



**Training Session Topics**

Topic	Description	Category	Ages	Frequency
Observation and Lesson Planning Set 1	Participants learn about the observe/Plan/Assess cycle and use the information to strengthen their lesson planning. Participants practice writing observations and using planning tools such as webbing to guide the planning. We also touch on environments. The workshop will include lecture, large group and small group discussion.	<b>QRIS LD7 and LD8</b>  Observation and Assessment	Birth-Five	<b>3x a Year at Nike</b>  <b>3x CCRR</b>
Implementing Family Style Feeding Set 1	Participants explore current research on developing healthy eaters and implementing family style meals with infants and toddlers. Workshop includes beginning strategies and resources to share with families, staff, and how to meet licensing requirements.	<b>QRIS HS3</b>  Health, Nutrition and Safety	Birth-Five	
Implementing Family Style Feeding Set 2	Next steps in Family Style Feeding practices. Reflect on practices, philosophies and approaches to better understand and implement. Personal reflection on feelings around food.	<b>QRIS HS3</b>  Health, Nutrition and Safety	Birth-Five	
Eco-Healthy Child Care®: Small Steps to Improve Children's Health Set 1	Learn about simple Eco-Healthy Childcare practices to support children's overall health and nutrition. Certified 2 hour training from the National Children's Environmental Health Network.	Health, Nutrition and Safety	All Ages	
Reading and Responding to Infant Cries utilizing Dunstan Baby Language Set 1	Understanding an infant's cries and responding effectively is an important step to developing healthy attachment. Mother's and caregivers alike, can utilize the Dunstan Baby Language, to gain an awareness of the differing cries and cues-hungry, tired, uncomfortable, upper and lower gas pain. Participants will learn basic strategies to respond to each of the infant cries. In addition, tools will be utilized to help identify the natural schedule/pattern of each individual child based on their needs.	<b>QRIS LD12</b>  Understanding and Guiding Behavior	Infants	<b>Monthly at Nike</b>
Moving beyond "custodial care" with infants and toddlers Set 1	Infants and toddlers rely on providers to ensure their basic needs are met. In addition, infants and toddlers have limited verbal skills, and are	<b>QRIS LD12</b>	Infants and Toddlers	



	beginning to test boundaries. All of these factors can contribute to providers just going through the motions of “custodial care” and communicating to “regulate” rather than engagement. This session will show participants how to move beyond custodial care, and connect with infants and toddlers during the “prime times” of the day. In both small and large groups, participants will compare and analyze different practices to deepen infant/toddler and provider relationships.	Human Growth and Development		
Working With Versus Against Toddler Behaviors Set 1	Why do toddlers do what they do? Why do our buttons get pushed so easily with this age group? Learn about typical toddler behavior, our reactions, and how we can best support this time when children begin to demonstrate independence!!	<b>QRIS LD12</b> Human Growth and Development	Birth-Three	<b>3x a year at Nike</b>
How Temperament Impacts our Relationships with Children Set 1	Participants understand what temperament is, how it is developed, and the impact of temperament on children and caregivers. Review the 8 dimensions of temperament.	<b>QRIS LD12</b> Human Growth and Development	Birth-Five	
Using Emotional Coaching Principles to Support Children’s Emotional Intelligence Set 1	Learn the 5 steps of Emotional Coaching along with research findings on using the emotional coaching to help children learn how to manage their feelings.	<b>QRIS LD12</b> Human Growth and Development	Birth-Five	
Praise, Discipline and Tantrums oh My! Set 1	What do Praise, Discipline and Tantrums all have in common? All are tied to behavior! Explore how using effective praise and discipline can lessen tantrums, and learn the some of the reasons behind tantrums.	<b>QRIS LD12</b> Understanding and Guiding Behavior	Birth-Five	<b>1x PTA Meeting</b>
Strengthen Teaming and Communication Amongst Early Childhood Teams Set 1	As Early Childhood Professionals, we learn how to encourage communication amongst children when a conflict arises, but we often lack the skills to communicate through conflicts with fellow colleagues and teammates. This workshop will focus on identifying and utilizing differing strategies to strengthen adult	<b>QRIS AB2 &amp; AB4</b> Program Management	All Ages	<b>3x a Year at Nike</b>



	communication skills through presentation, discussion, small group practices, and large group interaction.			
Continuing to Strengthen Teaming and Communication Amongst Early Childhood Teams Set 2	As Early Childhood Professionals, we learn how to encourage communication amongst children when a conflict arises, but we often lack the skills to communicate through conflicts with fellow colleagues and teammates. This workshop continues the work from the first workshop and dives deeper into communication styles, culture and putting strategies to practice to strengthen teaming and communication and supervision of staff. Set 1 of Strengthening Communication Amongst Early Childhood Teaching Teams is a prerequisite for this session.	<b>QRIS AB2 &amp; AB4</b>  Program Management	All Ages	<b>3x a year at Nike</b>
Caring Routines Set 1	How do we best plan our days around children? Workshop reviews the schedules/routines of children and how to plan opportunities and the schedule of the day to provide a flexible, yet predictable structure.	<b>QRIS LD8</b>  Learning Environments & Curriculum	Birth-Five	<b>2x at Nike</b>
Meaningful Transitions Set 1	Do you just “get through” transitions? Trying to coats and shoes on seem like a nightmare? The workshop discusses how to plan for meaningful and successful transitions with young children.	<b>QRIS LD8</b>  Learning Environments and Curriculum	Birth-Five	<b>2x at Nike</b>
Travel for Work and Have Children? Set 1	Support you, the children and families, before, during and after parents return from travel. Learn the typical behaviors you can expect from children when they have extended time away from parents, and strategies to make the transitions easier.	<b>QRIS FP4</b>  Family and Community Systems	Birth-Five	<b>4x a year Nike</b>
Supporting Social/Emotional Development! Set 1	How can your support style influence a child’s social and emotional development? Learn about the four different styles. Utilize the five steps of emotional coaching to help children regulate their emotions, build empathy for others, be a problem solver, relate to others, and be responsible.	<b>QRIS LD12</b>  Understanding and Guiding Behavior	All Ages	<b>4x a year to parents</b>  <b>3x to staff at Nike</b>



Support Children's Learning through the Environment Set 1	Learn strategies to support choice and independence of children in the classroom environment. Overview of classroom layouts, focused learning areas and classroom tools such as schedules/symbols.	<b>QRIS LD3, LD4, LD6</b>  Learning Environments and Curriculum	Birth-Five	
Math for Infants and Toddlers Set 1	Review basic math concepts and implementation of lesson plans and activities for infants and toddlers.	<b>QRIS LD6, LD7</b>  Learning Environments and Curriculum	Birth-Three	<b>2x at Nike</b>
Primary Care with Infants and Toddlers Set 1	Review the basics of attachment theory; the benefits of primary care and basics to begin implementation.	<b>QRIS LD10, LD11, LD12</b>  Human Growth and Development	Birth-Three	<b>1x OAEYC</b>
Working Through the Struggles and Successes of Primary Care with Infants and Toddlers Set 2	Are you implementing Primary Care, but still working out the kinks? This session will explore the successes and struggles of implementing primary care. We will break into two groups (teachers and administrators) to share stories and work towards successful implementation solutions. With attachment theory in mind, we will develop strategies to support the primary care relationship.	<b>QRIS LD10, LD11, LD12</b>  Human Growth and Development	Birth-Three	<b>1x OAEYC</b>
How to Promote Independence Birth to Five Set 1	What does independence look like in an infant? How do preschoolers demonstrate their autonomy? This session will review what independence looks like birth-five. We will identify how children learn, and gain an awareness of practices which can actually hinder independence. Take away immediate strategies to help foster independence and self-esteem in young children.	<b>QRIS LD12</b>  Understanding and Guiding Behavior	Birth-Five	<b>2x OAEYC</b>  <b>1x Contracted with Childcare Programs</b>
Learning about Language and Literacy Development Set 1	Review language and literacy development for children birth to five.	<b>QRIS LD12</b>  Understanding and Guiding Behavior	Birth-Five	<b>1x Contracted with Childcare Programs</b>
Ensuring Quality Environments to	Review key principles to support language and literacy in the environment.		Birth-Five	<b>1x Contracted with</b>



support Language and Literacy  Set 1				<b>Childcare Programs</b>
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