

A+ STAFF: All (*) Mandatory / All others count toward SCOREC/ D: For Directors CM: For Center Managers

Addressing Homelessness: The Role of the Early Childhood Educator - CCDF 12 ➡



In this 2-hour class, participants will gain a better understanding of the definition of homelessness while becoming familiar with the often unseen but growing prevalence of homelessness in Alabama. Participants will also identify the causes of homelessness and its impact on a child's physical and mental development.

Training Level: Basic
Target Age Group: All
Training Hours: 2
DHR Training Areas: CD, CCPF
CDA Subject Areas: 2, 4
CKA Content Areas: CGD, ICFC
CCDF Training Areas Categories: 12

Teacher: [Kassia Mayo](#)

Category: [Addressing Homelessness: The Role of the Early Childhood Educator - CCDF 12](#)

Alabama Historical Heroes ➡



Alabama Historical Heroes explores the lives and specific contributions of extraordinary people from Alabama. In this 2-hour on-demand training, participants will be introduced to native

?

Alabama leaders in a new and engaging way. This training is designed to provide educators with the resources they need to spark children's curiosity about the world before them in an age-appropriate way.

Training Level: Basic
Target Age Group: School-agers
Training Hours: 2
DHR Training Areas: CD, LD
CDA Subject Areas: 2, 3
CKA Content Areas: LEE, CGD
CCDF Training Areas: 13, 19

Teacher: [LaGracia Gibbs](#)

Non-editing teacher: [Britney Minor](#)

Category: [Alabama Historical Heroes](#)

Attachment Styles: How to Bond with Babies ➡



Participants will develop an understanding of the different styles of attachment, the short- and long-term benefits of secure attachment, and practical activities and methods for promoting secure attachment with children.

Training Level: Basic
DHR Categories: CD, PGD
Content Areas: 3, 4
CKA Content Areas: CGD, LEE
CCDF Training Areas: 15, 20
Target Age Group: Infants and Toddlers

Teacher: [LaGracia Gibbs](#)

Category: [Attachment Styles: How to Bond with Babies](#)



Best Practices for Language Acquisition: Read, Write, Talk, Sing & Play ➔



A growing body of research reveals just how important it is for infants and toddlers to be exposed to many forms of language including reading, writing, talking, singing, and playing starting at birth. In this 2-hour training, caregivers will explore the five practices of literacy, which are fundamental to children's growth as future readers, and learn how to implement this knowledge in their own child care setting.

Training Level: Basic

Target Age Group: Infant, Toddler

DHR Training Hours: CD, LD

CDA Subject Areas: 2, 8

CKA Content Areas: CGD, LEE

CCDF Training Areas: 13, 17

Quality Indicator: C: Child Development

Teacher: LaGracia Gibbs

Non-editing teacher: Violet Smith

Category: Best Practices for Language Acquisition: Read, Write, Talk, Sing & Play

Building the Adults of Tomorrow: Supporting the Positive Development of School-Aged Children – CCDF 19 ➔



The elementary school years are a time of rapid physical and mental growth for children. In this two-hour, on-demand training, early childhood educators will learn the developmental milestones of school-aged children. Using PBS Kids resources, participants will discover strategies for creating a healthy, high-quality learning environment to foster positive experiences that will have a lasting impact through elementary school and beyond.

Training Level: Basic

Target Age Group: School-aged

Training Hours: 2

DHR Training Areas: CD

CDA Subject Areas: 8

CKA Content Areas: CGD

CCDF Training Areas: 19

Manager: Kassia Mayo

Category: Building the Adults of Tomorrow: Supporting the Positive Development of School-Aged Children – CCDF 19

Caring for Our Children: Managing Infectious Diseases & Safely Administering Medications - CCDF 1 & 3 ➔



This 2-hour on-demand training, Caring for Our Children: Managing Infectious Diseases & Safely Administering Medications - CCDF 1 & 3, features health and safety guidelines for the prevention & control of infectious diseases as well as policies and procedures for administering medication in the child care setting.

Training Level: Basic

Target Age Group: All

Training Hours: 2

DHR Training Areas: HSUP

CDA Subject Areas: 1

CKA Content Areas: HSN

CCDF Training Areas: 1, 3



Teacher: LaGracia Gibbs

Category: Caring for Our Children: Managing Infectious Diseases & Safely Administering Medications - CCDF 1 & 3

Challenging Behaviors: Where Do We Begin? - CCDF 15 ➔



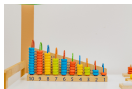
In this two-hour on-demand course, participants will examine behaviors exhibited by toddlers and preschoolers that are often considered challenging while gaining an understanding of how to handle them.

Training Level: Basic
Target Age Groups: Toddlers, Preschoolers
Training Hours: 2
DHR Training Areas: CD, PDG
CDA Subject Areas: 1, 3, 5, 8
CKA Content Areas: CGD, LEE
CCDF Training Areas: 13, 15, 20

Teacher: LaGracia Gibbs

Category: Challenging Behaviors: Where Do We Begin? CCDF 15

Early Math Success: Essential Math Skills for Infants and Toddlers ➔



Children begin learning math concepts before they can talk. Throughout this fun, informative training, you will learn tips, activities, and best practices for preparing the infants and toddlers in your care for academic success by incorporating intentional math interactions and exercises into everyday activities. Join us to learn how teaching math concepts can be simple and fun with PBS and PBS KIDS resources!

Training Level: Basic
Target Age Group: Infants, Toddlers

Training Hours: 2
DHR Training Areas: CD, CCPF
CDA Subject Areas: 2, 8
CKA Content Areas: CGD, LEE
CCDF Training Areas: 13, 20

Manager: Kassia Mayo

Category: Early Math Success: Essential Math Skills for Infants and Toddlers

Emergency Preparedness and Basic First Aid & CPR - CCDF 7 & 10 ➔



In this two-hour on-demand course, participants will gain a better understanding of the impact emergencies have on children, explore ways in which child care providers can prepare families for emergency situations, and become familiar with how to handle a variety of first aid emergencies in the childcare setting.

Training Level: Basic
Target Age Group: All
Training Hours: 2
DHR Training Areas: HSUP
CDA Subject Areas: 1
CKA Content Areas: HSN
CCDF Training Areas: 7, 10
Quality Indicator: P

Teacher: LaGracia Gibbs

Category: Emergency Preparedness and Basic First Aid & CPR - CCDF 7 & 10

Employee Retention: Building and Retaining a Healthy Working Environment - CCDF 18 ➔



Whether you are new to owning a child care center or you are an experienced center director, managing a child care program is challenging because it requires a considerable amount of planning, foresight, and effort to create and maintain a high-quality program. In this two-hour, on-demand training, we will use the latest research and management data as a guide for learning new approaches for improving staff retention, enhancing program culture, promoting staff wellness, and elevating staff self-efficacy to make your child care program shine even brighter.

Training Level: Intermediate

Target Age Group: ALL

Training Hours: 2

DHR Training Areas: AM

CDA Subject Areas: 5

CKA Content Areas: MA

CCDF Training Areas: 18

Quality Indicator: H: Effective Business and Management Skills

Manager: [Kassia Mayo](#)

Category: [Employee Retention: Building and Retaining a Healthy Working Environment - CCDF 18](#)

CM

[Engaging Parents and Families for Children's Positive Development- CCDF 16 ➡](#)



Family engagement during the earliest years of a child's life is one of the most powerful predictors of a child's development. Engaging families as partners early in the educational journey allows parents and caregivers to establish strong home-school connections that support their children's achievement long-term. In this 2-hour on-demand training, participants will learn how to build strong, positive relationships with parents, families, and communities in culturally and linguistically appropriate ways to support their children's positive development.

Training Level: Basic

Target Age Group: ALL

Training Hours: 2

DHR Training Areas: CCPF

CDA Subject Areas: 4

CKA Content Areas: ICFC

CCDF Training Areas: 16

Quality Indicator for Reporting: L

Teacher: [LaGracia Gibbs](#)

Category: [Engaging Parents and Families for Children's Positive Development - CCDF 16](#)

[Exploring STEM with School-Aged Children 2025 🌱](#)



Course Run Dates: November 3rd - 24th

In this fun, free, online course, participants will deepen their knowledge of STEM (Science, Technology, Engineering, and Math) and investigate ways to incorporate activities designed for children ages 5-8. Along with the help of PBS KIDS programming and resources, participants will learn how to add simple STEM-centered teaching practices and activities to their classroom or out-of-school setting. Upon completing this **3-week course**, participants will receive a certificate for **15 training hours**.

Training Level: Basic

Target Age Group: School-agers

DHR Minimum Standards: CD, LD, PDG

CDA Content Areas: 2, 3, 8

CKA Content Areas: CGD, LEE

CCDF Training Areas: 13, 19, 20

Teacher: [LaGracia Gibbs](#)

Filling Our Buckets: Teaching Self-Care and Mindfulness with PBS KIDS ➡



Self-care is a vital part of our physical, mental, and emotional health. By teaching and modeling simple acts of self-care in the child care setting, early childhood educators can give the children in their care mental health and wellness tools that will last a lifetime. Using PBS Kids resources, this engaging, interactive training will highlight new methods for teaching children self-care techniques, including sustainable routines, naming feelings, and making body and mind connections.

Training Level: Basic
Target Age Group: ALL
Training Hours: 2
DHR Training Areas: CD
CDA Subject Areas: 3
CKA Content Areas: CGD
CCDF Training Areas: 13

Manager: Kassia Mayo

Category: Filling Our Buckets: Teaching Self-Care and Mindfulness with PBS KIDS

Fostering Healthy Social and Emotional Development in Early Childhood



When early childhood educators support children from birth through the early years of life by modeling, teaching, and encouraging healthy social and emotional development, the foundation is laid for establishing a high degree of emotional intelligence. This 2-hour on-demand training explores the ways in which caregivers can make a positive, life-long impact on the children in their care.

Training Level: Basic

Target Age Group: Preschool
Training Hours: 2
DHR Training Areas: CD, PDG
CDA Subject Areas: 3, 8
CKA Content Areas: CGD, ICFC
CCDF Training Areas: 13, 15

Teacher: Kassia Mayo

Category: Fostering Healthy Social and Emotional Development in Early Childhood



Foundations of Health & Safety in Early Child Care - 1, 2, 6 & 7 ➡



This training covers CCDF Training Areas 1, 2, 6 & 7. Best practices and standards for health and safety are the foundation of quality child care. Meeting the basic health and safety needs of all children sets the stage for positive child outcomes. This 2-hour health and safety training provides an overview of the basic health and safety requirements and best practices for early childhood educators.

Training Level: Basic
Target Age Group: ALL
Training hours: 2
DHR Categories: HSUP
CDA Subject Area: 1
CKA Content Area: HSN
CCDF: 1, 2, 6, 7

Teacher: LaGracia Gibbs

Category: Foundations of Health & Safety in Early Child Care - 1, 2, 6 & 7

Fun with Funds: Financial Education for Kids! ➡



Empower the children in your care with essential financial skills! This two-hour on-demand training provides practical strategies to weave age-appropriate money lessons into everyday routines. You'll discover how to explain fundamental concepts such as the difference between wants and needs. During this fun-filled training, you will learn ways to foster informed decision-making skills while utilizing engaging, hands-on activities and resources to help build a strong foundation for a child's future financial well-being.

Training Level: Basic
Target Age Group: Preschool; School-Age
Training Hours: 2
DHR Minimum Training Areas: CD
CDA Subject Areas: 2
CKA Content Areas: CGD
CCDF Training Areas: 19
Quality Indicator: E

Teacher: LaGracia Gibbs

Category: Fun with Funds: Financial Education for Kids!



Growing Bodies: Promoting Physical Development for School-Aged Children - CCDF 13 & 19 ➔



The elementary school years are a time of rapid growth for children. Physical development encompasses more than observable growth in school-aged children's bodies. Fine motor skills, coordination, balance, and endurance are also developed. In this 2-hour, on-demand training, early child care educators will learn the milestones of school-aged children's physical development and learn strategies for promoting healthy growth using PBS KIDS resources and activities.

Training Level: Intermediate
Target Age Group: School-agers
Training Hours: 2

DHR Training Areas: CD, HSUP
CDA Subject Areas: 1, 2, 8
CKA Content Areas: CGD, HSN, LEE
CCDF Training Areas: 13, 19

Teacher: Kassia Mayo

Category: Growing Bodies: Promoting Physical Development for School-Aged Children - 13 & 19



I Can Handle It! Promoting Emotional Intelligence in the Out-Of-School Setting ➔



Participants will identify ways to help all children recognize, understand, label, express, and regulate their emotions. Participants will learn how to support the five components of emotional intelligence in children through a variety of strategies that will enhance their language and literacy skills

Training Level: Basic
Target Age Group: School-agers
Training Hours: 2
DHR Training Areas: CD, LD
CDA Subject Areas: 1, 2, 3
CKA Content Areas: LEE, CGD
CCDF Training Areas: 13, 15, 19

Teacher: Kassia Mayo

Category: I Can Handle It! Promoting Emotional Intelligence in the Out-Of-School Setting

Implementing Preschool STEM Practices Through Fairy Tales & Nursery Rhymes ➔



In this two-hour on-demand course, participants will explore the ways in which classic fairy tales and favorite nursery rhymes offer the perfect segue for introducing preschool children to early STEM concepts. Participants will learn to apply early literacy concepts to fun, engaging STEM activities that will foster children's love of reading while empowering them to create, design, and problem solve.

Training Level: Basic
Target Age Group: Preschoolers
Training Hours: 2
DHR Training Areas: CD
CDA Subject Areas: 2
CKA Content Areas: LEE
CCDF Training Areas: 13

Teacher: LaGracia Gibbs

Category: Implementing STEM Practices Through Fairy Tales & Nursery Rhymes

Integrating Social Language Skills in Early Childhood with PBS Kids ➔



As early childhood educators, you are familiar with the concept of emotional literacy, but are you familiar with the concept of social language skills? Social language skills include the ability to understand nonverbal communication, take others' perspectives into account, and resolve miscommunication respectfully and peacefully, and much more. In this engaging, 2-hour, on-demand training, designed especially for the caregivers of older preschoolers and school-aged children, you will learn practical ways to seamlessly integrate social language concepts into your daily teaching routines.

Training Level: Basic
Target Age Group: Preschool; School-Age
Training Hours: 2
DHR Minimum Training Areas: CD

CDA Subject Areas: 3
CKA Content Areas: LEE
CCDF Training Areas: 15
Quality Indicator: C

Category: Integrating Social Language Skills in Early Childhood with PBS Kids

Keeping Infants Safe: Prevention of Sudden Infant Death (SIDS) & Shaken Baby Syndrome in the Child Care Setting - CCDF 2 & 6 ➔



It is essential to always be active and attentive when caring for children, especially infants. In this 2-hour on-demand training, educators will learn rules and regulations to best provide a safe environment for infants to prevent SIDS and Shaken Baby Syndrome in the early childcare setting. As educators, it is essential to stay knowledgeable about best practices and strategies for keeping a healthy and safe childcare environment. In this training, educators will also be provided with suggestions and resources to share with families to prevent SIDS and Shaken Baby Syndrome at home.

Training Level: Intermediate
Target Age Group: All
Training Hours: 2
DHR Training Areas: HSUP, QCCL
CDA Subject Areas: 1, 5
CKA Content Areas: HSN
CCDF Training Areas: 2, 6

Teacher: Kassia Mayo

Category: Keeping Infants Safe: Prevention of Sudden Infant Death (SIDS) & Shaken Baby Syndrome in the Child Care Setting - CCDF 2 & 6



[Kid Citizens: Cultivating Civic Engagement with PBS Kids ➔](#)



Everyone, even children, can be active and contributing members of their communities. When children work together as members of a group, conduct themselves responsibly, and develop conflict-resolution skills, they begin to understand ideas at the heart of government and the democratic process. In this 2-hour on-demand training, with the help of PBS Kids, early childhood educators will learn ways to foster good citizenship and instill a sense of community in the child care setting.

Training Level: Basic

Target Age Group: Preschool, School-Aged

Training Hours: 2

DHR Training Areas: CD

CDA Subject Areas: 3

CKA Content Areas: ICFC

CCDF Training Areas: 13

Manager: [Kassia Mayo](#)

Category: [Kid Citizens: Cultivating Civic Engagement with PBS Kids](#)

[Kids and Allergies: What to Look For - CCDF 4 ➔](#)



This 2-hour training will identify what to look for and how to treat common food and environmental allergies. Participants will be provided with materials and hands-on activities to encourage children and child care providers to recognize allergic reactions and know how to deal with them.

Training Level: Basic

Target Age Group: All

Training Hours: 2

DHR Training Areas: HSUP

CDA Subject Areas: 1

CKA Content Areas: HSN

CCDF Training Areas: 4

Teacher: [Kassia Mayo](#)

Non-editing teacher: [Britney Minor](#)

Category: [Kids and Allergies: What to Look For - CCDF 4](#)

[Leading the Way: A Practical Guide to Leadership Styles for Child Care Directors - CCDF 18 ➔](#)



Unlock your leadership potential in this 2-hour on-demand training. This practical training, tailored for child care directors, will explore leadership styles and equip you with actionable strategies to inspire your team. Discover how to foster a collaborative and supportive atmosphere that directly benefits the children in your care.

Training Level: Basic

Target Age Group: ALL

Training Hours: 2

DHR Minimum Training Areas: AM

CDA Subject Areas: 5

CKA Content Areas: MA

CCDF Training Areas: 18

Quality Indicator: H

Teacher: [Kassia Mayo](#)

Category: [Leading the Way: A Practical Guide to Leadership Styles for Child Care Directors - CCDF 18](#)

[Maintaining a Safe Child Care Setting: Ensuring Building & Hazardous Materials Safety - CCDF 5 & 8 ➔](#)



This 2 -hour on-demand training, [Maintaining a Safe and Healthy Child Care Setting: Ensuring Building & Hazardous Materials Safety](#) [CCDF 5 & 8](#), features health and safety guidelines for establishing and maintaining a safe child care setting, indoors and out. This training also includes the appropriate methods of handling, storing, and disposing of hazardous materials.

Training Level: Basic
 Target Age Group: All
 DHR Training Areas: HSUP
 CDA Content Areas: 1
 CKA Content Areas: HSN
[CCDF](#) Training Areas: 5, 8

Teacher: [LaGracia Gibbs](#)

Category: [Maintaining a Safe and Healthy Child Care Setting: Ensuring Building & Hazardous Materials Safety - CCDF 5 & 8](#)

[Music to Our Ears: The Benefits of Music and Movement ➔](#)



Music to Our Ears is a training designed to inform participants how music can stimulate infants' and toddlers' development (cognitive, physical, and socio-emotional). This training will provide different developmentally appropriate activities, books, and PBS Kids videos that will demonstrate how music can be used to help children grow in the different areas of development.

Training Level: Basic
 Target Age Groups: Infants, Toddlers
 Training Hours: 2
 DHR Training Areas: CD, LD
 CDA Subject Areas: 2, 3, 8
 CKA Content Areas: CGD, LEE

[CCDF](#) Training Areas: 13, 20

Teacher: [Kassia Mayo](#)

Category: [Music to Our Ears: The Benefits of Music and Movement](#)

[Read, Read, Read: The Importance of Reading to Young Children ➔](#)



It is never too early to read to young children! Reading aloud to a child early and often is the single most important activity for ensuring eventual academic success. In this free, on-demand course, participants will explore the ways in which reading aloud helps children develop language, listening, and social-emotional development skills while preparing them to become successful readers. This free, 2-hour training also includes research-based guidelines for choosing developmentally appropriate books as well as literacy activities and resources.

Training Level: Basic
 Target Age Group: Infants, Toddlers, Preschool
 DHR Minimum Standards: CD, LD
 CDA: 2, 3, 8
 CKA: CGD, LEE
[CCDF](#): 13, 17

Teacher: [LaGracia Gibbs](#)

Category: [Read, Read, Read: The Importance of Reading to Young Children](#)



[Recognizing and Reporting Child Abuse and Neglect in Early Child Care- \[CCDF 11 ➔\]\(#\)](#)

P



This 2-hour course examines the roles and responsibilities of child care providers in recognizing, reporting, and responding to child abuse and neglect within the early child care setting.

Training Level: Basic
 Target Age Group: ALL
 DHR Training Areas: HSUP, CCPF
 CDA Subject Areas: 1, 3
 CKA Core Knowledge Areas: HSN, PPD
 CCDF Training Areas: 6, 11

Teacher: LaGracia Gibbs

Non-editing teacher: Kassia Mayo

Category: Recognizing and Reporting Child Abuse and Neglect in Early Child Care - CCDF 11

School Readiness: Creating Life-Long Learners ➔



In this 2-hour on-demand course, participants will develop a better understanding of the importance of school readiness. Join us to gain knowledge about best practices for preparing young children for kindergarten while exploring appropriate strategies for reaching developmental milestones.

Training Level: Basic
 Target Age Group: Toddlers, Preschool
 Training Hours: 2
 DHR Training Areas: CD, LD
 CDA Subject Areas: 2, 3, 4
 CKA Content Areas: CGD, LEE, ICFC
 CCDF Training Areas: 13, 15, 19

Teacher: LaGracia Gibbs

Category: School Readiness: Creating Life-Long Learners

The Impact of Poverty in Early Childhood - CCDF 14 ➔



Childhood poverty is a tragic issue affecting over 11 million children in America. Children living in poverty experience a wide variety of risk factors, ranging from chronic health issues, and atypical brain development, to significant difficulties at school and beyond. In this two-hour on-demand course, participants will explore strategies that mitigate the damages that arise from poverty while highlighting practical approaches for caring for children in geographical areas with significant concentrations of poverty and unemployment.

Training Level: Basic
Target Age Group: All
Training Hours: 2
DHR Training Areas: HSUP
CDA Subject Areas: 1
CKA Content Areas: HSN
CCDF Training Areas: 14
Quality Indicator: N

Teacher: LaGracia Gibbs

Category: The Impact of Poverty in Early Childhood - CCDF 14

D

The Incredible Developing Brain in Early Childhood – CCDF 17 ➔



When it comes to brain development, the first years are essential. Young children thrive when they receive high-quality, sensitive, responsive care. The development of the brain is influenced by many factors, especially a child's relationships with caregivers. This 2-hour on-demand course reinforces what research has taught us about brain development, as well as presenting the latest

information about the crucial role the early childhood caregiver plays in helping to build and shape a young child's brain.

Training Level: Basic
Target Age Group: Infant, Toddler
Training Hours: 2
DHR Training Areas: CD
CDA Subject Areas: 8
CKA Content Areas: CGD
CCDF Training Areas: 17
Quality Indicator for Reporting: C: Child Development

Teacher: [LaGracia Gibbs](#)

Category: [The Incredible Developing Brain in Early Childhood – CCDF 17](#)

[The Science of Reading for School-Aged Children ➔](#)



The Science of Reading (SoR) is the body of research defining the skills and levels of development needed for children to learn to read. The SoR will prepare a future generation of strong readers by focusing on five key elements of literacy: comprehension, fluency, vocabulary, phonics, and phonemic awareness. In this 2-hour, on-demand training, educators will learn how to implement PBS KIDS resources and activities to seamlessly incorporate The Science of Reading into their work with school-aged children.

Training Level: Intermediate
Target Age Group: School-agers
Training Hours: 2
DHR Training Areas: CD, LD
CDA Subject Areas: 2, 8

CKA Content Areas: CGD, LEE
CCDF Training Areas: 13, 19

Teacher: [Kassia Mayo](#)

Category: [The Science of Reading for School-Aged Children](#)

[Thinking It Through: Problem-Solving for Preschoolers with PBS KIDS ➔](#)



In the early years of childhood development, learning to problem-solve is foundational to cognitive growth and practical learning. When children learn how to resourcefully navigate and solve problems, they become creative thinkers with the ability to adapt quickly to unfamiliar situations and settings. In this 2-hour, on-demand training, early childhood educators will explore ways to help children master the art of problem solving using PBS KIDS resources.

Training Level: Basic
Target Age Group: Preschool
Training Hours: 2
DHR Training Areas: CD
CDA Subject Areas: 2
CKA Content Areas: LEE
CCDF Training Areas: 13

Manager: [Kassia Mayo](#)

Category: [Thinking It Through: Problem-Solving for Preschoolers](#)

[Understanding ACEs: Promoting Resilience in Early Childhood](#)



[jpeg](#) Understand and recognize the profound impact of Adverse Childhood Experiences (ACEs) in all communities with this **3-hour** on-demand training for early childhood educators. Learn about risks and protective factors, the outcomes associated with ACEs, and gain evidence-based strategies to foster safe, [jpg](#)

stable, nurturing relationships in your child care setting, ultimately reducing or eliminating the impact of ACEs.

Training Level: All

Target Age Group: Basic

Training Hours: 3

DHR Minimum Training Areas: QCCL, CCPF, PDG

CDA Subject Areas: 3, 6, 8

CKA Content Areas: CDG, ICFC, PPD

CCDF Training Areas: 11, 13, 15

Quality Indicator: M

Category: ✨ New ✨ Understanding ACEs: Promoting Resilience in Early Childhood

Who is Taking Care of YOU? ➡



Who Is Taking Care of YOU? is a 2-hour training designed to highlight the benefits of self-care. Through this course, you will discover that self-care is not selfish. You cannot take care of others unless you take care of YOU. This training will highlight the ways in which you can most effectively spend your time and energy so that you can give to others. Together we will explore what you can do to take care of yourself, recognize your limits, and accept yourself.

Training Level: Basic

Target Age Group: ALL

Training Hours: 2

DHR Training Areas: QCCL, CCPF

CDA Subject Areas: 1, 6

CKA Content Areas: LEE, PPD

CCDF Training Areas: 13, 18

Teacher: [Kassia Mayo](#)

Category: [Who is Taking Care of YOU?](#)

[Show 20 per page](#)