reporting Child Abuse: Mandated Reporter Training** 6:00-8:00pm
Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston, IL
 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 meets License Exempt Provider CCAP Orientation training requirement.
 Presenter: Melissa Coleman, Child Care Resource Specialist
 In-Service Hours: 2 CDA: 1 Cost: FREE RSVP: 2/27
- March 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: Shelli Blair, Child Care Resource Specialist
 In-Service Hours: 1.5 CDA: 6 Cost: Free RSVP: 2/28
- March 9** **ECE Literacy Micro-Credential: Part 3** 10:00am-12:30pm
Location: Charleston Carnegie Library, 712 6th St., Charleston, IL
 The Joy of Sharing Literature with Young Children, Birth-2nd grade.
 Come join Michele McDaniel, EIU Ballenger Teachers Center librarian and Dr Amy Davis (EIU). Early Educators can come to learn how to build interactive story time for infants and toddlers by incorporating songs, finger play and puppets. Then progress to interactive read aloud strategies for school-aged children, Kindergarten-2nd grade by incorporating leveled questioning, structured discussions, and collaborative learning strategies. Come join Michele McDaniel, EIU Ballenger Teachers Center librarian and Dr Amy Davis (EIU) in the Ballengers Teacher Center! Tour the library and see the amazing resources and materials available to our community members for check out! **Free Resources**
 Presenter: Michele McDaniel, EIU Ballenger Teachers Center librarian and Dr Amy Davis, EIU Faculty
 In-Service Hours: 2.5 CDA: 3 Cost: Free RSVP: 3/2
- March 12** **Addressing Secondary Trauma** 6:00-7:30pm
Location: Eastern Illinois University, 2201 S 9th St, Ninth Street Hall-East Door Entrance, Charleston, IL
 This training will introduce participants to the importance of being aware of how secondary trauma impacts both their professional and personal lives. Participants will develop a deeper understanding of secondary trauma and other related conditions. Participants will take a short survey to determine what aspects of their own lives are causing more stress and will then learn strategies on how to reduce secondary traumatic stress. This training will provide attendees with various self-care activities that can be utilized at an individual, as well as at an organizational level.
 Presenter: Jill Duden, Prevent Child Abuse Illinois
 In-Service Hours: 1.5 CDA: 6 Cost: Free RSVP: 3/5

<u>March 13</u>	Suspension & Expulsion in Early Childhood Education	6:00 -8:30 pm
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6:00 -8:30 pm

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

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

CDA: 6

Cost: FREE

RSVP: 3/6

<u>March 21</u>	Grooming and Faith's Law	6:00-8:00pm
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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

CDA: 1

Cost: Free

RSVP: 3/14

March 28	Pyrimid Model – Infant Toddler Module 1:	6:00-8:30pm
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Pyrimid Model – Infant Toddler Module 1:

6:00-8:30pm

Introduction and Understanding Social-Emotional Development

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

As the first training module in the Pyramid Model Infant-Toddler Module Series, Understanding Social-Emotional Development will acquaint participants with the Pyramid Model, introduce important terms that will be used throughout the Pyramid Model training modules, and lay a foundation to better understand the role caregivers play in young children’s social-emotional development.

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

CDA: 3

Cost: Free

RSVP: 3/21

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

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 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: 217-258-2403

Cost: \$50 to SBLHC

CPR/First Aid Combo

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

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

Location: SBLHC EMS, 104 Professional Plaza, Mattoon

CPR: 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. **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

February 1, April 4,

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 8, March 4, April 16, May 9, May 16

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

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: 217-234-9494

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> and
included in this mailing
Don't forget to save receipts and training
certificates!**