



480 Cady's Falls Road ▪ Morrisville, VT 05661 □ www.lamoillefamilycenter.org

The Training Times

Professional Development Opportunities for Early Childhood Educators

Feb. 2016-June 2016

Call The Lamoille Family Center @ 888-5229 to sign up unless otherwise indicated.

I hope the trainings in this calendar will be interesting and helpful to you. It is important for you to know that the courses you take through the Lamoille Family Center and the Starting Points Networks are part of a much larger statewide system of professional development.

Vermont's Professional Development System includes achievements that you can be recognized for and bonuses linked to the system. Here is the website www.northernlightscdc.org to find out more. Please feel free to call or email me at 888-5229 extension 145 or dcaserta@lamoillefamilycenter.org if you would like to learn more about Vermont's professional development system or about finding a mentor to help you customize your own professional development plan.

It makes sense to make the most of the training you are taking and, knowing about the system and understanding how it can work for you, is a great idea!

Professional Development February 2016-June 2016

SUCCESSFULLY WORKING WITH CHILDREN WITH CHALLENGING BEHAVIORS

Are these children spoiled? manipulative? stubborn? obstinate? pushy?

The problem with these labels is that they imply that the children's behaviors are contemplated and intentional. We quickly find that usual reward-and-punishment strategies do not work with these children. Working with these kids often makes people feel frustrated, overwhelmed, guilt-ridden, and exhausted. Sometimes we reach the point where we feel the situation is hopeless. So what do we do? This session looks closely at these children and works to develop systems that help them, support you, assist their classmates, and empower their parents.

Free, Monday, 2/8, 6-8pm @ LFC. Call 888-5229 to register. Instructor: Scott Noyes, Child Development Level II competencies: Influences on Child Development and Individual Variance. Advanced Specialized Care. This training is offered by a generous funding from Vermont Birth to Five. Space is limited and dinner will be served.

INFORMED SUPERVISION OF JUVENILES WHO HAVE OFFENDED

This workshop is for professionals and caregivers who provide supervision to children and adolescents who have a history of sexually abusive behavior. Participants explore the cycle of abuse and learn strategies for intervention at different points in the cycle. A model for safety planning is introduced and practiced.

Free, Monday 2/29 6-8pm @ LFC. Call 888-5229 to register. Instructor: Johanna Straavaldsen, Prevent Child Abuse VT. Advanced Specialized Care

BRAIN SCIENCE OF THE EARLY YEARS

This is an interactive training focused on the latest research in early childhood brain development. Participants will leave with the knowledge to explain why high-quality early experiences during the first few years are so important for lifelong success. This training is right for you if: You're interested in learning more about the importance of the early years! Participants will learn how to: Articulate the fundamentals of early childhood brain science, define different types of stress and their impacts on the developing brain, infer connections between the science of healthy early brain development and children's everyday environment and share one

piece of information about early childhood brain development with a friend, family member, colleague or community member

Free, Monday 3/7, 6-8pm @ LFC. Call 888-5229 to register. Instructor: Jessica Barquist-Let's Grow Kids. Child Development Level II competencies: How Children Develop

OVERCOMING BARRIERS TO PROTECTING CHILDREN WITH DISABILITIES FOR CHILD SEXUAL ABUSE

In this interactive training, participants will gain understanding of the common misconceptions and vulnerabilities that lead to sexual abuse of children with disabilities, as well as best practice for prevention.

Free, Monday 3/14, 6-8pm @ LFC. Call 888-5229 to register. Instructor: Johanna Straavaldsen, Prevent Child Abuse VT, Advanced Specialized Care

WHO'S WHO AND WHAT'S WHAT IN VERMONT'S EARLY CARE AND EDUCATION SYSTEM

This training provides an overview of who's who and what's what in early childhood care and learning in Vermont, including an overview of how Let's Grow Kids works with community members and partners to create a stronger future for Vermont's children. This training is right for you if: You're connected to and/or interested in the early childhood care and learning system in Vermont. This could include parents, providers or other professionals within the early childhood field. Participants will learn:

who the key entities are within Vermont's early childhood community, how Let's Grow Kids fits into Vermont's early childhood community and how to articulate opportunities for collaboration and engagement to better support Vermont's youngest children

Free, Monday, 3/28, 6-8pm @ LFC. Call 888-5229 to register. Instructor: Jessica Barquist-Let's Grow Kids, Professionalism and Program Organization-Level II competency: Professionalism.

RAISING CHILDREN IN A VIOLENT SOCIETY

This workshop investigates where children are being exposed to violence and what we can do about it. From developing strategies for handling children's aggression to working toward using respectful language, this program puts adults in the driver's seat when helping children with violence and its effects.

Free, Tuesday, 3/29, 6-8pm @LFC. Call 888-5229 to register. Instructor: Scott Noyes. Advanced Specialized Care, Healthy and Safe Environments-Level III competency: Safe Environments & Teaching and Learning-Level III competency: Learning Environment.

DANCE TO LEARN

We will teach two sample classes. The workshop attendees will actively learn during the classes and participate as if they were the children in the class. We will also provide you with ideas on how to incorporate more music, movement and storytelling into your programs. Our curriculum helps young children learn the sixteen Elements of Dance (Place, Size, Level, Direction, Pathway, Focus, Speed, Rhythm, Energy, Weight, Flow, Body Parts, Relationships, Shapes, Balance and Emotion) along with important locomotor and nonlocomotor movement skills. The BrainDance is based on fundamental movement patterns that help to wire the central nervous system. The BrainDance helps students and teachers become more focused, energized, and ready to learn. The Elements of Dance and the BrainDance help children to develop a full kinesphere of movement while providing a creative, fun and engaging kinesthetic lesson which reinforces concepts of early literacy, social studies, math, and science. The curriculum helps build cognitive, physical, social, and emotional skills.

Free, Monday 4/4 @LFC from 6-8pm. Call 888-5229 to register. Instructors: Laurie Flaherty and Rachel O'Donald. Teaching and Learning-Level II competency: Learning Environments. This is an active workshop and participants should expect to move. This training is limited to 15 participants.

HOW TO CREATE CHANGE IN YOUR COMMUNITY AND HOW TO CREATE CHANGE THROUGH ADVOCACY

Participants in this training will have improved grassroots organizing skills and the confidence and ability to leverage their personal networks (as well as those in their community) to make change for Vermont's children.

Participants will learn how to: Identify members of their community who have the skills, knowledge, interest or resources to be a part of your supporter network, understand and apply the principles of community engagement and grassroots organizing, and create a personal action plan

This training also provides an overview of policy advocacy, the power of our collective action and how you can make a difference. Participants will join a statewide network of highly skilled, confident and motivated advocates who will mobilize together to make policy change to ensure that every Vermont child has access to high-quality, affordable child care. Participants will learn how to: understand the basics of policy advocacy and identify opportunities for greatest impact, articulate an understanding of why advocacy is essential to achieving high-quality, affordable child care, explain what the Blue Ribbon Commission is and how we can contribute to the Commission's work and develop an individual advocacy plan to advocate for policies that create positive change for Vermont's youngest children

**Free, Monday, 4/11, 6-8pm @ The Playroom, 30 Fairgrounds Plaza, Morrisville. Call 888-5229 to register. Instructor: Jessica Barquist-Let's Grow Kids, Professionalism and Program Organization
Level III competency: Professionalism**

CREATING PLEASANT MEALTIME ENVIRONMENTS IN CHILD CARE

Creating pleasant mealtime environments in child care influences children's belief and attitudes about food and can impact their nutritional choices throughout life. Family style meals promote the development of social, emotional, and gross and fine motor skills. In this workshop providers will learn about the benefits of creating a pleasant mealtime environment and define what a positive mealtime environment feels like. Providers will learn about and share practical tips for creating a successful mealtime environment in their program. Providers will have opportunities to discuss challenges and concerns around implementing family style meals and problem solve ways to overcome barriers.

**Free, Monday, 4/11 6-8pm @ LFC, call 888-5229 to register. Instructor: Ginger Farineau-Hunger Free VT. Healthy and Safe Environments, Level II competency: Healthy Environments and Health Needs
This workshop counts towards the CACFP training requirement.**

HELPING CHILDREN RESOLVE CONFLICTS AND MANAGE ANGER

Valuable lifelong lessons are learned from childhood disputes. Helping children learn to disagree is a skill many of us have never been exposed to. This presentation stresses resolving conflict through mediation, triads, and supportive intervention. Helping children with emotional development, specifically working with anger will be addressed.

Free, Monday, 4/25, 6-8pm @ LFC. Call 888-5229 to register. Instructor: Scott Noyes. Advanced Specialized Care, Teaching and Learning-Level III competency: Interactions.

BASIC SPECIALIZED SERVICES

This training is an introduction for early childhood providers who plan to care for children and families who require additional support (as identified by the State of Vermont). This training is required for all programs wishing to attain the "Basic Specialized Child Care Provider" status. Basic Specialized Services training is essential for serving children who have experienced abuse or neglect. Topics covered include: typical child development, the impact of stress and abuse on development, red flags, working with families and the system, as well as mandated reporting responsibilities. Working with children with special needs is also touched upon. This is a 6 hour training.

Free Saturday 5/14, 10-4pm @ LFC. Call 888-5229 to register. Instructors: Daniela Caserta and Chrissy Wade. Please bring your own lunch and snack to the class.

Lamoille Valley Starting Points Network Trainings

Hardwick Meetings

**Every 3rd Thursday of the month at the Rescue Squad Building in Hardwick
Trainings are 6-8 pm unless otherwise indicated**

2/18: Hungry Heart Viewing and Discussion

3/12: First Aid- *Saturday training, 9-11 am*

3/17 Hunger Free VT Variety and Balance

4/21 Provider Stress Management and Self-Help

5/19: Infant and Toddler Time with Scott Noyes

6/16: Shared Services for Child Care Providers 6:30-8:30

7/21: Provider Wellness 6:30-8:30

Call Gail LeBlanc at 472-6149 to register

Hyde Park Meetings

**Every 1st Thursday of the month at the Lanphere Library
Trainings are 6-8pm unless otherwise indicated**

2/4: Understanding and Responding to the Sexual Behaviors of Children and Adolescence

3/3: Medication Administration

4/7: Preparing Menus with Chrystal Wilkins

5/5: Fire Safety Part I

6/2: Fire Safety Part II

9/1: Self-Care for the Child Care Provider

10/6: Curriculum Development for the Early Care and Education Provider

Call Sue Lague at 635-1784 to register

These professional development trainings are offered through generous funding by Vermont Birth to Five and the Child Development Division