



# Training Catalog

## Spring 2024

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## Registration Information

### How to Register

Online: [www.rowan-smartstart.org](http://www.rowan-smartstart.org)

By phone: (704)-603-3433

By mail or in person: Send registration form and payment to Smart Start Rowan  
1329 Jake Alexander Blvd. S.  
Salisbury, NC 28146

### Payment

Online: All major credit cards accepted.

By phone: Trainings that are more than \$10 can be paid by credit card over the phone.

By mail or in person: Participants can mail a check with the registration form or pay in person with cash, check, or credit card.

*\*Several trainings are provided by non-Smart Start Rowan employees. Registration instructions can be found on the training calendar.*

**You can now  
register and pay  
for trainings  
online!**

Visit  
[www.rowan-smartstart.org](http://www.rowan-smartstart.org)

***Masks are now optional  
during trainings***

# Training Policy and Procedures

## General Guidelines

1. Please arrive 10-15 minutes prior to the start of the training to allow time for check in.
2. Doors will be locked 10 minutes after the training has begun. Participants will not be permitted to enter.
3. **Due to the lack of facilities and supervision, Smart Start Rowan cannot allow children or unregistered adults to attend trainings.**
4. Please have transportation available at the end of each training.
5. Participants should come prepared and expect to actively engaged in the session.
6. Electronic devices should be silenced or turned off. Smart Start Rowan will notify programs of any staff who disrupt trainings and may ask participants to leave the training without receipt of the training certificate or a refund.

## Off-Site Trainings

We are available to provide trainings off-site for a fee of \$50 per hour with a 2-hour minimum. Trainings generating CEU's can be provided for a fee of \$35 per participant with a minimum of 8 participants.

## Training Policy and Procedures: continued

### Training Certificates

Training certificates are distributed to participants when the session concludes for most trainings.

For some learning events, such as CEU courses, certificates are mailed after successful completion of the training.

Some trainings are offered as a series with additional assignments to be completed outside of the scheduled training. Participants must attend all the sessions in the series and complete any assignments to receive the training certificate.

Replacement training certificates cannot be provided. Smart Start Rowan can, however, issue an official letter verifying participation in a training within 2 years from the date of the training. Please provide the title and date of the training, as well as the participant's name. There will be no charge for the first official letter verifying participation. Afterwards, a small fee of \$3.00 will be charged for this service.

**For more information on trainings, please contact the Early Education Program Lead at (704)-603-3351**

## Cancellations & Refunds

Participants may cancel up to 24 hours prior to the date of the training to receive credit toward another training. Participants may also send a substitute in their place. Failure to cancel within 24 hours of the date of the training will result in forfeiture of the registration fee.

Registered participants who do not attend a session, or series of sessions in its entirety, and have not canceled per the policy and procedure guidelines, will not receive a refund, nor will they be permitted to transfer registration fees to another learning event.

If Smart Start Rowan must cancel a training due to inclement weather, a staff emergency or lack of registered participants, the fee can be applied to another training or a refund can be requested. Money credited for canceled trainings will expire 1 year from the date it is issued.

If there are less than 8 participants registered, the training may be canceled. Registered participants will be notified by telephone if there is a cancellation.



# Training Descriptions

## Addressing Challenging Behaviors in the Classroom

April 2, 2024 6:30 pm - 8:30 pm  
Smart Start Rowan, In Person  
Trainer: Betty Trujillo  
**\$10 | 2 DCDEE Credits**

After completing this session, participants should be able to identify some causes of behaviors in the classroom as well as some strategies to help deter them from continuing to escalate in a positive approach.

## What is Active Supervision

April 9, 2024 6:30 pm - 8:30 pm  
Smart Start Rowan, In Person  
Trainer: Betty Trujillo  
**\$10 | 2 DCDEE Credits**

After completing this session, Participants will be able to identify the 6 steps to active supervision in the Learning Environment As well as how to incorporate it into the Early Childhood Setting. . .

## The Importance of Play

April 18, 2024 6:30 pm - 8:30 pm  
Smart Start Rowan, In Person  
Trainer: Betty Trujillo  
**\$10 | 2 DCDEE Credits**

This training is designed to provide child care providers at every level a basic understanding of Brain development as it relates to children in play. What children learn through play. As well as what the teacher's role in supporting play in early childhood classrooms

## ITS-SIDS

April 25, 2024 6:30 pm - 8:30 pm  
Smart Start Rowan, In Person  
Trainer: Kimberly Cruz  
**\$10 | 2 DCDEE Credits**

Developed by the NC Healthy Start Foundation's ITS-SIDS Project, this session meets state requirements for ITS-SIDS training. Participants will learn to reduce the risk of SIDS through safe sleep practices for infants. Participants will also review Safe Sleep Policy guidelines, NC Division of Child Development and Early Education licensing rules, and maintenance of the proper forms. SIDS-related materials and resources will be available.

## CPR/First Aid (Initial)

April 29, 2024 5:15 pm - 9:15 pm  
300 Webb Rd Salisbury - In Person  
Trainer: Kristen Zapata  
**\$75 | 0 DCDEE Credits**

After completing this session, participants should be able to demonstrate CPR and First Aid techniques for infants and adults. Participants will receive an Adult and Pediatric CPR and First Aid certification. DCDEE approved instructor. \*\*Checks MUST be written out to the trainer: Kristen Zapata.

## Deep Breathing: A Connection to Calm

May 7, 2024 6:30 pm – 8:30 pm  
Smart Start Rowan- In-Person  
Trainer: Jessica Lane Healthy Social  
Behaviors Initiative  
**\$10 | 2 DCDEE credits**

This training is geared towards informing, assessing, and providing strategies to support the skill of deep breathing and making the connection to help children learn how to calm. Participants will assess their own responses and reactions in relation to deep breathing by creating an environment that naturally promotes this crucial skill to early social-emotional development. They will learn about the importance of and evidence-based research on why breathing with children matters. This training will provide you with the understanding of your relationship with yourself, your children, and your teaching team/s.



## Child Abuse and Neglect

May 16, 2024 6:30 pm - 8:30 pm  
Smart Start Rowan - In-Person  
Trainer: Kimberly Cruz  
**\$10 | 2 DCDEE credits**

This training will offer you the ability to learn and understand what child abuse and neglect is. How to identify if it is happening and your role as a child care provider in what you should do if you suspect a child is being abused or neglected.

## Playground Safety

May 25, 2024 9:00 am - 1:00 pm  
Smart Start Rowan - In-Person  
Trainer: Betty Trujillo  
**\$20 | 4 DCDEE credits**

Do you know what makes a playground safe? This session is designed to promote safe play areas for children in child care. Participants will learn about potential hazards on the playground and gain hands-on experience by completing a playground safety check.

## Displays in the Classroom: Why are They Important Make it Take It!

May 28th 6:30 pm - 8:30 pm  
Smart Start Rowan - In-Person  
Trainer: Betty Trujillo  
**\$10 | 2 DCDEE credits**

Come learn about the importance of all the various displays in the classroom. Such as Schedules, First then boards, Multicultural displays, Classroom rules and more. You will have the opportunity to make one of these and take it back to display in your classroom.

Once you have chosen trainings that fit your needs you can go to our website [Training Sessions - Smart Start Rowan \(rowan-smartstart.org\)](https://www.rowan-smartstart.org) to Register if you need any assistance Please fill out the registration form and submit it with payment to Smart Start Rowan staff.

## Growing the Brain

June 3, 2024 6:30 pm – 8:30 pm  
Smart Start Rowan - In Person  
Trainer: Donna James  
**\$10 | 2 DCDEE Credits**

Children's behaviors can be big and complex, but understanding how to handle those big behaviors can be even more complex for the adults that care for them. Aimed at empowering childcare professionals, caregivers and parents, this interactive **Zero to Three** training will explore the various areas of the child's brain and how it influences their behaviors. Approaches for identifying root causes for challenging behaviors and effective strategies for using positive guidance will be demonstrated for infants, toddlers and preschoolers.

## ITS-SIDS

June 6, 2024 6:30 pm - 8:30 pm  
Smart Start Rowan, In Person  
Trainer: Kimberly Cruz  
**\$10 | 2 DCDEE Credits**

Developed by the NC Healthy Start Foundation's ITS-SIDS Project, this session meets state requirements for ITS-SIDS training. Participants will learn to reduce the risk of SIDS through safe sleep practices for infants. Participants will also review Safe Sleep Policy guidelines, NC Division of Child Development and Early Education licensing rules, and maintenance of the proper forms. SIDS-related materials and resources will be available.

## CPR/First Aid (Initial)

June 10, 2024 5:15 pm - 9:15 pm  
300 Webb Rd Salisbury - In Person  
Trainer: Kristen Zapata  
**\$75 | 0 DCDEE Credits**

After completing this session, participants should be able to demonstrate CPR and First Aid techniques for infants and adults. Participants will receive an Adult and Pediatric CPR and First Aid certification. DCDEE approved instructor. \*\*Checks MUST be written out to the trainer: Kristen Zapata.

## Playground Safety

June 11, 2024 and June 13, 2024 6:30 pm - 8:30 pm  
Smart Start Rowan - In-Person  
Trainer: Betty Trujillo  
**\$20 | 4 DCDEE credits**

This training will be a 2 part training and you must attend both sessions and complete homework in order to receive the certification. Do you know what makes a playground safe? This session is designed to promote safe play areas for children in child care. Participants will learn about potential hazards on the playground and gain hands-on experience by completing a playground safety check.

Once you have chosen trainings that fit your needs you can go to our website [Training Sessions - Smart Start Rowan \(rowan-smartstart.org\)](https://www.rowan-smartstart.org) to register. Please fill out the registration form and submit it with payment to Smart Start Rowan staff.



# Education In Action

Smart Start Rowan's **Education in Action Program** is designed to assist teachers in sharpening their skills and developing future career goals as well as assisting those new to the field in pursuing education in the Early Childhood Field by connecting them with resources readily available to help them along the way.



## Requirements

☐ Teachers who create a Professional Development Plan with one of our Smart Start Rowan Technical Assistants are eligible to receive a **\$25 gift card\***, plus the possibility of earning an additional **\$100 cash bonus\*** when completing an approved ECE related course

☐ Teachers who successfully complete the EDU 119 course and meet at least 1 course related goal on their Professional development plan may be eligible to receive a **\$200 cash bonus.**

Contact: Betty Trujillo  
Smart Start Rowan 704-603-3368  
btrujillo@smartstartrowan.org

- ❖ Application is required for program participation
- ❖ Must be employed at least 20 hours per week at a licensed child care facility in Rowan County
- ❖ EDU 119 participants **MUST** complete bi-weekly TA to be eligible for bonuses





**Registration Form ( Please Use One Per Person )  
 SMART START ROWAN  
 April, May, June 2024**

First Name: \_\_\_\_\_ Last Name \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_

Employed by: \_\_\_\_\_ Location (county): \_\_\_\_\_

		DCDEE Credits	
April 2 <sup>nd</sup>	Addressing Challenging Behaviors in the Classroom. (6:30pm-8:30pm, Smart Start, In Person)	2	\$10
April 9 <sup>th</sup>	Active Supervision (6:30pm-8:30pm, Smart Start, In Person)	2	\$10
April 18 <sup>th</sup>	The Importance of Play! (6:30pm-7:30pm, Smart Start, In Person)	2	\$10
April 25 <sup>th</sup>	ITS-SIDS (6:30pm-8:30pm, Smart Start, In Person)	2	\$10
April 29 <sup>th</sup>	CPR/First Aid (Initial) (5:15pm-9:15pm, 315 Webb. Rd., In Person) Pay Trainer	0	\$75
May 7 <sup>th</sup>	Deep Breathing: A Connection to Calm (6:30pm-8:00pm, Smart Start, In Person)	2	\$10
May 16 <sup>th</sup>	Child Abuse and Neglect (6:30pm-8:30pm, Smart Start, In Person)	2	\$10
May 25 <sup>th</sup>	Playground Safety (9:00am-1:00pm, Smart Start Rowan- In Person)	4	\$20
May 28 <sup>th</sup>	Displays in the Classroom: Why are they Important Make it Take It! (6:30pm-8:30pm, Smart Start, In Person)	2	\$10
June 3 <sup>th</sup>	Growing the Brain! (6:30pm-8:30pm, Smart Start Rowan., In Person)	2	\$10
June 7 <sup>th</sup>	ITS SIDS (6:30pm-8:30pm, Smart Start, In Person)	2	\$10
June 10 <sup>th</sup>	CPR/First Aid (Initial) (5:15pm-9:15pm, 315 Webb. Rd., In Person) Pay Trainer	0	\$75
June 11 <sup>th</sup> & 13 <sup>th</sup>	Playground Safety (6:30 pm – 8:30pm Both Nights, Smart Start Rowan- In Person)	4	\$20
June 18 <sup>st</sup>	Emergency Preparedness and Response (5:30pm- 8:00pm, Smart Start Rowan, In Person)	2.5	\$15
June 25 <sup>th</sup>	Gratitude is the best Attitude! (6:30pm-8:30pm, Smart Start Rowan., In Person)	.2 CEU	\$20