

Make quality an everyday priority with our state's new quality rating and improvement system – **ExceleRate™ Illinois**. Come to this free 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. For more information: <http://www.exceleRateillinoisproviders.com/>

Presenter: Lori Rothrock, Quality Specialist

In-Service Hours: 2

CDA: 5

Cost: FREE

RSVP: 8/12

August 26

Child Development (Birth-8months)

6:00-9:00pm

ECE Level 1 Module 7a

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

Newborns and young babies are developing at an incredible rate, causing them to have special needs unlike older children. In this class you will understand how children from birth to 8 month learn and grown, and how to individualize their care accordingly.

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 3

CDA: 8

Cost: FREE

RSVP: 8/19

September 7

Serve It Safely (Food Handlers)

6:00 -8:00 pm

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

Serve It Safely is an IDPH-approved University of Illinois Extension program designed to increase self-efficacy related to serving food safely in the school environment. Designed for food service staff, the program meets USDA Professional Standards, and participants receive 2 hours of credit.

Presenter: Mary Liz Wright, Nutrition Educator at the U of I Extension

In-Service Hours: 2

CDA: 1

Cost: FREE

RSVP: 8/31

September 9

Snack with the Specialists

6:00 -8:00 pm

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

The EIU Child Care Resource and Referral provides consultation in three domains; Infant Toddler, Quality, and Mental Health support. Inviting a consultant into your center or home can sometimes be intimidating, uncomfortable, or just confusing as to what is going to happen. This will be a great opportunity to get to know your consultants better and understand how they might help in your program!

Presenters: Lori Rothrock, Vicky Foster, Angela Catalano

In-Service Hours: 2

CDA: 6

Cost: FREE

RSVP: 9/2

September 11

No Small Matter (documentary film)

10:00 am-12:00 pm

Location: Eastern Illinois University, Buzzard Auditorium, 1920 9th St, Charleston

The Spirit of Illinois AEYC and EIU have partnered together to provide early childhood educators an opportunity to see the featured documentary "No Small Matter" while gaining two professional development credit hours. This documentary takes a deep dive into the national child care crisis and encourages the public to start a conversation on the importance of early care and education.

"Our future depends on our youngest citizens". **No Small Matter** is a feature-length documentary film and national engagement campaign that brings public attention to this vital question by sharing powerful stories and stunning truths about the human capacity for early intelligence and the potential for quality early care and education to benefit America's social and economic future. This multifaceted project reveals how our country is raising its youngest citizens, why making the most of this time in their lives is so crucial, and most importantly, what we can do to change the perception of when learning begins. The first major theatrical documentary to tackle this topic, No Small Matter is designed to kick-start the public conversation about early care and education. The ultimate goal: to produce an entertaining, accessible, and inspiring film that redefines

the audience's understanding of the issue and helps drive it to the top of the political agenda. Or, as one advocate put it, "not just to make a documentary about early childhood education, but to make *the* documentary about early childhood education". **Participants will also be eligible for raffle prizes.**
Presenters/Sponsors: Spirit of Illinois Association for the Education of Young Children (SIAEYC) & EIU Student Council for Exceptional Children (SCEC)

In-Service Hours: 2 CDA: 6 Cost: \$5 fee (FREE for Members) RSVP:9/3

September 11 & 25 **Program for Infant Toddler Care (PITC)** 8:00 am-12:00 pm
Module1: Social-Emotional Growth and Socialization

Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston
Program for Infant Toddler Care (PITC) is designed to help child care directors, infant/toddler care teachers and family child care providers become sensitive to infants' cues, connect with their family and culture, and develop responsive, relationship-based care. This training takes an in-depth look at cognitive and social-emotional development, encouraging growth within daily routines and tips on setting up appropriate environments for experienced infant and toddler professionals.

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 8 CDA: 3, 8 Cost: FREE RSVP: 9/3

September 16 **Child Development (8-18 months)** 6:00 -9:00 pm
ECE Level 1 Module 7b

Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston
In this continuation of the first child development class, you will explore development among children 8 to 18 months old. You will identify how this age group differs in growth and their approach to learning, and you will discover toys, games, and songs that are helpful and just right for their development.

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 3 CDA: 8 Cost: FREE RSVP: 9/9

September 23 **Suspension & Expulsion in Early Childhood Education** 6:00 -8:30 pm

Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston
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 CDA: 6 Cost: FREE RSVP: 9/16

September 30 **Child Development (18-36 months)** 6:00 -9:00 pm
ECE Level 1 Module 7c

Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston
Toddlers are an energetic bunch who requires plenty of stimulation and education. You will explore how children age 18 to 36 months learn language, learn to think, learn to move, and learn feelings, so you can better nurture this often curious age group.

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours:3 CDA: 8 Cost: FREE RSVP: 9/23

October 2 **An Introduction to the Environment Rating Scales** 8:00 am-12:00 pm

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 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 15 PARTICIPANTS

Presenter: Lori Rothrock, Quality Specialist

In-Service Hours: 4

CDA: 5

Cost: \$10 check made out to EIU

RSVP: 9/24

October 7

Snacks with the Specialists

6:00 -8:00 pm

Location: Horizon Health, Conference Room D, 721 East Court St, Paris

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Presenters: Lori Rothrock, Vicky Foster, Angela Catalano

In-Service Hours: 2

CDA: 6

Cost: FREE

RSVP: 9/30

October 9 & 23

**Program for Infant Toddler Care (PITC)
Module 2: Group Care**

8:00am-12:00 pm

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

Program for Infant Toddler Care (PITC) is designed to help child care directors, infant/toddler care teachers and family child care providers become sensitive to infants' cues, connect with their family and culture, and develop responsive, relationship-based care. This training takes an in-depth look at cognitive and social-emotional development, encouraging growth within daily routines and tips on setting up appropriate environments for experienced infant and toddler professionals.

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 8

CDA: 1(1) 2(2) 4(1) 5(2) 8(2)

Cost: FREE

RSVP: 10/1

October 14

**Preschool Social and Emotional Development
ECE Level 1 Module 8a**

6:00 -9:00 pm

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

As children approach preschool age, their needs begin to change. This is the first of four classes designed to better understand children as they approach school-age. You will identify characteristics of social and emotional development and learn techniques for promoting appropriate and effective discipline for preschool children.

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 3

CDA: 8

Cost: FREE

RSVP: 10/7

October 21

**Preschool Physical Development
ECE Level 1 Module 8b**

6:00 -9:00 pm

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

As toddlers mature, their minds are not the only things growing at an incredible rate. You will understand the special areas of physical development in preschool-aged children. You also will learn about fine motor activities that will help preschoolers grow into their bodies while developing proper coordination and movement.

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 3

CDA: 8

Cost: FREE

RSVP: 10/14

CPR & FIRST AID

Sarah Bush Lincoln Health Center Options:

CPR
September 7, October 5, November 2, December 7 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
September 7, November 2
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, diabetic and seizures is shared.
Registration: 217-258-2403 Cost: \$100

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 SBLHC 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

September 23, December 9

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

July 26, August 24, October 25, November 16

Location: Mattoon Area Family YMCA, 221 N 16th St 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: 217-234-9494

Cost: \$50 to YMCA

**Funds are available to reimburse YOU and YOUR
STAFF for
CPR & First Aid taken July 2021-June
2020...application available at
<https://www.eiu.edu/ccrr/training.php> and
included in this mailing
Don't forget to save receipts and training
certificates!**