

To register for trainings contact:

Shelli Blair

srblair@eiu.edu

217 581-5790

January



COMMUNITY CHAT, (AKA: Provider Networking Meeting)

January 7, 2026

1-2:30 pm

No RSVP needed

ZOOM (link will be distributed to all providers a day in advance)

Community Chats are all about you, the provider! These meet-ups offer a fantastic opportunity to connect with other providers, dive into meaningful discussions, and ask questions to fellow professionals and resource specialists who can shed light on the challenges you face in early childhood. Our team at EIU Child Care Resource and Referral is here to share resources, updates, important dates, chances for professional growth, funding, grant info, and so much more. We invite everyone to come ready with ideas and resources to make our networking experience even better. Remember, these meetings happen every month!

Trainer: Shelli Blair, Provider Services

1.5 hours / CDA:6

PROGRAM FOR INFANT TODDLER CARE (OVERVIEW)

In the upcoming months, Vicky Foster will be running the Program for Infant Toddler Care (PITC). This program consists of four modules aimed at equipping child care directors and infant/toddler educators to better understand infants' signals, engage with their families and cultures, and foster responsive, relationship-focused care. The training delves into cognitive and social-emotional development, promoting growth through everyday routines, along with advice on creating suitable environments for infant and toddler caregivers.

Module 1- 1/17/26, Module 2- 2/21/26, Module 3- 3/21/26, Module 4- 4/25/26
32 Hours (8 hours per module)

PROGRAM FOR INFANT TODDLER CARE (PITC)

MODULE 1: SOCIAL EMOTIONAL GROWTH & SOCIALIZATION



January 17, 2026
RSVP BY: 1/5/2026

8-2:30pm (lunch break included)
Ninth Street Hall

This training dives into the world of social emotional development during those crucial first three years, looking at the temperaments of both children and their caregivers, along with socialization, guidance, discipline, and the environments that shape children's behavior. We'll kick things off with a look at the basics of early social emotional growth and how it plays out in group care settings. A big focus will be on fostering a caring relationship between infants and their caregivers. We'll also chat about the significance of being responsive, tailoring care to fit each baby's temperament, and the vital influence of family and culture on early identity. Plus, we'll explore suitable play strategies for infants, create supportive spaces, and discuss emotional development stages.

Trainer: Vicky Foster, Infant Toddler Specialist

6 hours+2 for online assessment CDA: 3&8

WHAT'S YOUR WORD

January 27, 2026
RSVP BY: 1/14/2026

6:15-8:15pm
Ninth Street Hall

What's Your Word?

It's a new year 2026! Rather than setting a resolution and feeling guilty that you didn't keep it, let's find your word of intention that you want to live by this season!

***Word of Intention:* a daily reminder representing a quality or principle that guides you toward how you want to live or how you hope to feel as your best self . [#whatsyourWORD](#)**

FIND YOUR WORD OF INTENTION

Finding your WORD is a simple, fun and empowering exercise. In a world inundated with distractions, it's powerful to have a daily reminder of what you want to actively focus on, or manifest, every day. The WORD you choose will evolve over time. it's what you want to remind yourself for this chapter of your life, it may be for a few weeks or months

- **What's a goal of yours?**
- **What brings you joy?**
- **Is there something that you want to let go of?**
- **What energizes you or makes you feel like your true self?**

Mantras are great tools to use to stop toxic thought patterns, ease anxiety, and maintain an optimistic outlook. When it comes to "wearing your WORD" having a statement that you visualize and repeat to yourself will help keep your intentions at the forefront of your mind.

Setting 2026 off to a great start!

Trainer: Bea Sawyer, Mental Health Consultant

2 hours CDA: 6

HEALTHY KIDS, HEALTHY FUTURE:
PHYSICAL ACTIVITY LEARNING SESSIONS (PALS)



January 31, 2026
RSVP BY: 1/19/2026

8-2:30pm (lunch break included)
Ninth Street Hall

The PALS training is crafted to equip early care providers with a robust foundation of best practices for promoting physical activity, while highlighting the importance of healthy lifestyles, environments, and bodies. This program focuses on engaging children from birth to age five, guiding providers on how to seamlessly incorporate physical activities into their programs and share these initiatives with families. PALS aims to foster practices and policy advancements in early childhood education (ECE) programs. By blending content learning with self-evaluations, policy development, and valuable resources, PALS paves the way for healthier, more active children. **FREE RESOURCES!**

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

6 hours CDA:3

Register Today!

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CPR AND FIRST AID COURSES

EIU CCR&R Reimbursement Procedure:



- Schedule training
- Keep your payment receipt
- Attend the training
- Receive your CPR/First Aid certificate/card
- Complete our reimbursement application. The application can be found on our website at www.eiu.edu/ccrr
- Return completed application and documents to 600 W Lincoln Ave
Charleston, IL 61920 or srblair@eiu.edu

Sarah Bush Lincoln Health Center :

CPR: \$50

February 3, 2026

April 7, 2026

CPR/FIRST AID COMBO \$100

January 6, 2026

March 3, 2026

May 5, 2026

All classes begin at 5:30 pm at 104 Professional Plaza Mattoon, IL
To register call 217 258-2403 or emsgroup@sblhs.org

Online Course Option:

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

- Complete the Heartsaver Pediatric First Aid/CPR/AED \$23.00
- Contact SBLHC EMS office at 217 258-2403 to request a test out
\$50 for CPR Test Out
\$90 for CPR/First Aid Combo Test Out

***Please note that we are unable to reimburse for any trainings taken in the month of June**