

August-December 2022



<u>September 6</u>	Family Child Care Record Keeping	6:00 -8:00pm
<i>Location: ZOOM online (link will be emailed after registration)</i>		
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, Higher Education Navigator		
In-Service Hours: 2	CDA: 5	Cost: FREE
		RSVP: 9/1

September 7 **Center Director Meeting** 10:00 -11:30am

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: 9/1

September 15 **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 a License Exempt Provider CCAP Orientation training requirement.

Presenter: Vicky Foster, Illinois Trainers Network

In-Service Hours: 4

CDA: 1

Cost: FREE

RSVP: 9/10

September 20 **Happy Hacks for More Positivity and Improved Well-Being** 6:00-8:00pm

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

Our lives are bombarded with negativity, stress, and countless threats to our emotional well-being, work, and closest relationships. New research in neuro science and positive psychology shows that when we experience happiness and positivity, it turns on all the learning centers in the brain and fuels positive outcomes in all aspects of our lives. Participants of this program will learn about the common barriers to positivity and personal well-being and find out more about simple science-backed principles and practices or "happy hacks" to boost both positivity and productivity as well as mood and attitude.

Presenter: Cheri Burcham, Extension Educator, Family Life

In-Service Hours: 2

CDA: 6

Cost: FREE

RSVP: 9/24

September 29 **Early Identification – Autism Training** 6:00-7:30pm

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

Participants will be given information to assist in identifying the "red flags" of autism spectrum disorder and how to support families who have concerns.

Presenter: Reagan Carey, Director of The Autism Program

In-Service Hours: 1.5

CDA: 1

Cost: FREE

RSVP: 9/24

October 5 **Center Director Meeting** 10:00-11:30am

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: 9/30

October 6 **Tinies Toddlers and Twos - Using Books** 6:00 -7:30pm
Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston
Do you care for little ones? Join this opportunity to network, share ideas, discuss issues, and do hands-on activities. Focus will be put on striving for quality child care (using the Infant Toddler Environment Rating Scale) in both family child care homes and child care centers.
Presenter: Vicky Foster, Infant Toddler Child Care Specialist
In-Service Hours: 1.5 CDA: 2 Cost: FREE RSVP: 10/1

October 8 **PITC 1: Social-Emotional Growth & Socialization (Hybrid)** 8:00am-2:30pm
Location: Eastern Illinois University, 2201 S 9th St, 1116 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 15 PARTICIPANTS
Presenter: Vicky Foster, Infant Toddler Child Care Specialist
In-Service Hours: 6 (and 2 hours online assessment) CDA: 3, 8 Cost: FREE RSVP: 10/3

October 11 **Healthy Eating – Fruits and Vegetables** 6:00-8:00pm
Location: Eastern Illinois University, 2201 S 9th St, 1116 Ninth Street Hall-East Door Entrance, Charleston
Five a day—2-3 cups—how can you do that? This training will teach you recipes, techniques, etc. make it easy on yourself to feed your family well.
Presenter: Mary Liz Wright, Illinois Extension
In-Service Hours: 2 CDA: 1 Cost: FREE RSVP: 10/6

November 2 **Center Director Meeting** 10:00-11:30am
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: 10/28

November 10 **Sudden Infant Death Syndrome (SIDS)** 6:00 -7:30pm
Location: Eastern Illinois University, 2201 S 9th St, 1116 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 CDA: 1 Cost: FREE RSVP: 11/4

November 10 **Shaken Baby Syndrome** 7:30 -9:00pm

Location: Eastern Illinois University, 2201 S 9th St, 1116 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

CDA: 1

Cost: FREE

RSVP: 11/4

November 15 **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 a License Exempt Provider CCAP Orientation training requirement.

Presenter: Melissa Coleman, Higher Education Navigator

In-Service Hours: 2

CDA: 5

Cost: FREE

RSVP: 11/10

December 1 **Tinies Toddlers & Twos - Fine Motor** 6:00-7:30pm

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

Do you care for little ones? Join this opportunity to network, share ideas, discuss issues, and do hands-on activities. Focus will be put on striving for quality child care (using the Infant Toddler Environment Rating Scale) in both family child care homes and child care centers.

Presenter: Vicky Foster, Infant Toddler Child Care Specialist

In-Service Hours: 1.5

CDA: 2

Cost: FREE

RSVP: 11/27

December 7 **Center Director Meeting** 10:00-11:30am

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: 12/2

December 10 **An Introduction to the Environment Rating Scales** 8:00 am-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 15 PARTICIPANTS**

Presenter: Vicky Foster, Infant Toddler Child Care Specialist & Lori Rothrock, Quality Specialist

In-Service Hours: 4

CDA: 5

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

RSVP: 12/5

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

August 2, September 6, October 4, November 1, December 6

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 6, November 1

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 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

September 12

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

August 8, October 10, November 8

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 2022-June

2021...application available at

<https://www.eiu.edu/ccrr/training.php> and

included in this mailing

**Don't forget to save receipts and training
certificates!**