

Online Professional Development Workshops for Early Childhood Professionals

Complimentary continuing education hours? Don't want to travel? Pull up a comfortable chair and join us on the web! Attend the live session or watch a recording up to one week later.

Courses offered by Fit and Healthy Kids may be accepted by Nebraska, Georgia, Iowa, Arizona, Kansas, Michigan, Wisconsin and South Dakota to meet annual in-service training requirements.



FARM TO EARLY CARE AND EDUCATION: FOOD EDUCATION AND GARDENING

October 2, 2023, 7:00-8:00 P.M. CST

Farm to Early Care Education (ECE) offers unique hands-on learning experiences. This workshop will cover and demonstrate examples of two pillars of Farm to ECE programs, food education and gardening activities, that can be used to supplement classroom learning and align with Early Learning Standards.

Instructors: Hope Wilson, Area Associate Agent & Jennifer Parlin, Assistant Agent, Family, Consumer and Health Sciences, UA Cooperative Extension



THE IMPORTANCE OF PROCESS ART EXPERIENCES

November 6, 2023, 7:00-8:00 p.m. CST

Process art experiences can support a child's growth and development in almost all content areas. Participants will have the opportunity to partake in the open-ended exploration of process art and explore strategies for creating an inviting process art experience!

Instructor: Tristen Cope, K-State Research and Extension Family and Youth Development Agent



GUIDANCE AND DISCIPLINE: MISTAKEN GOALS OF MISBEHAVIOR

December 4, 2023, 7:00-8:00 p.m. CST

This workshop will look at the causes of children's misbehavior and techniques to respond to their mistaken goals.

Instructor: Audrey Rider, Early Childhood Field Specialist II - South Dakota



EARLY MATH SKILLS FOR INFANTS AND TODDLERS

January 8, 2024, 7:00-8:00 p.m. CST

This program will give ideas, lessons, and resources for child care providers to enrich their environment for infants and toddlers to gain early math skills.

Instructors: LaDonna Werth and Lisa Poppe, University of Nebraska Extension Educators



EAT HEALTHY, BE ACTIVE- EAT BREAKFAST

February 5, 2024, 7:00-8:00 p.m. CST

This program focuses on outlining the importance of eating breakfast for young children and for childcare providers. We will participate in hands-on activities to teach children the importance of breakfast and will help children identify breakfast foods from a variety of cultures.

Instructor: Brad Averill, Family and Consumer Sciences Agent - Georgia Extension



THE DEVELOPMENTAL STAGES OF SELF-CONTROL IN INFANTS AND TODDLERS

March 4, 2024, 7:00-8:00 p.m. CST

Toddlerhood can be a difficult time to navigate. Learn how self-control develops in children so you can better understand where your children are developmentally and how to best support them.

Instructor: Courtney Aldrich, Program Instructor, Child and Family Development - Michigan State University Extension



EMOTION COACHING: HELPING CHILDREN MANAGE STRONG FEELINGS

April 1, 2024, 7:00-8:00 p.m. CST

The workshop focuses on emotional intelligence principles identified by John Gottman and his colleagues such as emotion coaching, permissive, dismissive, and disapproving styles of dealing with children's emotions.

Instructors: Sarah Hawks, Family & Community Educator, Pam Wedig-Kirsch, School Readiness & Family Resiliency Educator, Lindsay Weymouth Olson, Family Engagement & Relationships Program Manager

Lakeshore®

To register go to: <https://go.unl.edu/fhkonehour>

There is an option to watch the "live" or "recorded" version of each session. You will have one week after the recorded session is available to watch the webinar and receive continuing education credits.

Questions? Email fhk@unl.edu or call 402-336-2760

