

# Child Care Resource and Referral

Professional Development Opportunities for Early Childhood and School-Age Programs

## RESOURCES FOR CHILD CARING WINTER 2012

SERVING THE SEVEN-COUNTY METRO AREA

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Scan with your Smartphone to be directed to the Resources for Child Caring website!



Resources for Child Caring

*Raising the standard of care for children*

East & West Metro  
Minnesota  
**Child Care**  
Resource &  
Referral Network

# The Minnesota Child Care Credential

Enrolling soon for 2012

Online  
and  
face-to-face  
options!



## Minnesota child care professionals, grow your quality, show your quality!

The Minnesota Child Care Credential offers training in all aspects of caring for and nurturing children. Join a community of caregivers learning the latest, striving for more and graduating to the next level of the profession. The Minnesota Child Care Credential lasts for a lifetime and establishes you as a professional committed to ongoing learning.

### Minnesota Child Care Credential participants receive:

- Complete foundation in caring for children. Ideal for new caregivers.
- Marketing and leadership opportunities.
- Two years of the latest training, sequenced and carefully planned.
- All training required for the National Child Development Associate Credential.
- A community of learners: Join a cohort of your peers led by excellent instructors.
- A strong foundation in the Minnesota Core Competencies and the Early Childhood Indicators of Progress. Progress for those participating in Parent Aware; Building Quality: Making Good Things Better; and Minnesota's Career Lattice.



The Minnesota Child Care Credential,  
because Minnesota's future begins with you!  
[www.mnchildcare.org](http://www.mnchildcare.org) • (888) 291-9811

**Child Care Resource & Referral: Your Partners in Caregiving**



## Welcome!

The Resources for Child Caring training catalog offers the latest in continuing education and professional development opportunities in the seven-county metro area.

To help you plan for your ongoing professional development, CCR&R trainings are listed by Minnesota Core Competency content areas and CDA content areas. Each content area describes a set of skills child care providers need in order to work with children from birth through school-age. All training descriptions include clear learning objectives so that you know what you can expect to learn in each training.

## CCR&R Progressive Learning

CCR&R Progressive Learning classes offer a complete, interactive learning experience with in-depth information on the same topic presented over time. In this flexible and supportive format participants are given more time to learn, have a chance to try new ideas in their child care settings and then come back to class and share experiences and ideas with other participants. Progressive Learning classes can increase your REETAIN grant application score and help fulfill your child care service development grant requirements.



*Look for the Progressive Learning icon to find Progressive Learning options in this training catalog.*

## Minnesota Core Competency Content Areas

The classes in our catalog are categorized by the Minnesota Core Competencies, our state's standard areas for child care providers' professional growth. To learn more about the Minnesota Core Competencies call the Minnesota Center for Professional Development at (651) 999-5835 or visit their website, [www.mncpd.org](http://www.mncpd.org).

- I. Child Growth and Development
- II. Learning Environment and Curriculum
- III. Assessment and Planning for Individual Needs
- IV. Interactions with Children
- V. Families and Communities
- VI. Health, Safety, and Nutrition
- VII. Program Planning and Evaluation
- VIII. Professional Development and Leadership

## CDA Content Areas

The classes in our catalog are also listed by CDA content areas. A Child Development Associate is a national credential issued by the Council for Professional Recognition. To find out more about the National Child Development Associate Credential, and related CCR&R services, please visit [www.mnchildcare.org](http://www.mnchildcare.org).

1. Safe, healthy learning environment
2. Physical and intellectual development
3. Social and emotional development
4. Productive family relationships
5. Effective program operation
6. Maintaining professionalism
7. Observing and recording behavior
8. Principles of child growth and development

# Resources for Child Caring Policies & Procedures

## REGISTRATION

Register online at [www.mnstreams.org](http://www.mnstreams.org). Fax registration with credit card (VISA , MasterCard, American Express, or Discover) to (651) 645-0990. Mail a check to RCC. Call (651) 641-3549 to register over the phone. Registration **WILL NOT** be accepted without payment. PAYMENTS WILL NOT BE TAKEN AT CLASS.

## PROGRESSIVE LEARNING TRAINING

For training that is Progressive Learning (multi-night training), there will be a practical application task given in order to apply the new ideas learned. This task must be completed in order to receive in-service hours for the Progressive Learning training. You **MUST** complete the entire training or all sessions of a Progressive Learning (multiple session) training in order to receive training in-service hours. There will be no transferring of funds or registering for another session.

## NON-REGISTERED WALK-INS

Space and training material are prepared based on Workshop enrollment prior to the start of training. RCC apologizes we CANNOT accept walk-in registrations.

## TRAINING CERTIFICATES

Registration must be received by RCC 5 days in advance of training date in order to receive a certificate at the training. Otherwise, your certificate will be mailed to you within 7-10 working days after verification of class attendance.

## CANCELLATIONS

- Registration fees are refundable only in the situation where Resources for Child Caring has canceled a class.
- **Cancellations MUST be made at least 24 hours in advance to receive training credit.**
- Credits can be used for another RCC training.
- Credits MUST be used within 90 days of date of canceled class. After 90 days, all unused credits are void.

Resources for Child Caring will cancel trainings with less than 5 people registered up to two days before the training. All attempts will be made to reach the registered participants. Participants will be credited for these canceled trainings. Class cancellations will be listed on the registration voicemail at (651) 641-3549.

## WEATHER POLICY

In the case of threatening weather, RCC will:

- Make a decision regarding canceling training by 2:00 p.m. the day of training.
- Make every effort to contact registered participants.
- Update the registration phone line message (651) 641-3549 to reflect the trainings that are canceled.
- Post the cancellation of training on the RCC website [www.resourcesforchildcare.org](http://www.resourcesforchildcare.org).

If we are unable to reschedule the training, credit for the training will be given.

## ADDITIONAL POLICIES

- In order to respect professional training of others, please do not bring children to training. There is NO child care available during RCC training.
- Only children age 13 and above, with a paid registration, will be allowed in training.
- Interpreters must be 18 years or older. Please notify Resources for Child Caring in advance if you will be bringing an interpreter.
- If you arrive 20 minutes late to training, you will not receive in-service hours for the class, a training certificate, class credit or a refund. This is strictly enforced.
- You must complete all hours of training to receive in-service hours. There will be no transferring of funds, registering for another session or make-up sessions.

TO REGISTER FOR EAGER-TO-LEARN ONLINE TRAININGS,  
PLEASE LOG ON TO [WWW.MNCHILDCARE.ORG](http://WWW.MNCHILDCARE.ORG) AND CLICK ON EAGER-TO-LEARN OR CALL (651) 746-4025.  
PLEASE NOTE, CHECKS ARE NOT ACCEPTED FOR EAGER-TO-LEARN ONLINE TRAININGS.

ASSUME YOUR REGISTRATION IS CONFIRMED UNLESS OTHERWISE NOTIFIED. | REGISTRATION BEGINS IMMEDIATELY!  
[WWW.RESOURCESFORCHILDCARE.ORG](http://WWW.RESOURCESFORCHILDCARE.ORG)

# CHILD DEVELOPMENT ASSOCIATE (CDA)

A Child Development Associate (CDA) is an individual who has successfully completed the CDA assessment process and has been awarded the National CDA Credential. CDAs are able to meet the specific needs of children and work with parents and other adults to nurture children's physical, social, emotional, and intellectual growth in a child development framework. Earning the CDA Credential has many advantages, including motivating caregivers toward continuing education and providing a platform for professional and career opportunities. Many view the CDA Credential as an instrument for career advancement in the early childhood care and education profession. [www.cdacouncil.org](http://www.cdacouncil.org)

**Eligibility:**

- Be 18 years or older
- Hold a high school diploma or GED
- Have 480 hours of experience working with children within past 5 years

**Education:**

- Have 120 clock hours of formal child care education within past 5 year

**To Learn More About the Child Development Associate Credential:**

Do you want to increase your professionalism and learn more about the Child Development Associate (CDA) credential? Resources for Child Caring offers training on the CDA. Read about the training, ABCs of CDA, on page 43. Class includes: how to obtain the credential, classes required, additional Candidate documentation requirements, overview of the assessment and scholarship possibilities.

**REGISTER TODAY!**

## CDA RELATED COURSES FOR THE UPCOMING YEAR AT RESOURCES FOR CHILD CARING

**Winter 2012** *(in this catalog)*

- Planning Activities to Meet Children's Needs ..... 10 hours
- Active Learning Environments for Infants and Toddlers ..... 5 hours
- Basic Multicultural Activities for all Children ..... 10 hours

**Spring/Summer 2012**

- Basic Multicultural Activities for all Children ..... 10 hours
- Basic Health and Safety Considerations in Child Care ..... 10 hours
- Growth and Development ..... 10 hours

**Fall 2012**

- More Than Letters..... 5 hours
- Growth and Development ..... 10 hours
- Relationships between Parent & Caregivers..... 2 hours
- Enhancing Learning through Activities and Environments ..... 4 hours



### LET RESOURCES FOR CHILD CARING TAILOR YOUR TRAINING NEEDS!!!

Tailored Trainings are a fun and easy way for your staff, group or organization to receive the training you want and need in the comfort of the location of your choice. Help enhance your staff's professional development as a whole by receiving training together. You pick the date, time, location and topic and we will bring the training to you! All group sizes welcome! Listed below are training areas available or you can pick any class listed in the catalog which can be tailored to meet your training needs! To schedule your training in the East Metro (Washington, Ramsey or Anoka Counties) call 651-641-6613. To schedule your training in the West Metro (Hennepin, Dakota, Scott or Carver Counties) call 651-366-6787.

**Core Competency Area I: Child Growth and Development**

- Infants & Toddlers, Preschool, or School Aged
- Behavior Guidance
- Expressing Emotions
- Understanding Play
- Toileting, Biting, and Nap Time Issues

**Core Competency Area II: Learning Environment & Curriculum**

- Science, Math, Music, or Art
- Story Telling and Children's Books
- Language Experiences
- Exploring the Outdoors and Physical Activities
- Your Child Care Environment, and Transitions

**Core Competency Area III: Assessment and Planning for Individual Needs**

- Children With Special Needs
- Red Flags and Talking to Parents
- Behavioral Disabilities
- When to Be Concerned
- Observing and Recording

**Core Competency Area IV: Interactions With Children**

- Dealing with different behaviors
- Teaching Responsibility
- Discipline Tactics
- Power Struggles
- Dealing with Temper Tantrums

**Core Competency Area V: Families and Communities**

- Cultural Awareness
- Parent Provider Relationships
- Assumptions
- Communication
- Supporting Military Families

**Core Competency Area VI: Health, Safety and Nutrition**

- Healthy and Safety
- Common Illnesses
- Healthy Snacks
- Allergies and Asthma
- Mandated Reporter

**Core Competency Area VII Program Planning and Evaluation**

- Lesson Planning, and Developmentally Appropriate Program Planning
- Policies and Procedures
- Team Building
- Parent Orientations and Education Programs

**Core Competency Area VIII Professional Development Leadership**

- Burnout
- Marketing Your Business
- Computer & Technology Basics
- Dealing with Difficult People
- Communication Skills

# REFERRAL SERVICE

Help us bring families to your program! Customized, FREE parent referrals are among the critical services we provide to parents and child care providers. Last year, we shared child care information with over 15,000 parents in the metro area. You can update your vacancies, enrollment, and business information anytime at [www.resourcesforchildcare.org](http://www.resourcesforchildcare.org), select "For Child Care Providers", and then "Online Provider Vacancy Update" or call the referral line at 651-641-0332. This is an inexpensive way for you to market your business to parents looking for child care.

## IT'S TIME AGAIN FOR THE BUSINESS UPDATE!

Every year, the State of Minnesota in partnership with Resources for Child Caring (RCC) conducts the Minnesota Child Care Provider Business Update. The Referral Department will be contacting every licensed child care program between February and May regarding the Business Update. Your participation is important! The business update will:

- Provide accurate and current information about your business for families seeking referrals.
- Help the MN Department of Human Services identify changes and trends related to rates and other business practices
- Provide market rate data for help in determining future Child Care Assistance Program maximum rates
- Provide updated statistics that will be available to you

Look for the postcard announcing the start of the 2012 Minnesota Child Care Provider Business Update! We thank you in advance for your quick response to the Business Update!

# SPECIAL TRAINING EVENTS

## MLFCCA'S WEEK OF THE FAMILY CHILD CARE PROVIDER CONFERENCE AND RECOGNITION BANQUET



**SAVE THE DATE!!  
MAY 4-5, 2012**

**RAMADA-MALL OF AMERICA**

**CHECK OUT OUR WEBSITE AT**

**WWW.MLFCCA.ORG  
FOR MORE DETAILS**

# RESOURCES



**ARE YOU CARING FOR A CHILD WITH SPECIAL NEEDS?**

*Would you like information about a specific disability or challenging behavior?*

Please call our program at 651-641-6644 to request information about consultation services. Our goal is to provide strategies and support to help children succeed in inclusive, quality, stable child care settings. On-site consultation services are offered at no cost to families and early childhood professionals caring for children who experience challenges in child care in Hennepin and Ramsey counties.

# WORKSHOPS



## TOUGH TIMES CALL FOR EXCEPTIONAL LEADERSHIP

First Children's Finance knows that child care businesses are very complex businesses to run and there are many challenges to address. Child care directors and managers are called into leadership on a minute-to-minute basis every day. If you are looking for ways to lead your business into greater success and sustainability, don't miss these three practical, hands-on workshops.

**QUALITY STAFFING: YOUR LEADING EDGE**  
 Building a quality staff is more than just luck. The session will walk participants through three phases of maintaining quality staff: recruitment, development and retention. Attendees will leave armed with the tools and information they need to attract, build and keep quality staff members.

**DATE, TIME AND LOCATION**  
 Tuesday, January 9: 9:30 a.m. – 12:00 p.m.  
 Resources for Child Caring,  
 2021 East Hennepin Avenue, Suite #250,  
 Minneapolis, MN 55413

**DEVELOPING A MARKETING PLAN FOR YOUR CHILD CARE BUSINESS**  
 Is marketing important? Participants will take an in-depth look at strategic marketing and the components of a marketing plan for their child care businesses. Attendees will learn how to make the most of limited time and resources for marketing. The session will also discuss the importance of building strong community relationships and how those relationships can benefit your child care business.

**DATE, TIME AND LOCATION**  
 Tuesday, February 7: 9:30 a.m. – 12:00 p.m.  
 Resources for Child Caring,  
 2021 East Hennepin Avenue, Suite #250,  
 Minneapolis, MN 55413

**WHEN TUITION IS NOT ENOUGH: EFFECTIVE FUNDRAISING FOR YOUR CHILD CARE BUSINESS**  
 Learn fundamental principles, tips and practices to help you more effectively increase your bottom line without compromising your quality and your mission and values.

**DATE, TIME AND LOCATION**  
 Tuesday, March 6: 9:30 a.m. – 12:00 p.m.  
 Resources for Child Caring,  
 2021 East Hennepin Avenue, Suite #250,  
 Minneapolis, MN 55413

The above workshops are presented by First Children's Finance and certified by the MN Professional Development Registry for the following:  
**CONTENT AREA VIII: PROFESSIONAL DEVELOPMENT AND LEADERSHIP**  
 CDA CONTENT AREA: EFFECTIVE PROGRAM MANAGEMENT  
 Level: 2 | Hours: 2 | Cost: \$30

To register, please contact:  
 Cyrus Butler  
 Business Development Associate  
 Direct 612-279-6504  
[cyrus@FirstChildrensFinance.org](mailto:cyrus@FirstChildrensFinance.org)

## WANT TO KNOW WHAT MAKES THEM TICK?

Early childhood development and education expertise is as close as your local library.

The **DEBRA S. FISH EARLY CHILDHOOD LIBRARY** is now available statewide for people who care about kids. It's easy and free.

**Come in/Go Online/Ask Your Local Librarian!**

The Library is full of valuable information for:

- Early Childhood Professionals and Care Providers
- Educators, Researchers, Faculty, Professional Staff
- Trainers, Mentors, Coaches
- Students, Parents



**Resources for Child Caring**

*Raising the standard of care for children*

651-641-3544

10 Yorkton Ct.

St. Paul MN 55117

2021 East Hennepin Ave.

Suite 250

Minneapolis MN 55413

Email: [info@resourcesforchildcaring.org](mailto:info@resourcesforchildcaring.org)

Web: [www.resourcesforchildcaring.org](http://www.resourcesforchildcaring.org)

## SAVE THE DATE!!

SATURDAY, APRIL 14TH

Once again, it is time for the annual **FRIENDS OF THE LIBRARY** book sale!

This is an opportunity to purchase books, DVD's, VHS tapes, games, and toys at reasonable prices. Plan ahead for gift giving, or for your personal use. Most of the materials will be on the topic of child care, but there will be a wide range of donated items.

Prices range from \$0.50 to \$5.00.

Saturday, April 14th,  
7:30 a.m. to 1:30 p.m.  
Resources for Child Caring  
10 Yorkton Court, St. Paul.  
**PLAN TO COME EARLY TO  
GET A GOOD START!**

## HOW TO REGISTER

**SEE PAGE 4 FOR COMPLETE  
REGISTRATION INFORMATION.**

VISIT [WWW.MNSTREAMS.ORG](http://WWW.MNSTREAMS.ORG)

TO REGISTER ONLINE (*MUST PAY BY CREDIT CARD*).

COMPLETE THE REGISTRATION FORM ON PAGE 47 AND MAIL IT TO RCC.

YOU MUST SEND PAYMENT WITH THE REGISTRATION FORM.

FAX YOUR REGISTRATION IN AT 651-645-0990.

CALL THE REGISTRATION LINE AT 651-641-3549 TO REGISTER BY PHONE  
(*MUST PAY BY CREDIT CARD*).

## Policies & Procedures

**RESOURCES FOR CHILD CARING POLICIES & PROCEDURES**

**SEE PAGE 4 FOR INFORMATION REGARDING:**

REGISTRATION CANCELLATION, NON-REFUNDABLE FEES  
ADDITIONAL POLICIES & INFORMATION

LOOK FOR THE FOLLOWING SYMBOLS THROUGHOUT THE CATALOG.  
EACH SYMBOL REPRESENTS A SPECIFIC COURSE CATEGORY:



PROGRESSIVE LEARNING



PARENT FRIENDLY



CULTURALLY RESPONSIVE



SATURDAY

## CLASS CALENDAR

### ANOKA

#### JANUARY

- 18 Wednesday Beyond the Itsy Bitsy Spider, *CDA 2 p. 21*  
 23 Monday SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*  
 30 Monday Brain Gym-Movement, *CDA 2* p. 18  
 31 Tuesday PITC: Getting in Tune: The Responsive Process, *CDA 3 p. 33*

#### FEBRUARY

- 7 Tuesday Raising Empowered Children, *CDA 3 p. 33*  
 22 Wednesday CICC: When Concerns Arise, *CDA 4 or 7 p. 30*  
 25 Saturday Infant/Child CPR, *CDA 1 p. 39*  
 25 Saturday First Aid, *CDA 1 p. 38*  
 29 Wednesday SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*

#### MARCH

- 5 Monday Young Children and Biting, *CDA 3 p. 18*  
 15 Thursday Physical Development of Children, *CDA 2 p. 19*  
 22 Thursday SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*  
 28 Wednesday Movement is the Key to Learning, *CDA 2 p. 28*

#### APRIL

- 9 Monday Child Guidance, *CDA 3 p. 32*  
 17 Tuesday Moovin and Groovin, *CDA 2 p. 22*  
 23 Monday CICC: Sensory Processing Disorder, *CDA 3 or 8 p. 20*  
 25 Wednesday SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*  
 30 Monday The Difference Between "Arts" and "Crafts" and the Importance of Both, *CDA 2 p. 29*

### CARVER COUNTY

#### JANUARY

- 10 Tuesday I Want Mommy, *CDA 3 p. 31*  
 12 Thursday They Stick to Me like Band-Aids, *CDA 3 p. 31*  
 25 Wednesday When Families & Households Experience Change, *CDA 4 p. 36*

#### FEBRUARY

- 7 Tuesday Child Restraint Systems, *CDA 1 p. 40*  
 9 Thursday Children's Development: What to Expect and When to Be Concerned, *CDA 8 p. 19*  
 13 Monday To Hear is Not to Listen, *CDA 4 p. 37*  
 27 Monday SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*

#### MARCH

- 14 Wednesday The R.I.E. Approach, *CDA 2 or 3 p. 19*  
 17 Saturday First Aid, *CDA 1 p. 38*

- 17 Saturday Infant/Child CPR, *CDA 1 p. 39*  
 26 Monday Science for Preschool Children, *CDA 1 p. 27*

#### APRIL

- 5 Thursday What Goes on in That Little Brain?, *CDA 8 p. 20*  
 12 Thursday Looking at Early Childhood Assessment and Assessment Tools, *CDA 7 p. 30*  
 30 Monday Have Fun Teaching Spanish, *CDA 1 or 2 p. 29*

### DAKOTA COUNTY

#### JANUARY

- 12 Thursday SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*  
 18 Wednesday When Families & Households Experience Change, *CDA 4 p. 36*  
 19 Thursday When it Hurts: Fostering Life Skills through Reading and Play, *CDA 3 p. 22*  
 26 Thursday Handy Activities for Learning, *CDA 2 p. 22*

#### FEBRUARY

- 6 Monday Protecting Children in Emergencies, *CDA 1 p. 39*  
 15 Wednesday Teaching the 3 C's: Creativity, Curiosity, and Courtesy, *CDA 3 p. 24*  
 18 Saturday First Aid, *CDA 1 p. 38*  
 18 Saturday Infant/Child CPR, *CDA 1 p. 39*  
 29 Wednesday CICC: Children's Development: What to Expect and When to Be Concerned, *CDA 8 p. 19*

#### MARCH

- 1 Thursday Using Your Digital Camera to Promote Learning, Literacy, and Social & Emotional Development, *CDA 2 or 3 p. 26*  
 5 Monday The Tapestry of Faith: Opening the Doors to Understanding, *CDA 3 p. 19*  
 13 Tuesday Group Dynamics-Haywire or Harmonious, *CDA 3 p. 34*  
 19 Monday Anger & Aggression, *CDA 3 or 4 p. 33*  
 28 Wednesday SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*

#### APRIL

- 5 Thursday Little Kids Healthy Bodies, *CDA 2 p. 41*  
 17 Tuesday Bridging Cultures in Early Care and Education, *CDA 4 or 6 p. 37*  
 23 Monday Child Restraint Systems, *CDA 1 p. 40*  
 24 Tuesday Brain Development, *CDA 2 p. 21*  
 28 Saturday First Aid, *CDA 1 p. 38*  
 28 Saturday Infant/Child CPR, *CDA 1 p. 39*

# CLASS CALENDAR

## HENNEPIN COUNTY

### JANUARY

- 3 Tuesday Theories of Childhood, *CDA 8 p. 18*  
 5 Thursday Making Music, Even if You're Not a Musician, *CDA 2 p. 21*  
 7 Saturday First Aid, *CDA 1 p. 38*  
 7 Saturday Infant/Child CPR, *CDA 1 p. 39*  
 9 Monday Making the Most of Parent Conferences - Strengthening the Relationship, *CDA 4 p. 36*  
 9 Monday Young Children and Biting, *CDA 3 p. 18*  
 10 Tuesday Counting on Math, *CDA 2 p. 21*  
 12 Thursday Homemade Toys for Infants and Toddlers, *CDA 2 p. 21*  
 14 Saturday Child Restraint Systems, *CDA 1 p. 40*  
 17 Tuesday Immunization Update, *CDA 1 p. 38*  
 23 Monday Effective Lesson Planning, *CDA 2 or 5 p. 22*  
 23 Monday Child Guidance, *CDA 3 p. 32*  
 24 Tuesday Celebrate Me, Celebrate My Family, *CDA 3 or 4 p. 36*  
 24 Tuesday How Stress Affects Child Behavior, *CDA 3 p. 32*  
 26 Thursday How Many Times Do I Have to Tell You? *CDA 3 or 6 p. 33*  
 30 Monday SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*  
 31 Tuesday CICC: Living with a Disability: The Family Perspective, *CDA 4 p. 36*

### FEBRUARY

- 1 Wednesday Understanding Childhood Obesity, *CDA 1 p. 39*  
 2 Thursday Not By Chance: Quality in Practice for School-Age Care Environments (SACERS) **PL** p. 42  
 2 Thursday Sensational Sensory Play, *CDA 2 p. 23*  
 4 Saturday First Aid, *CDA 1 p. 38*  
 4 Saturday Infant/Child CPR, *CDA 1 p. 39*  
 6 Monday Creating Positive Relationships in Child Care Environments, *CDA 4 p. 43*  
 7 Tuesday Developing Your Emotional Intelligence, *CDA 6 p. 44*  
 7 Tuesday Kids in the Kitchen, *CDA 1 p. 41*  
 8 Wednesday SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*  
 9 Thursday CICC: Nurtured Heart Approach, *CDA 3 or 8 **PL** p. 31*  
 11 Saturday Creative Curriculum for Infant/Toddler Centers, *CDA 2 **PL** p. 23*  
 13 Monday Sharing Stories, Changing Lives, *CDA 3 p. 23*  
 15 Wednesday Language Shmanguage: Fun with Words, Poetry, and Rhyme, *CDA 2 p. 24*  
 16 Thursday ABC's of CDA, *CDA 6 p. 43*  
 20 Monday Positive Discipline for Preschoolers, *CDA 3 p. 31*  
 21 Tuesday Professionalism in Early Childhood, *CDA 6 p. 44*  
 21 Tuesday Abuse and Neglect, *CDA 1 or 5 p. 41*  
 25 Saturday Supporting Resilience, *CDA 2 p. 24*  
 25 Saturday I'm Sad, I'm Mad, *CDA 2 p. 34*  
 27 Monday Arts vs. Crafts, *CDA 2 p. 24*  
 27 Monday Emotional Literacy, *CDA 3 p. 24*  
 28 Tuesday Physical Development of Children, *CDA 2 p. 19*

### MARCH

- 1 Thursday Tricks of the Trade, *CDA 6 p. 42*  
 3 Saturday First Aid, *CDA 1 p. 38*  
 3 Saturday Infant/Child CPR, *CDA 1 p. 39*  
 3 Saturday Creative Curriculum for Family Child Care, *CDA 2 **PL** p. 26*  
 5 Monday Big Body Play, *CDA 3 p. 26*  
 6 Tuesday Infants and Toddlers, *CDA 1 p. 19*  
 6 Tuesday I am Good at What I Do, *CDA 6 p. 44*  
 8 Thursday Managing Behavior When My Buttons Are Pushed, *CDA 3 or 6 p. 33*  
 12 Monday Building Cultural Connections, *CDA 4 **PL** p. 37*  
 13 Tuesday Living in the New Normal, *CDA 4 p. 37*  
 15 Thursday SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*  
 15 Thursday Preventing Power Struggles, *CDA 8 p. 34*  
 19 Monday Let's Get Ready for Kindergarten *CDA 2 or 6 p. 37*  
 20 Tuesday What's up with Biting? *CDA 3 p. 35*  
 20 Tuesday PITC: Discoveries of Infancy, *CDA 2 or 8 **PL** p. 20*  
 22 Thursday Child Restraint Systems, *CDA 1 p. 40*  
 22 Thursday 2000 Flushes: Toilet Training Toddlers, *CDA 8 p. 20*  
 22 Thursday Building Kindness and Respect, *CDA 3 p. 20*  
 26 Monday Crazy for Circle Time, *CDA 3 p. 28*  
 26 Monday Parenting Parents, *CDA 4 p. 44*  
 27 Tuesday Loosening Up Without Falling Apart, *CDA 2 or 5 p. 44*  
 27 Tuesday Learning Profiles, *CDA 8 p. 20*  
 29 Thursday Six Steps to Responsibility, *CDA 3 p. 35*

### APRIL

- 2 Monday Developmentally Appropriate Practice in Early Childhood Education *CDA 1, 7, or 8 p. 18*  
 3 Tuesday Beyond Time Out, *CDA 3 p. 35*  
 3 Tuesday MNCCC Class 2A Family Child Care is a Business, *CDA 5 **PL** p. 43*  
 5 Thursday PITC: Supporting Emotional Strengths, *CDA 3 or 8 p. 20*  
 9 Monday Active Learning Environments for Infants and Toddlers, *CDA 1 **PL** p. 28*  
 10 Tuesday Moovin and Groovin, *CDA 2 p. 22*  
 12 Thursday CDA: Final Steps, *CDA 6 p. 43*  
 14 Saturday Cradling Literacy, Session 1, *CDA 2 p. 28*  
 14 Saturday Cradling Literacy, Session 2, *CDA 2 p. 29*  
 14 Saturday Cradling Literacy, Session 3, *CDA 2 p. 29*  
 14 Saturday Infant/Child CPR, *CDA 1 p. 39*  
 14 Saturday First Aid, *CDA 1 p. 38*  
 16 Monday Take a Stand Against Bullying, *CDA 3 p. 32*  
 16 Monday Raising Empowered Children, *CDA 3 p. 33*  
 17 Tuesday Spanish for Young Children, *CDA 2 p. 26*  
 18 Wednesday Asthma and Severe Allergies, *CDA 1 p. 42*  
 19 Thursday Working with Parents of Child Care Children, *CDA 4 p. 36*  
 21 Saturday SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*  
 21 Saturday Creative Curriculum Assessment, *CDA 7 **PL** p. 30*  
 23 Monday Literacy Enrichment, *CDA 1 or 2 p. 23*  
 24 Tuesday Beyond Open and Closed Questions, *CDA 2 p. 29*

# CLASS CALENDAR

- 26 Thursday Diversity on a Shoestring Budget, *CDA 2 or 5 p. 42*
- 30 Monday Creating Welcoming, Attractive and Intriguing Environments for Adults and Children, *CDA 1 p. 24*
- 30 Monday Nature's Playground-Revisited, *CDA 1 p. 21*

## RAMSEY

### JANUARY

- 3 Tuesday Behaviors - Super Nanny, *CDA 3 p. 31*
- 5 Thursday Who's Really Ready for Kindergarten?, *CDA 2 p. 42*
- 7 Saturday Infant/Child CPR, *CDA 1 p. 39*
- 7 Saturday First Aid, *CDA 1 p. 38*
- 9 Monday SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*
- 9 Monday CICC: Nurtured Heart Approach, *CDA 3 or 8 PL p. 31*
- 10 Tuesday Developmentally Appropriate Practice in Early Childhood Education *CDA 1, 7, or 8 p. 18*
- 12 Thursday Child Restraint Systems, *CDA 1 p. 40*
- 12 Thursday I Want Mommy, *CDA 3 p. 31*
- 14 Saturday Work Sampling, *CDA 7 PL p. 30*
- 14 Saturday Love and Logic: Handling Misbehavior Without Breaking a Sweat, *CDA 3 p. 31*
- 14 Saturday Love and Logic: Teaching Kids to Listen the First Time, *CDA 3 p. 32*
- 17 Tuesday No More Biting!, *CDA 3 p. 32*
- 17 Tuesday Can Do: Fostering Confidence, Courage, and Collaboration through Reading and Play, *CDA 3 p. 21*
- 18 Wednesday Setting a Healthy Snack Policy, *CDA 1 p. 38*
- 21 Saturday Infant/Child CPR, *CDA 1 p. 39*
- 21 Saturday First Aid, *CDA 1 p. 38*
- 23 Monday ABC's of CDA, *CDA 6 p. 43*
- 23 Monday Intro. to American Sign Language, *CDA 2 PL p. 22*
- 24 Tuesday Moovin and Groovin, *CDA 2 p. 22*
- 26 Thursday Take a Stand Against Bullying, *CDA 3 p. 32*
- 26 Thursday Diversity on a Shoestring Budget, *CDA 2 or 5 p. 42*
- 28 Saturday IMIL-I am Moving, I am Learning, *CDA 2 p. 18*
- 30 Monday Curriculum Planning and Design for Young Children, *CDA 2 p. 22*
- 31 Tuesday Mastering Record Keeping and Taxes, *CDA 6 p. 43*
- 31 Tuesday Managing Behavior When My Buttons Are Pushed, *CDA 3 or 6 p. 33*

### FEBRUARY

- 2 Thursday Social Emotional Development during Infant and Toddler Years, *CDA 3 p. 18*
- 2 Thursday Playing Smart, *CDA 2 p. 23*
- 6 Monday Basic Multicultural Activities, *CDA 2 PL p. 14*
- 7 Tuesday Literacy Enrichment, *CDA 1 or 2 p. 23*
- 8 Wednesday Raising Happy, Responsible and Emotionally Healthy Children, *CDA 3 p. 34*
- 9 Thursday Child Restraint Systems, *CDA 1 p. 40*
- 9 Thursday Working with Parents of Child Care Children, *CDA 4 p. 36*

- 14 Tuesday Exploring Music with Young Children, *CDA 2 p. 23*
- 15 Wednesday CICC: More Alike than Different, *CDA 3 or 8 p. 19*
- 16 Thursday Blood Borne Pathogens, *CDA 1 p. 41*
- 18 Saturday Infant/Child CPR, *CDA 1 p. 39*
- 18 Saturday First Aid, *CDA 1 p. 38*
- 18 Saturday Predatory Offenders: Facts & Myths, *CDA 1 p. 41*
- 20 Monday Creating Welcoming, Attractive and Intriguing Environments for Adults and Children *CDA 1 p. 24*
- 21 Tuesday Superhero and Hero Play, *CDA 2 p. 34*
- 22 Wednesday Basic Health and Safety Considerations in Child Care, *CDA 1 PL p. 14*
- 23 Thursday SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*
- 23 Thursday CDA: Final Steps, *CDA 6 p. 43*
- 27 Monday Strengthening Your Communication Skills, *CDA 6 p. 44*
- 27 Monday Peaceful Parenting, *CDA 4 p. 34*
- 28 Thursday Snacking through the ABC's, *CDA 1 p. 41*
- 28 Thursday Squish, Swish, Smoosh! Toddler Art!, *CDA 2 p. 24*
- 29 Wednesday Keeping Children Safe, Food Safety for Child Care Providers, *CDA 1 p. 41*

### MARCH

- 1 Thursday Preventing Power Struggles, *CDA 8 p. 34*
- 3 Saturday Infant/Child CPR, *CDA 1 p. 39*
- 3 Saturday First Aid, *CDA 1 p. 38*
- 3 Saturday Creative Curriculum for Preschool Center, *CDA 2 PL p. 26*
- 5 Monday Making the Most of Parent Conferences - Strengthening the Relationship, *CDA 4 p. 36*
- 5 Monday Spanish for Young Children, *CDA 2 p. 26*
- 6 Tuesday When Feelings Get in the Way, *CDA 3 p. 26*
- 8 Thursday SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*
- 8 Thursday Observing and Recording, *CDA 7 p. 30*
- 12 Monday Using Music to Support Literacy, *CDA 2 p. 27*
- 12 Monday Cookie Cutters, Rolling Pins, and Dough, *CDA 2 p. 27*
- 15 Thursday ABC's of CDA, *CDA 6 p. 43*
- 15 Thursday Child Restraint Systems, *CDA 1 p. 40*
- 17 Saturday Infant/Child CPR, *CDA 1 p. 39*
- 17 Saturday First Aid, *CDA 1 p. 38*
- 19 Monday PITC: Infant and Toddler Social & Emotional Guidance, *CDA 3 p. 34*
- 19 Monday Professionalism in Early Childhood, *CDA 6 p. 44*
- 20 Tuesday Brain Games for Toddlers and Twos, *CDA 2 p. 27*
- 22 Thursday MNCCC Class 2A Family Child Care is a Business, *CDA 5 PL p. 43*
- 24 Saturday Creative Curriculum Assessment, *CDA 7 PL p. 30*
- 24 Saturday Infant Development, *CDA 8 p. 20*
- 24 Saturday Infants at Play, *CDA 2 p. 27*
- 24 Saturday Infant Curriculum, *CDA 3 p. 27*
- 26 Monday How Understanding and Responding to Children's Sexual Behaviors Can Help Prevent Child Sexual Abuse, *CDA 3 p. 35*

Ramsey County Continues, pg 12

# CLASS CALENDAR

Ramsey County Continues from pg 11

- 27 **Tuesday** Reading Readiness: There's So Much More Than the ABC's! *CDA 2 p. 27*
- 29 **Thursday** Teaching the 3 C's: Creativity, Curiosity, and Courtesy, *CDA 3 p. 24*

## APRIL

- 2 **Monday** Science for School Age Children, *No School Age CDA p. 28*
- 2 **Monday** Opening the Magic Doors of Reading, *CDA 2 p. 28*
- 2 **Monday** Arts vs. Crafts, *CDA 2 p. 24*
- 3 **Tuesday** Not By Chance- Foundations of Quality, *CDA 6 p. 44*
- 5 **Thursday** SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*
- 5 **Thursday** Managing Behavior When My Buttons Are Pushed, *CDA 3 or 6 p. 33*
- 9 **Monday** Effective Lesson Planning, *CDA 2 or 5 p. 22*
- 9 **Monday** Crazy for Circle Time, *CDA 3 p. 28*
- 10 **Tuesday** Looking at Different Temperament Traits, *CDA 3 p. 35*
- 12 **Thursday** Child Restraint Systems, *CDA 1 p. 40*
- 12 **Thursday** Health & Safety 101, *CDA 1 p. 42*
- 14 **Saturday** Infant/Child CPR, *CDA 1 p. 39*
- 14 **Saturday** First Aid, *CDA 1 p. 38*
- 16 **Monday** 2000 Flushes: Toilet Training Toddlers, *CDA 8 p. 20*
- 16 **Monday** How Stress Affects Child Behavior, *CDA 3 p. 32*
- 17 **Tuesday** How Many Times Do I Have to Tell You? *CDA 3 or 6 p. 33*
- 18 **Wednesday** Building Kindness and Respect, *CDA 3 p. 20*
- 18 **Wednesday** Science for Preschool Children, *CDA 1 p. 27*
- 23 **Monday** Celebrate Me, Celebrate My Family, *CDA 3 or 4 p. 36*
- 23 **Monday** CICC: Autism: Including Children with Social, Communication, and Behavioral Needs, *CDA 3 or 8 p. 35*
- 24 **Tuesday** Have Fun Teaching Spanish, *CDA 1 or 2 p. 29*
- 26 **Thursday** 101 Snack Time Ideas, *CDA 1 p. 42*
- 26 **Thursday** Teaching Children to Stand Up For Themselves, *CDA 3 p. 35*
- 28 **Saturday** Building Cultural Connections, *CDA 4 p. 37*
- 30 **Monday** A Look Inside Toddler Development, *CDA 1 p. 21*
- 30 **Monday** Science from A to Z, *CDA 2 p. 29*

## SCOTT COUNTY

### JANUARY

- 18 **Wednesday** Let's Talk *CDA 4 p. 36*
- 21 **Saturday** First Aid, *CDA 1 p. 38*
- 21 **Saturday** Infant/Child CPR, *CDA 1 p. 39*
- 24 **Tuesday** Enhancing Our Children's Self-Esteem, *CDA 3 p. 18*
- 30 **Monday** Tools for the Toolbox: Strategies to Meet Challenging Behavior, *CDA 3 p. 33*

### FEBRUARY

- 2 **Thursday** Supporting Infant Development, *CDA 8 p. 18*
- 8 **Wednesday** Sleep Issues in the Young Child, *CDA 1 p. 41*
- 23 **Thursday** Take a Stand Against Bullying, *CDA 3 p. 32*
- 28 **Tuesday** Playing Smart, *CDA 2 p. 23*

### MARCH

- 7 **Wednesday** Family Child Care Money Management and Retirement Planning, *CDA 5 p. 43*
- 12 **Monday** Parent and Provider Relationships, *CDA 4 p. 37*
- 20 **Tuesday** Reading Readiness: There's So Much More Than the ABC's!, *CDA 2 p. 27*
- 29 **Thursday** ABC's of CDA, *CDA 6 p. 43*

### APRIL

- 4 **Wednesday** Creating Environments to Support Literacy, *CDA 2 p. 28*
- 9 **Monday** Who's Really Ready for Kindergarten?, *CDA 2 p. 42*
- 23 **Monday** Suzie Who? Assisting the Quiet Child, *CDA 3 p. 29*
- 26 **Thursday** SIDS/Shaken Baby Syndrome, *CDA 1 p. 40*

## WASHINGTON

### JANUARY

- 11 **Wednesday** Easy Art- Fun and Developmentally Appropriate, *CDA 2 p. 21*
- 12 **Thursday** Positive Discipline for Preschoolers, *CDA 3 p. 31*
- 18 **Wednesday** CICC: Observation-Finding the Function of Behavior, *CDA 3 p. 30*
- 24 **Tuesday** How to Avoid Power Struggles, *CDA 3 p. 32*
- 30 **Monday** They Stick to Me like Band-Aids, *CDA 3 p. 31*

### FEBRUARY

- 6 **Monday** Anger & Aggression, *CDA 3 or 4 p. 33*
- 9 **Thursday** Looking at Early Childhood Assessment and Assessment Tools, *CDA 7 p. 30*
- 16 **Thursday** Johnny B. Good or Else, *CDA 3 p. 34*
- 21 **Tuesday** How Many Times Do I Have to Tell You? *CDA 3 or 6 p. 33*
- 28 **Tuesday** When Families & Households Experience Change, *CDA 4 p. 36*

### MARCH

- 7 **Wednesday** Positive Discipline for Preschoolers, *CDA 3 p. 31*
- 12 **Monday** More than Math, *CDA 2 p. 27*
- 14 **Wednesday** Sleep Issues in the Young Child, *CDA 1 p. 41*
- 27 **Tuesday** CICC: How Do We Give Children a Strong Start?, *CDA 3 or 8 p. 34*
- 27 **Tuesday** Out of a Box, *CDA 2 p. 28*

### APRIL

- 3 **Tuesday** How to Avoid Power Struggles, *CDA 3 p. 32*
- 10 **Tuesday** Six Steps to Responsibility, *CDA 3 p. 35*
- 18 **Wednesday** The Road to Reading, *CDA 2 p. 29*
- 21 **Saturday** Infant/Child CPR, *CDA 1 p. 39*
- 21 **Saturday** First Aid, *CDA 1 p. 38*
- 23 **Monday** No More Time Outs, *CDA 3 p. 35*

# Class Locations

You can find bus schedules at: [www.metrotransit.org](http://www.metrotransit.org)



**Resources for Child Caring**  
10 Yorkton Court  
St. Paul, MN 55117 • (651) 641-0305



**RCC-WEST, Hennepin Square**  
2021 East Hennepin Ave, Second Floor, Suite 250  
Minneapolis, MN 55413 • (651) 287-8580  
*\*Great location, close to 280 and 35 W, same parking lot as the Minneapolis YMCA. Large and free well lit parking lot directly in front of building!*

**Andover YMCA  
Community Center**  
15200 Hanson Blvd NW  
Andover, MN 55304  
Park in the East lot  
(closest to Hanson Blvd)

**Apple Valley  
Community Center**  
14603 Hayes Rd  
Apple Valley, MN 55124

**Blaine Human Services  
Center - Rm 300**  
1201 89th Ave NE  
Blaine, MN 55434

**Brian Coyle Center**  
420 15th Avenue S.  
Minneapolis, MN 55454

**Brooklyn Park  
Community Center**  
5600 85th Ave N  
Brooklyn Park, MN 55443

**Canterbury Inn**  
1244 Canterbury Rd S  
Shakopee, MN 55379

**Chanhassen  
Recreation Center**  
2310 Coulter Blvd  
Chanhassen, MN 55317

**Chaska  
Community Center**  
1661 Park Ridge Dr  
Chaska, MN 55318

**Chaska High School -  
Rm P-150**  
545 Pioneer Trail  
Chaska, MN 55318

**Community Child Care  
Center/Richfield ELC**  
8 West 60th St  
Minneapolis, MN 55419

**Creekside  
Community Center**  
9801 Penn Ave S  
Bloomington, MN 55431

**Crystal  
Community Center**  
4800 Douglas Dr N  
Minneapolis, MN 55429

**Eagan  
Community Center**  
1501 Central Pkwy  
Eagan, MN 55121-1756

**Ebenezer  
Intergenerational Child  
Care Center- Chapel**  
13820 Community Dr  
Burnsville, MN 55337

**Eden Prairie  
Community Center**  
16700 Valley View Road  
Eden Prairie, MN 55346

**Family Means**  
1875 Northwestern Ave S  
Stillwater, MN 55082

**Hastings Child  
Development Center**  
210 17th St W  
Hastings, MN 55033

**Hope Charter Academy**  
720 Payne Ave  
St. Paul, MN 55130

**Human Services, Inc  
(HSI, Inc.)**  
7066 Stillwater Blvd N  
Oakdale, MN 55128

**The Learning Lodge**  
6139 157th Lane NW  
Anoka, MN 55303

**Kidz Place  
Learning Center**  
5448 140th St N  
Hugo, MN 55038

**Maple Grove  
Community Center**  
12951 Weaver Lake Road  
Maple Grove, MN 55369

**Minneapolis Urban  
League**  
2100 Plymouth Ave N  
Minneapolis, MN 55411

**Minnetonka  
Community Center**  
14600 Minnetonka Blvd.  
Minnetonka, MN 55345

**Mt. Olivet Early  
Learning Center**  
12235 Old Rockford Rd  
Plymouth, MN 55441

**Northern Service  
Center- Rm 110-A**  
1 Mendota Rd W  
West St Paul, MN 55118

**Oakdale  
Discovery Center**  
4444 Hadley Ave N  
Oakdale, MN 55128

**Our Space Child  
Care Center**  
1420 Mainstreet  
Hopkins, MN 55343

**Peace of Mind Early  
Education Center**  
9025 Tamarack Rd  
Woodbury, MN 55125

**Playworks**  
2200 Trail of Dreams NW  
Prior Lake, MN 55372

**Room for Growing  
Child Care Center**  
4700 Scandia Trail N  
Forest Lake, MN 55025

**Rosemount Community  
Center, Rm 210**  
13885 South Robert Trail  
Rosemount, MN 55068

**Savage City Hall**  
6000 McColl Dr  
Savage, MN 55378

**Vietnamese  
Social Services**  
2777 University Ave  
St. Paul, MN 55103

**Waconia City Hall**  
201 South Vine St  
Waconia MN 55387

# COLLEGE CREDIT COURSES

## COLLEGE CREDIT OPTION INSTRUCTIONS

Students must attend ALL nights to receive in-service hours or college credit. The college credit is an option for early childhood professionals with a Child Development Associate Credential to renew their credential. In order to receive the credit through Metropolitan State University, students need to make a separate registration to Metropolitan State University. College credits need to be relevant to an individual's academic goals. Therefore, students not admitted into an associate or baccalaureate degree program need to demonstrate how the credit fits into their academic goals by completing a professional development plan. The steps to receive credits are simple, but each step is important and necessary to complete the process. One of the important steps is to become a member of the Minnesota Registry. If you think you will apply for the credit, then start and complete the Registry application process at [www.mncpd.org](http://www.mncpd.org). This will help you complete the professional development plan that you will send along with your application for college credit. More information on this option will be given on the first night of class. In addition to participating in class, individuals taking this class for college credit will need to complete additional assignments. Please note that applying and receiving college credit takes about 3-6 months. Please plan accordingly.

### Basic Multicultural Activities for All Children <sup>PL</sup>

*CDA 2 or 5, CCII*

Planning appropriate activities for young children is a process that takes time, thought, and energy. This course will focus on strategies for providing children with a variety of learning experiences, through self-directed play and planned group activities. We'll also focus on multicultural education issues as a basis for understanding the cultural values of children and families in your program. You can choose to take this class for in-service hours OR, for only \$25 per credit, for college credit through Metropolitan State University.

This course will total 10 contact/in-service hours and consists of four 2.5-hour sessions. In addition to participating in class, individuals taking this class will complete an additional application assignment. **Must attend all sessions to receive credit.**

Instructor: Wanda Hill  
Time: **Monday, February 6, 6:30–9:00 p.m., Wednesday, February 8, 6:30–9:00 p.m., Monday, February 13, 6:30–9:00 p.m., and Wednesday, February 15, 6:30–9:00 p.m.**  
Fee: \$100.00 payable to RCC, 10 in-service hours  
\$25.00 for college credit payable to Metropolitan State University  
Location: **Resources for Child Caring, St. Paul**

### Basic Health and Safety Considerations in Child Care <sup>PL</sup>

*CDA 1, CC VI*

This course will focus on the basics of setting up and maintaining a safe and healthy learning environment for children and staff in home- and center-based programs. This course includes both information on national standards and the basic standards required for Minnesota licensing. We will cover basic sanitation, indoor and outdoor environments, handling illness, field trip safety, and planning appropriate activities for children. You can choose to take this class for in-service hours OR, for only \$25 per credit, for college credit through Metropolitan State University.

This course will total 10 contact/in-service hours and consists of four 2.5-hour sessions. In addition to participating in class, individuals taking this class will complete an additional application assignment. **Must attend all sessions to receive credit.**

Instructor: Joan Mick  
Time: **Wednesdays, February 22 and 29, March 7 and 14, 6:30 – 9:00 p.m.**  
Fee: \$100.00 payable to RCC, 10 in-service hours  
\$25.00 for college credit payable to Metropolitan State University  
Location: **Resources for Child Caring, St. Paul**



## Latino Trainings, WINTER 2012

Para más información o registrarte llama a: 651-665-0150, X 2

### Content Area I: Child Growth and Development

#### CICC: Sensory Processing Disorder, CDA 3 or 8

Date: February 4, 9:30 am – 12:30 pm  
Location: Resources for Child Caring, St. Paul  
Trainer: Alejandrina Barrera  
Fee: \$15.00

#### Discoveries of Infancy: Supporting Learning in Infants and Toddlers., CDA 2 or 8

Date: February 25 AND March 3,  
9:30 am – 12:30 pm  
\*Must attend both sessions.  
Location: RCC West- Hennepin Square, Minneapolis  
Trainer: Monica Durgin  
Fee: \$30.00

### Content Area II: Learning Environment and Curriculum

#### Bite Sized Science, CDA 2

Date: February 4, 9:30 am – 12:30 pm  
Location: Resources for Child Caring, St. Paul  
Trainer: Bev Herr  
Fee: \$15.00

#### Block Play for Young Children, CDA 2

Date: March 28, 6:30pm – 8:30pm  
Location: Hope Academy, St. Paul  
Trainer: Bev Herr  
Fee: \$15.00

### Content Area III: Assessment and Planning for Individual Needs

#### CICC: Observation: Find the Function of Behavior, CDA 3

Date: February 25, 9:30 am – 12:30 pm  
Location: RCC West- Hennepin Square, Minneapolis  
Trainer: Mayra Floodstrom  
Fee: \$15.00

### Content Area VI: Health, Safety and Nutrition

#### Learning and Nutrition for Preschoolers, CDA 1

Date: January 14, 9:30 am – 12:30 pm  
Location: RCC West- Hennepin Square, Minneapolis  
Trainer: Olga Ahumada-Forero  
Fee: \$15.00

#### CPR Renew, CDA 1

Date: January 14, 9:00 am – 1:00 pm  
Location: RCC West- Hennepin Square, Minneapolis  
Trainer: Beryimar Perozo and Gabriela Ortega  
Fee: \$20.00

#### First Aid, CDA 1

Date: March 3, 9:00 am – 1:00 pm  
Location: RCC West- Hennepin Square, Minneapolis  
Trainer: Beryimar Perozo and Gabriela Ortega  
Fee: \$20.00

#### CPR, CDA 1

Date: March 31, 9:00 am – 2:30 pm  
Location: RCC West- Hennepin Square, Minneapolis  
Trainer: Beryimar Perozo and Gabriela Ortega  
Fee: \$20.00

### Content Area IV: Interactions with Children

#### CICC: Why Do Children Act the Way They Do? Understanding How a Child is "Wired". (Key # 3), CDA 3 or 8

Date: April 21, 9:30 am – 12:30 pm  
Location: Resources for Child Caring, St. Paul  
Trainer: Alejandrina Barrera  
Fee: \$15.00

### Content Area V: Families and Communities

#### Bridging Cultures in Early Care and Education, CDA 4 or 6

Date: April 21, 9:30 am – 12:30 pm  
Location: Resources for Child Caring, St. Paul  
Trainer: Wanda Hill  
Fee: \$15.00



## Vietnamese Trainings, WINTER 2012

To register call: 651-366-6791

### Content Area VI: Health, Safety and Nutrition

#### SIDS/Shaken Baby Syndrome, CDA 1

Date: January 23, 6:00 p.m.—9:00 p.m.  
Location: Vietnamese Social Services, St. Paul  
Trainer: Ah Thao

## Hmong Trainings, WINTER 2012

Yog leej twg xav kawm cov hoob cob qhia no, thov hu tuaj cuv npe ntawm Yaj Mim Xyooj 651.665.0150 ext. 3.

### Content Area I: Child Growth and Development

#### CICC: Prevention- It's All About Environment, CDA 3

Date: January 26, 6:30 p.m.—8:30 p.m.  
 Location: **RCC WEST – Hennepin Square, Minneapolis**  
 Trainer: Maiya Yang  
 Fee: \$15.00

#### The Joy of Food, CDA 1

Date: February 13, 6:30 p.m.—9:30 p.m.  
 Location: **RCC WEST – Hennepin Square, Minneapolis**  
 Trainer: Shelley Butler  
 Fee: \$15.00

#### CICC: Inside the Child: Social and Emotional Development, CDA 3

Date: March 28, 6:30 p.m.—8:30 p.m.  
 Location: **Hope Academy, St. Paul**  
 Trainer: Maiya Yang  
 Fee: \$15.00

### Content Area II: Learning Environment and Curriculum

#### Bite Sized Science, CDA 2

Date: January 25, 6:30 p.m.—9:30 p.m.  
 Location: **Resources for Child Caring, St. Paul**  
 Trainer: Bev Herr  
 Fee: \$15.00

### Content Area V: Families and Communities

#### CICC: Exploring the Family Caregiving Partnerships, CDA 4

Date: February 15, 6:30 p.m.—8:30 p.m.  
 Location: **Resources for Child Caring, St. Paul**  
 Trainer: Mi Yang  
 Fee: \$15.00

### Content Area VI: Health and Safety

#### CPR, CDA 1

Date: January 7, 8:30 a.m.—2:00 p.m.  
 Location: **RCC WEST – Hennepin Square, Minneapolis**  
 Trainer: Ellen Vue  
 Fee: \$30.00

#### Child Restraint Systems (Car Seat), CDA 1

Date: February 1, 6:30 p.m.—9:30 p.m.  
 Location: **Resources for Child Caring, St. Paul**  
 Trainer: Patty Graham  
 Fee: \$25.00

#### First Aid, CDA 1

Date: March 24, 9:00 a.m.—1:00 p.m.  
 Location: **RCC WEST – Hennepin Square, Minneapolis**  
 Trainer: Ah Thao  
 Fee: \$30.00

#### SIDS/Shaken Baby Syndrome, CDA 1

Date: April 12, 6:30.—8:30 p.m.  
 Location: **RCC WEST – Hennepin Square, Minneapolis**  
 Trainer: Sao Vang  
 Fee: \$15.00

#### CPR, CDA 1

Date: April 28, 8:00 a.m.—1:00 p.m.  
 Location: **RCC WEST – Hennepin Square, Minneapolis**  
 Trainer: Ellen Vue  
 Fee: \$30.00

#### First Aid, CDA 1

Date: April 28, 1:30 p.m.—4:30 p.m.  
 Location: **RCC WEST – Hennepin Square, Minneapolis**  
 Trainer: Ellen Vue  
 Fee: \$30.00



## Lao Trainings, WINTER 2012

To register call: 651-366-6791

### Content Area VI: Health, Safety and Nutrition

#### SIDS/Shaken Baby Syndrome, CDA 1

Date: February 4, 10:00 a.m.—1:00 p.m.  
 Location: **RCC West- Hennepin Square, Minneapolis**  
 Trainer: Sao Vang

## Karen Trainings, WINTER 2012

To register call: 651-641-6632

### Content Area VI: Health, Safety and Nutrition

#### SIDS/Shaken Baby Syndrome, CDA 1

Date: March 21, 6:30 p.m.—8:30 p.m.  
 Location: TBD  
 Trainer: Sao Vang

## Somali Trainings, WINTER 2011

*Diiwaan Galin Fadlan Soo Wac 651-665-0150 Riix 4*

### Content Area II

#### Assessment and Planning for Individual Needs

##### **CICC: When Concerns Arise**, CDA 4 or 7

**Date:** February 20, 6:00 p.m.-9:00 p.m.  
**Location:** RCC WEST – Hennepin Square, Minneapolis  
**Trainer:** Malyun Duale  
**Fee:** \$15.00

##### **CICC: Observation: Finding the Function of Behavior**, CDA 3

**Date:** April 9, 6:00 p.m.-9:00 p.m.  
**Location:** RCC WEST – Hennepin Square, Minneapolis  
**Trainer:** Malyun Duale  
**Fee:** \$15.00

### Content Area IV Interactions with Children

#### **CICC: Who Will Care for Our Children?**

##### **A Historical Perspective**, CDA 5

**Date:** January 30, 6:00 – 8:00 p.m.  
**Location:** Brian Coyle Center, Minneapolis  
**Trainer:** Malyun Duale  
**Fee:** \$15.00

### Content Area VI Health and Safety

#### **SIDS/Shaken Baby Syndrome**, CDA 1

**Date:** January 21, 10:00 a.m. – 12:00 p.m.  
**Location:** RCC WEST – Hennepin Square, Minneapolis  
**Trainer:** Fadumo Egal  
**Fee:** \$15.00

#### **Child Restraint Systems**, CDA 1

**Date:** February 11, 10:00 a.m.– 1:00 p.m.  
**Location:** RCC WEST – Hennepin Square, Minneapolis  
**Trainer:** Patty Graham  
**Fee:** \$15.00

#### **CPR**, CDA 1

**Date:** March 10, 9:00 a.m. – 2:00 p.m.  
**Location:** RCC WEST – Hennepin Square, Minneapolis  
**Trainer:** Malyun Duale & Fadumo Egal  
**Fee:** \$20.00

#### **First Aid**, CDA 1

**Date:** March 17, 9:00 a.m. – 1:00 p.m.  
**Location:** RCC WEST – Hennepin Square, Minneapolis  
**Trainer:** Malyun Duale & Fadumo Egal  
**Fee:** \$20.00

### Content Area VII Program Planning and Evaluation

#### **Family Child Care Record Keeping**, CDA 5

**Date:** March 31, 10:00 a.m.– 12:00 p.m.  
**Location:** RCC WEST – Hennepin Square, Minneapolis  
**Trainer:** Halima Wako  
**Fee:** \$15.00

#### **Marketing Your Family Child Care Business**, CDA 5 or 6

**Date:** April 30, 6:00 – 8:00 p.m.  
**Location:** Brian Coyle Center, Minneapolis  
**Trainer:** Halima Wako  
**Fee:** \$15.00

### Content Area VIII Professional Development and Leadership

#### **Not By Chance: Foundations of Quality**, CDA 6

**Date:** April 21, 10:00 a.m.– 12:00 p.m.  
**Location:** RCC WEST – Hennepin Square, Minneapolis  
**Trainer:** Marisol Chiclana-Ayala  
**Fee:** \$15.00

## East African Community Trainings, WINTER 2012

*To register please call Halima Wako at 651-641-6671*

### Content Area VI Health, Safety and Nutrition

#### **First Aid**, CDA 1

**Date:** January 21, 9:00 a.m. – 1:00 p.m.  
**Location:** RCC WEST – Hennepin Square, Minneapolis  
**Trainer:** Halima Wako & Layla Dalu  
**Fee:** \$20.00

#### **CPR**, CDA 1

**Date:** January 28, 9:00 a.m. – 2:00 p.m.  
**Location:** RCC WEST – Hennepin Square, Minneapolis  
**Trainer:** Halima Wako & Layla Dalu  
**Fee:** \$20.00

#### **SIDS/Shaken Baby Syndrome**, CDA 1

**Date:** February 18, 9:30 a.m. – 12:30 p.m.  
**Location:** RCC WEST – Hennepin Square, Minneapolis  
**Trainer:** Joan Mick  
**Fee:** \$15.00

### Content Area VIII

#### Professional Development and Leadership

##### **Not By Chance: Tools to Create Quality**, CDA 6

**Date:** March 17 AND March 21, 10:00 a.m. – 1:00 p.m.  
**Location:** RCC WEST – Hennepin Square, Minneapolis  
**Trainer:** Wanda Hill  
**Fee:** \$30.00

## Content Area I: Child Growth and Development

### JANUARY

#### Theories of Childhood

*CDA 8*

Ever wonder why children do what they do? How should you respond? Compare 5 developmental theories and learn how each theory describes the role of the teacher. Apply these theories to your current practice to be more effective. Based on the easy to read book, Theories of Childhood.

**Instructor:** Gloria Deziel

**Time:** Tuesday, January 3,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin  
Square, Minneapolis

#### Young Children and Biting

*CDA 3*

Are you frustrated by the frequency of children biting in your care? Come learn why toddlers are so quick to bite and learn techniques for intervening and prevention of biting

**Instructor:** Judy Davis

**Time:** Monday, January 9,  
7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Creekside Community  
Center, Bloomington

**Instructor:** Judy Davis

**Time:** Monday, March 5,  
6:30–8:30 p.m.

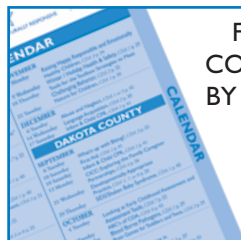
**Fee:** \$20.00, 2 in-service hours

**Location:** Andover YMCA, Andover

#### Developmentally Appropriate Practice in Early Childhood Education

*CDA 1, 7, or 8*

This class engages the learners in the theory research and practice of what is best for young children, comparing that with what might be detrimental for children. Learners will be guided to see what they are doing well and their



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BY DATE... SEE THE  
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ON PAGE 9!



#### Developmentally App. Cont

value in young children's lives. Staff observation skills and problem solving of practical situations will be strengthened.

**Instructor:** Sharon Kaniess

**Time:** Tuesday, January 10,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring,  
St. Paul

**Instructor:** Sharon Kaniess

**Time:** Monday, April 2,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin  
Square, Minneapolis

#### Enhancing our Children's Self-Esteem

*CDA 3*

What is self-esteem and how do we as caregivers affect children's self-esteem. Learn various ways to enhance and strengthen the self-esteem of the children in your care. We will also learn self-concept do's and don'ts.

**Instructor:** Julie Koritz

**Time:** Tuesday, January 24,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** America's Best/  
Canterbury Inn, Shakopee

SAT

### SPECIAL 4 HOUR SATURDAY TRAINING ONLY \$10.00!

#### I Am Moving, I Am Learning

*CDA 2*

Fitness is a byproduct of play! In this workshop participants will learn to intentionally plan and facilitate movement experiences that can support children in reaching developmental milestones. They will experience strategies to take back to the classroom including using teaching cues to engage children in Moderate to Vigorous Physical Activity (MVPA).

**Instructor:** Jamie Bonczyk

**Time:** Saturday, January 28,  
8:30a.m.–12:30 p.m.

**Fee:** \$10.00, 4 in-service hours

**Location:** Resources for Child  
Caring, St. Paul

#### Brain Gym Movements **PL**

*CDA 2*

Brain Gym is a program of easy physical movements that synchronize body and mind. The movements are easy and enjoyable for adults, children and elders. They can bring about changes in focus, organization, compression, coordination, communication, memory and more. In this class series, learn all 26 movements that comprise the basic Brain Gym program. In addition to participating in class, individuals taking this class will complete an additional application assignment. **Must attend all sessions to receive credit.**

**Instructor:** Cindy Goldade

**Time:** Monday, January 30 and  
Wednesday, February 8,  
6:30–9:30 p.m.

**Fee:** \$60.00, 6 in-service hours

**Location:** Andover YMCA, Andover

### FEBRUARY

#### Social Emotional Development during Infant and Toddler Years

*CDA 3*

This class will examine various stages of social and emotional development during infancy and toddlerhood. Some of the topics that will be covered include: trust vs. mistrust, communication with the baby, smiling, stranger anxiety, social referencing, bonding and attachment and peer relationships. We will discuss how to enhance infants and toddler's social and emotional development through a variety of activities including books and songs.

**Instructor:** Julie Koritz

**Time:** Thursday, February 2,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring,  
St. Paul

#### Supporting Infant Development

*CDA 8*

The development of Infants is the foundation for them to succeed in all other areas of growth. This class is designed to take a hands on look at learning ages and stages of infant development.

**Instructor:** Judy Davis

**Time:** Thursday, February 2,  
7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Savage City Hall, Savage

**CICC (Center for Inclusive Child Care): Children’s Development: What to Expect and When to Be Concerned**

*CDA 8*

This workshop will provide an overview of the red flags for developmental delays in young children, how to share developmental concerns with families, and local referral resources.

**Trainer:** Cory Woosley  
**Time:** Thursday, February 9, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Waconia City Hall, Waconia

**Trainer:** Kim Woehl  
**Time:** Wednesday, February 29, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Eagan Community Center, Eagan

**CICC (Center for Inclusive Child Care): More Alike Than Different**

*CDA 3*

The focus of this interactive and challenging workshop is on ability awareness and respect for diversity within the child care setting. Participants will look at the myths that influence and affect one’s own attitudes about children with special needs and how that applies to child care practices, including how the media perpetuates stereotypes. The training emphasizes the importance of supporting all children in their development for a positive sense of self-worth.

**Instructor:** Kim Woehl  
**Time:** Wednesday, February 15, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

**Physical Development of Children**

*CDA 2*

Learning is a whole body event. Physical activities can increase focus, enhance creativity, allow children to become grounded and centered and improve sensorial skills such as listening, vision, communication, and eye-hand coordination. This workshop is based on the Brain Gym theory.

**Instructor:** Cindy Goldade  
**Time:** Tuesday, February 28, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** RCC WEST – Hennepin Square, Minneapolis

**Instructor:** Cindy Goldade  
**Time:** Thursday, March 15, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Blaine Human Services Center, Rm 300, Blaine

**MARCH**

**The Tapestry of Faith: Opening the Doors to Understanding**

*CDA 3*

We live in a diverse world, which includes a tapestry of varied faith communities. Learn about or refresh your memory about the major religions of the world, and the importance of fostering understanding and tolerance of religious diversity in children, using children’s books as a tool.

**Instructor:** Shelley Butler  
**Time:** Monday, March 5, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Northern Service Center, Rm 110-A, West St Paul

**Infants and Toddlers**

*CDA 1*

Infants and Toddlers are unique, beautiful, full of energy and full of curiosity. They are also complex, they’re own individuals that they themselves as well as you may not completely understand and once again they are full of energy! In this class we will look at ways to enhance your environment to make learning specific for the child’s very delicate age. We will also look at daily schedules, the importance of it, and create a schedule that will work for you. Participants will learn to analyze what is developmentally appropriate for infants and toddlers, discuss and analyze the purpose and importance of a daily schedule for infants and toddlers and how to create one and, analyze what an appropriate environment for infants and toddlers should look like and the reasons why.

**Instructor:** Brenda Lowe  
**Time:** Tuesday, March 6, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** RCC WEST – Hennepin Square, Minneapolis

**The R.I.E. Approach**

*CDA 2 or 3*

What do Magda Gerber and Dr. Emmi Pikler tell us about babies? How can we use their approach with the infants in our care? Come find out about a practical approach to a relationship-based approach to infants

**Instructor:** Phyllis Porter  
**Time:** Wednesday, March 14, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Chaska High School, Rm P-150, Chaska



## Program for Infant Toddler Caregivers (PITC): Discoveries of Infancy: Supporting Learning in Infants and Toddlers

*CDA 2 or 8*

This session introduces the six Discoveries of Infancy identified by Jean Piaget, as well as strategies caregivers can use to support learning for infants and toddlers. In addition to participating in class, individuals taking this class will complete an additional application assignment. **Must attend all sessions to receive credit.**

**Instructor:** Monica Durgin  
**Time:** Tuesdays, March 20 and 27, 6:30–9:00 p.m.

**Fee:** \$50.00, 5 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

## 2000 Flushes: Toilet Training Toddlers

*CDA 8*

Whether you've been a toddler teacher for 2 months or have helped potty train 300 children, we all have ideas to share and learn from one another. We'll delve into this topic from several different perspectives including developmentally appropriate thoughts and the realities of this for us. Come prepared to learn and to talk about your program's plan and philosophy, how to work with parents as well as methods and strategies for potty training children. We will discuss your real life experiences and participate in some hands on activities.

**Instructor:** Sara Mulso  
**Time:** Thursday, March 22, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

**Instructor:** Sara Mulso  
**Time:** Monday, April 16, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul



## Building Kindness and Respect in the Children We Care For

*CDA 3*

This class will explore how to help create kindness and respect in children. We will discuss various ways children express themselves and activities to help teach children about feelings. This will help give children a foundation of learning how to be kind and respectful to others.

**Instructor:** Julie Koritz  
**Time:** Thursday, March 22, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Eden Prairie Community Center, Rm 202, Eden Prairie

**Instructor:** Julie Koritz  
**Time:** Wednesday, April 18, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

## Infant Development **SAT.**

*CDA 8*

Infants develop at their own rate and in their individual manner. There are common threads to this development that we all must know. This class helps us see how we can accommodate the infant's development and assist by not doing it for him.

**Instructor:** Phyllis Porter  
**Time:** Saturday, March 24, 8:30–10:30 a.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

## Learning Profiles

*CDA 8*

Discover and honor how one's brain and body are wired for learning and living. Each person's unique profile has a huge impact on her approach to new situations and her reaction to stress. This is child development and personal development; techniques learned in this class can be transferred to children and others.

**Instructor:** Cindy Goldade  
**Time:** Tuesday, March 27, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

## APRIL

## Program for Infant Toddler Caregivers (PITC): Supporting Emotional Strengths in Young Children

*CDA 3 or 8*

Infants go through social-emotional stages as they grow, setting the foundation for growth in later childhood and adulthood. Caregivers who understand these stages and infants' necessary experiences will more effectively support infants' and toddlers' developing self regulation and self esteem.

**Instructor:** Debbie Lawrence  
**Time:** Thursday, April 5, 6:30–9:30 p.m.

**Fee:** \$30.00, 3 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis



## What Goes on in That Little Brain?

*CDA 8*

We read so much in the media about Early Brain Development. What is true and what is myth? What can we as caregivers do to promote healthy brain development in infants.

**Instructor:** Phyllis Porter  
**Time:** Thursday, April 5, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Waconia City Hall, Waconia

## CICC (Center for Inclusive Child Care): Sensory Processing Disorder

*CDA 3 or 8*

This workshop describes the characteristics of Sensory Processing Disorder and how it may impact young children in child care programs. Each participant will have the opportunity to examine their own sensory preferences and apply that knowledge to the sensory needs of children. Strategies for inclusion will be presented as well as local resources.

**Instructor:** Deb Colling  
**Time:** Monday, April 23, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Andover YMCA, Andover

## Brain Development

CDA 2

With record numbers of very young children in child care, there has been increasing public interest in babies and toddlers. This information about early brain development can bring debate, confusion and concern about how to apply the 'new brain science' to the child care setting. In this two-night class we will use discussion and interactive learning activities to investigate brain development information about the first three years of life.

**Instructor:** Sharon Kaniess  
**Time:** Tuesday, April 24, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Ebenezer Intergenerational Child Care Center, Chapel, Burnsville

## A Look Inside Toddler Development



CDA 1

Join us in looking deeply into just why toddlers are defiant, funny, lovable and feisty. What makes them behave in ways that mystify and sometimes frustrate us? Learn how to get along well and enjoy this trying time of development for children and those who care for them.

**Trainer:** Joan Mick  
**Time:** Monday, April 30, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

## Nature's Playground-Revisited

CDA 1

Time playing in natural settings isn't just for fun but also essential for children's health and learning. Examine current trends that inhibit children's interaction with nature. Discover ways to promote natural experiences for children.

**Instructor:** Gloria Deziel  
**Time:** Monday, April 30, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Mt. Olivet Early Learning Center, Plymouth

## Content Area II: Learning Environment and Curriculum

### JANUARY

#### Making Music - Even if You're Not a Musician!

CDA 2

Music has tremendous power to evoke emotions, trigger memories, and enhance learning. Learn simple strategies for implementing music in your program even if you can't carry a tune or play a note. You can control the ambiance (e.g., high excitement or nap time) and incorporate various cultural influences with ease.

**Instructor:** Deb Colling  
**Time:** Thursday, January 5, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** RCC WEST – Hennepin Square, Minneapolis

#### Counting on Math

CDA 2

This class is filled with age appropriate ideas and activities for teaching the beginning math concepts children need to know: counting, matching, sorting, graphing, patterning, estimating, and more. If you are a self-proclaimed math phobic or math hater, this is the class for you!

**Instructor:** Beverly Herr  
**Time:** Tuesday, January 10, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** RCC WEST – Hennepin Square, Minneapolis

#### Easy Art-Fun & Developmentally Appropriate

CDA 2

Learn simple ways to foster creativity and develop a fun, inexpensive art curriculum. Review children's cognitive development as it relates to their abilities to engage in art experiences. Lots of ideas for fun process art experiences and techniques to teach children skills.

**Instructor:** Gloria Deziel  
**Time:** Wednesday, January 11, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Family Means, Stillwater

## Homemade Toys for Infants and Toddlers



CDA 2

Have you ever given a young child an expensive present only to find that they are more interested in the box? In this class, we'll demonstrate how to make toys for infants and toddlers that are developmentally appropriate, easy to make, inexpensive, and delightful for the children in your care. You'll make a toy to take home, and get ideas for lots more. Please bring scissors and glue or a glue stick to this class

**Instructor:** Kathy Lee  
**Time:** Thursday, January 12, 6:30–9:30 p.m.

**Fee:** \$30.00, 3 in-service hours  
**Location:** RCC WEST – Hennepin Square, Minneapolis

#### Can Do: Fostering Confidence, Courage, and Collaboration through Reading and Play

CDA 3

If you have ever struggled to help children understand the importance of team work, bravery, self-esteem, or gain the confidence to say "I can" instead of "I can't," you are not alone. Discover how children's books that are carefully crafted to speak a child's language through words and pictures help young kids learn about hard-to-explain, big concepts while having fun. New and classic children's books will be presented, as well as activities to enhance the fun and learning.

**Instructor:** Shelley Butler  
**Time:** Tuesday, January 17, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

#### Beyond the Itsy Bitsy Spider – Music for Young Children

CDA 2

Research related to the value of musical experiences, and a review of the elements of music will be presented in this in-service. Participants will gain ideas for actively involving children in making and appreciating a wide variety of musical styles.

**Instructor:** Ann Ruhl-Carlson  
**Time:** Wednesday, January 18, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Andover YMCA, Andover

## When It Hurts: Fostering Life Skills through Reading and Play

*CDA 3*

If you have ever struggled to help children understand some of life's more difficult challenges, such as a death in the family, divorce, moving, or the arrival of a new sibling, you are not alone. Discover how children's books that are carefully crafted to speak a child's language through words and pictures help young kids learn, grow, or heal in a safe, comforting way. New and classic children's books will be presented, as well as activities to enhance the fun and learning.

**Instructor:** Shelley Butler

**Time:** Thursday, January 19, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Ebenezer Intergenerational Child Care Center, Chapel, Burnsville

## Effective Lesson Planning

*CDA 2 or 5*

All teachers can use help in the department of trying to plan an effective yet fun lesson for the children in their care. Here we study the format of a widely known and used curriculum called "Creative Curriculum". Together we will come up with child focused lessons that will be exciting yet are designed to aide in the growth of the whole child, covering areas that will ensure developmentally appropriate planning. Also, we will study how both assessment and observation with environment planning will help in the effectiveness of one's curriculum.

**Instructor:** Brenda Lowe

**Time:** Monday, January 23, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

**Instructor:** Brenda Lowe

**Time:** Monday, April 9, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

## Introduction to American Sign Language



*CDA 2*

Learn the basics of American Sign Language so you can open your

## Intro to Sign Language... Cont

home or classroom to deaf children and/or deaf parents. Enhance your effectiveness by using ASL with hearing children using games, songs, and everyday routines. Discover signs you can use with even very young children to use as they learn about language and develop fine motor skills.

**Must attend all sessions to receive credit.**

**Instructor:** Kathy Lee

**Time:** Mondays, January 23 and 30, 6:30–9:00 p.m.

**Fee:** \$50.00, 5 in-service hours

**Location:** Resources for Child Caring, St. Paul

## Moovin' and Groovin' Fun for Under \$10.00: Low Cost Equipment Ideas for Your Program

*CDA 1, 2, or 3*

This workshop will get your children movin' and groovin'! Learn how to create a fun and exciting movement program with low cost items and many ideas that you can use right away to increase your children's physical activity. You are sure to walk away with dozens of ideas for children young and old!!

**Instructor:** Barbara Wagner

**Time:** Tuesday, January 24, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

**Instructor:** Barbara Wagner

**Time:** Tuesday, April 10, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Brooklyn Park Community Center, Brooklyn Park

**Instructor:** Barbara Wagner

**Time:** Tuesday, April 17, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** The Learning Lodge, Ramsey

## Handy Activities for Learning

*CDA 2*

Provide quality learning activities for children that are easy to prepare with common, low cost supplies. Learn simple fun ways to encourage beginning understanding of numbers ,

## Handy Activities... Cont

quantity and emergent writing. Explore activities to promote large motor skill development and creativity. Develop a system to organize activity ideas so they are easy to implement.

**Instructor:** Gloria Deziel

**Time:** Thursday, January 26, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Hastings Child Development Center, Hastings

## Curriculum Planning and Design for Young Children

*CDA 2*

Are you looking for ideas to jumpstart your curriculum planning or to refresh your current curriculum? This class will focus on strategies that will ensure the children in your programs are provided with developmentally appropriate curriculum themes and provide the children with a variety of choices and learning experiences. Content areas covered include art, music, movement, science, math, sensory, literacy and more. Come and learn how to set the stage for learning by offering the children in your program experiences that will meet their learning styles and multiple intelligences. Participants will learn the value of thematic units, the criteria for selecting themes, and how to design and construct a lesson plan. Each participant will receive a CD with 24 lessons plans, planning guides, and resources.

**Instructor:** Beverly Herr

**Time:** Monday, January 30, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul





## FEBRUARY

### Playing Smart Books and Activities to Foster a Young Mind

CDA 2

How can you help a child develop their strengths? One approach is to learn about intelligence and use multiple intelligence theory as a model for planning activities and play. Discover the eight kinds of intelligences, and ideas to foster strengths through play through the sharing of ideas, demonstrations, and hands-on learning.

**Instructor:** Shelley Butler

**Time:** Thursday, February 2, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

**Instructor:** Shelley Butler

**Time:** Tuesday, February 28, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** America's Best/ Canterbury Inn, Shakopee

### Sensational Sensory Play

CDA 2

Take sensory play to a whole new level with ideas to incorporate science, language and social skills. Define various sensory systems and learn techniques to enhance sensory experiences. Lots of examples of unique activities and recipes.

**Instructor:** Gloria Deziel

**Time:** Thursday, February 2, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

### Literacy Enrichment

CDA 1 or 2

Literacy is all around us. Knowing how to enhance our early childhood areas, whether it is in a standard classroom, or home childcare is very important and can at times is quite

### Literacy Enrichment... Cont

frustrating. You will learn how to enrich all of your environmental areas while ensuring they are developmentally appropriate for the group of children you are caring for. Give and receive fresh ideas for your environment as well as ways to encourage parental involvement in your center's literacy development.

**Instructor:** Brenda Lowe

**Time:** Tuesday, February 7, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

**Instructor:** Brenda Lowe

**Time:** Monday, April 23, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis



FOR COMPLETE COURSE LISTINGS BY DATE... SEE THE CALENDAR ON PAGE 9!

### Creative Curriculum for Infant/Toddler- Centers

CDA 2

**\* Please note this is training for CENTERS ONLY.**

The Creative Curriculum for Infant Toddler is a comprehensive resource for establishing and sustaining a quality programs. You will learn to apply the knowledge to everyday practices and will be given a roadmap for teaching. In addition to participating in class, individuals taking this class will complete an additional application assignment. **Must attend all sessions to receive credit.**

**Instructor:** Kristen Wheeler-Highland

**Time:** Saturdays, February 11 and 18, 9:00 a.m.–3:30 p.m. (half hour break for lunch-not provided), AND Mondays, February 20 and 27, 6:30–8:30 p.m.

**Fee:** \$160.00, 16 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

### Sharing Stories, Changing Lives: Powerful Strategies to Help Children Ages 3 to 9 Value Diversity and Confront Bullying and Bias

CDA 3

Research clearly shows that young children notice differences and experiment with teasing, bullying and exclusion. By the time they are six months old they notice differences in race and gender, by age 2 they may have developed racial preferences and by age 4 they are already experimenting with teasing and leaving kids out. But research also shows that talking to children about differences and teasing can rapidly make a difference! Come talk about how to make a differences in children's lives by talking with them about differences and bias using children's books, dolls and art materials.

**Instructor:** Meg Thomas

**Time:** Monday, February 13, 6:30–8:30 p.m.

**Fee:** \$20.00, 3 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

### Exploring Music with Young Children

CDA 2

This class will discuss the importance of music to young children and will explain how to offer music experiences that will be a lifelong gift to the children in your care. Expand your song and music repertoire. Bring a battery-operated tape recorder if you would like to record the songs shared at this training.

**Instructor:** Sharon Kaniess

**Time:** Tuesday, February 14, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul



## Language Shmanguage: Fun with Words, Poetry, and Rhyme

CDA 2

Come explore the fantastic world of rhyme and poetry, and find out just how fun fostering speech and language development with young children can be. See how reading and play can help small speakers learn the joy, wonder, and love of language.

**Instructor:** Shelley Butler

**Time:** Wednesday, February 15, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

## Teaching the 3 C's: Creativity, Curiosity, and Courtesy



CDA 3

Before we can teach them the 3 R's, we need to instill in our children a love of learning, problem solving techniques and positive social skills. This training will give participants the keys to integrating these types of activities into their curriculum and provide children a solid basis for all further learning.

**Instructor:** Beverly Herr

**Time:** Wednesday, February 15, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Apple Valley Community Center, Apple Valley

**Instructor:** Beverly Herr

**Time:** Thursday, March 29, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul



## Creating Welcoming, Attractive and Intriguing Environments for Adults and Children



CDA 1

Research suggests that paying attention to the design, look and feel of your classroom can have a powerful effect upon the activity and interactions that

## Creating Welcoming... Cont

occur there. There are simple, practical ways that teachers can create a classroom that promotes a love of beauty, order and discovery, while creating a sense of ownership and belonging.

**Instructor:** Ann Ruhl-Carlson

**Time:** Monday, February 20, 6:30–8:30 p.m.

**Fee:** 20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

**Instructor:** Ann Ruhl Carlson

**Time:** Monday, April 30, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

## Supporting Resilience in Children: The Little Engine that Could! (Key # 5)



CDA 1 or 3

This course examines characteristics of resiliency and its key relationship to children's mental health. Participants will explore the role resiliency plays as a critical factor in how children who are at risk will handle stress, react or adapt to negative situations, and overcome obstacles in their emotional growth. Participants will develop practical strategies for improving their environment and programming to enhance and support resiliency in young children.

**Instructor:** Cindy Croft

**Time:** Saturday, February 25, 10:15 a.m. –12:50 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Maple Grove Community Center, Maple Grove



**\*\*SAME VENUE, SAME DATE!\*\*  
See page 34 for another class you may be interested in!**

## Emotional Literacy: What Is It? And Why Teach It?



CDA 3

Emotional Literacy is a vital component of friendship development, conflict resolution, and learning. In this class, you will learn concrete ways to promote emotional literacy through direct teaching, music, song, and games. Implementing these strategies will enhance the quality of your program, boost academic achievement, and make your days run smoother.

## Emotional Literacy... Cont

**Instructor:** Susan Young

**Time:** Monday, February 27, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Eden Prairie Community Center, Eden Prairie

## Arts vs. Crafts

CDA 2

This class is based on Bev Boss's book, Don't Move the Muffin Tins. Providers interested in learning about the concept of "process oriented" art will enjoy this class. We will learn and discuss ways to enhance and promote creativity and self-esteem through children's art activities, rather than through craft projects. Come prepared to participate in an art project of your own.

**Instructor:** Mandi Ospina

**Time:** Monday, February 27, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

**Instructor:** Mandi Ospina

**Time:** Monday, April 2, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

## Squish, Swish, Smoosh! Toddler Art!

CDA 2

Toddlers love hands on activities! We'll cover the importance of doing art in a developmentally appropriate manner. You'll have the opportunity to try some of these ideas out and walk away with activities that you can do as soon as tomorrow.

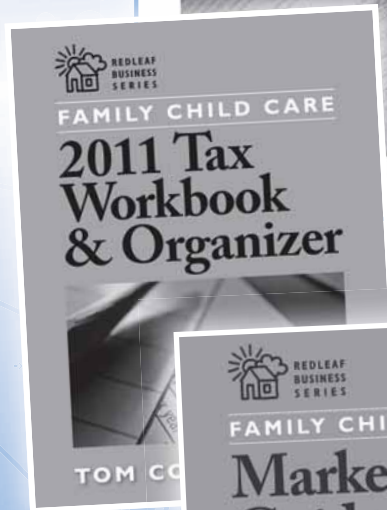
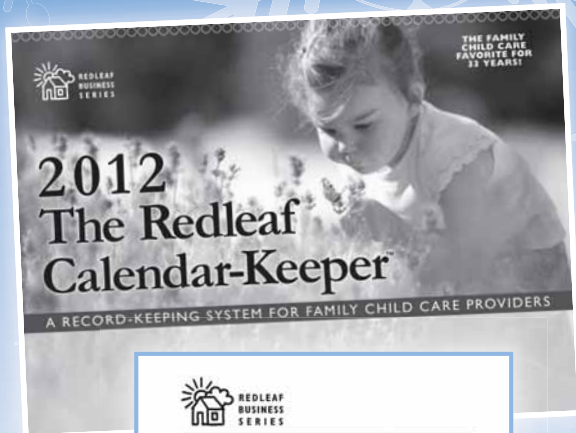
**Instructor:** Sara Mulso

**Time:** Tuesday, February 28, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul





The Latest Resources to Run a Successful Business

**THE REDLEAF CALENDAR-KEEPER™ 2012**

A Record-Keeping System for Family Child Care Professionals

Keep your important business records organized—including income and expense reports, attendance logs, meals, and more—in one convenient place. Also included are monthly recipes and activities. Spiral-bound, 100 pgs.

#100012-TC \$15.95

**FAMILY CHILD CARE 2011 TAX COMPANION**

Tom Copeland, JD

Be confident that your tax professional is correctly filing your return. This book contains a series of worksheets tied to specific IRS tax forms that you can use to compare against what your tax professional puts on your tax return. Softbound, 72 pgs.

#101011-TC \$17.95

**FAMILY CHILD CARE 2011 TAX WORKBOOK AND ORGANIZER**

Tom Copeland, JD

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#100811-TC \$17.95

**FAMILY CHILD CARE MARKETING GUIDE**

Tom Copeland, JD

Filled with information to effectively market your family child care program and maximize enrollment and income, this resource provides dozens of marketing tips and inexpensive ideas. Softbound, 176 pgs.

#107201-TC \$17.95

View the complete collection of early childhood resources @ [www.RedleafPress.org](http://www.RedleafPress.org).

Request a Redleaf Press catalog or place your order by calling **800-423-8309**

## MARCH

### Using Your Digital Camera to Promote Learning, Literacy, and Social & Emotional Development - Learning in a Snap!

CDA 2 or 3

Learn simple ways to use photos to create a dynamic learning environment. We'll explore fun ways to use digital photos in welcome centers and learning activities. Explore how photos, collages, and photo books promote social-emotional by building friendship, classroom community, and strong relations with parents. Participants will discover easy and inexpensive resources to enhance, expand, and create fun activities for children.

**Instructor:** Amy Timm

**Time:** Thursday, March 1, 6:30-8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Ebenezer Intergenerational Child Care Center, Chapel, Burnsville

### Creative Curriculum for Preschool - Centers

SAT

PL

CDA 2

\* Please note this is training for CENTERS ONLY.

The Creative Curriculum for Preschool is a comprehensive resource for establishing and sustaining a quality program. You will learn to apply the knowledge to everyday practices and will be given a roadmap for teaching. In addition to participating in class, individuals taking this class will complete an additional application assignment. **Must attend all sessions to receive credit.**

**Instructor:** Angele Passe

**Time:** Saturdays, March 3 and 17, 8:00a.m. - 4:30p.m.

**Fee:** \$160.00, 16 in-service hours

**Location:** Resources for Child Caring, St. Paul



FOR COMPLETE COURSE LISTINGS BY DATE... SEE THE CALENDAR ON PAGE 9!

### The Creative Curriculum for Family Child Care

PL

CDA 2

\* Please note this is training for Family Child Care ONLY.

Organization is key to providing flexible and age-appropriate home environments for quality family child care. This class shows how to organize the home environment for child care and how to plan appropriate activities with mixed-age groups in a variety of interest areas ranging from cooking to outdoor play. Participants will gain important tools for organization, communication, and planning including safety checklists, a sample daily schedule, equipment lists and sample letters to parents. In addition to participating in class, individuals taking this class will complete an additional application assignment. **Must attend all sessions to receive credit.**

**Instructor:** Katy Chase

**Time:** Saturdays, March 3 and 10, 9:00 a.m.-3:30 p.m., and Mondays, March 12 and 19, 6:30-8:30 p.m.

**Fee:** \$160.00, 16 in-service hours

**Location:** RCC WEST - Hennepin Square, Minneapolis

### Spanish for Young Children

CR

CDA 2

Do your students like Dora the Explorer? Learn how to build Spanish language learning into your curriculum with fun activities, games, songs, poems, dramatic play, and stories. Participants will learn how to pronounce beginning Spanish words and will receive all the resources needed to excite their students with language learning and fun cultural activities. No Spanish background required. This curriculum is easy for beginners!

**Instructor:** Amy Timm

**Time:** Monday, March 5, 6:30-8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

**Instructor:** Amy Timm

**Time:** Tuesday, April 17, 6:30-8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST - Hennepin Square, Minneapolis

### Big Body Play

NEW

CDA 3

Big body play - the sometimes rowdy, always very physical running, rolling, climbing, tagging, jumping, grabbing and wrestling that most children love and many adults try to shut down - can and should be an integral part of every early childhood setting. This vigorous body play allows children opportunities to use language, both verbal and nonverbal, and learn how to negotiate, take turns, wait, compromise, sometimes dominate and sometimes hold back, and make and follow rules. Big body play also supports optimum physical development because it is so vigorous and because children, since they enjoy it so much, tend to engage in it for an extended amount of time. Evidence-based practice and research support the multitude of benefits of big body play for young children's social-emotional, cognitive, and physical development. This class will define how to organize the physical environment, set rules and policies, and supervise the play to balance children's fundamental needs with our responsibility as caregivers to keep them safe.

**Instructor:** Beverly Herr

**Time:** Monday, March 5, 7:00-9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST - Hennepin Square, Minneapolis

### When Feelings Get In the Way

CDA 3

Feelings affect a child's ability to control their own behavior in a variety of ways. This class will look at how caregivers can help children understand and express their feelings in an appropriate manner. We will look at how empathy and acceptance is a key in guiding a child's behavior as well as barriers that hinder a child's ability to process their feelings.

**Instructor:** Becky Elrasheedy

**Time:** Tuesday, March 6, 6:30-8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

## Using Music to Support Literacy

CDA 2

Children should have many opportunities to sing, listen to music, and respond to music in a variety of ways throughout the day. In this class participants will gain an understanding of how music supports literacy learning; acquire strategies for supporting literacy with musical activities throughout the day; and learn how to support children's expressive and receptive language development by creating new words and themes for familiar songs.

**Instructor:** Beverly Herr  
**Time:** Monday, March 12, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

## Cookie Cutters, Rolling Pins & Dough

CDA 2

Most children love playing with play dough however, there are many more options available than the standard play dough. Come and check out different types of dough and take the recipes home with you. We'll also take this center to the next step and see how to connect it to various thematic units.

**Instructor:** Sara Mulso  
**Time:** Monday, March 12, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

## More than Math

CDA 2

Based on the book *More Than Counting*, we will explore hands on, home made activities to promote math skills. Learn about the different math concepts children need to know to do well in school and how to design math games. Examine your role as the teacher

## More than Math...Cont

in a whole-math environment. Bring scissors, markers and 6 file folders.

**Instructor:** Gloria Deziel  
**Time:** Monday, March 12, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Kidz Place Learning Center, Hugo

## Reading Readiness: There's So Much More Than the ABC's!

CDA 2

Learn how to create a FUN literacy-rich learning environment for young children. Participants will discover how learning that promotes literacy can be incorporated into activities, games, music, and dramatic play. Explore how guided conversation combined with creative and fun activities creates an environment that prepares children to explode into strong readers!

**Instructor:** Amy Timm  
**Time:** Tuesday, March 20, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** America's Best (Canterbury Inn), Shakopee

**Instructor:** Amy Timm  
**Time:** Tuesday, March 27, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

## Brain Games for Toddlers and Two's

CDA 2

Brain development in the first few years of life is important. Children learn by playing games. This class will give participants ideas of games to play with the children. This class will include old games and ideas for making your own games. Participants will understand the importance of playing

## Brain Games...Cont

something as simple a Peek-a-Boo and what children learn from the game.

**Instructor:** Ellie Smith  
**Time:** Tuesday, March 20, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

## Infant Curriculum **SAT**

CDA 3

Infant Curriculum contains the caregiving aspects of infant care. These are the main parts of the curriculum. Social, emotional, cognitive and language development occur during these caregiving times between caregiver and infant.

**Instructor:** Phyllis Porter  
**Time:** Saturday, March 24, 10:45a.m.–12:45 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

## Infants at Play **SAT**

CDA 2

What do children learn while they are playing? How can we provide for appropriate play with infants? This class provides activities and explanations as to why we need to play.

**Instructor:** Phyllis Porter  
**Time:** Saturday, March 24, 1:00–3:00 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

## Science for Preschool Children

CDA 1

Science is important in a young Children environment. Preschool children are excited to try new things. Quick, easy, and inexpensive activities will open a whole new area of learning for children. This class will give participants fun ideas to use with the children in their care.

**Instructor:** Ellie Smith  
**Time:** Monday, March 26, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Chanhassen Recreation Center, Chanhassen

**Instructor:** Ellie Smith  
**Time:** Wednesday, April 18, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul



## Crazy for Circle Time



CDA 3

Circle time is a routine part of the day for many programs but it is a portion that some of us dread. So what makes circle time successful? A bit of pre-planning, a sprinkle of management techniques and handfuls of engaging activities for little learners are all components of creating an great learning experience.

**Instructor:** Sara Mulso

**Time:** Monday, March 26,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

**Instructor:** Sara Mulso

**Time:** Monday, April 9,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

## Out of a Box

CDA 2

Explore how to encourage learning and integrate creative expression throughout the curriculum with the aid of homemade materials. Use boxes, paper bags and cardboard tubes to teach and save money. Build dramatic play props, literacy activities and engaging art project. Bring a variety of small & large boxes, paper towel rolls, scissors, glue & tape.

**Instructor:** Gloria Deziel

**Time:** Tuesday, March 27,  
7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Room for Growing, Forest Lake

## Movement is the Key to Learning

CDA 2

Nerve networks are formed through movement and touch. Reading a book requires subtle eye muscle movement just like kicking a ball requires large motor movements. Explore the physical skills of learning by experiencing Brain Gym processes and exercises. Be amazed at the difference intentional movement makes in one's ability to focus, remain centered and think rationally.

**Instructor:** Cindy Goldade

**Time:** Wednesday, March 28,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** The Learning Lodge, Ramsey

## APRIL

### Science for School Age Children

No School Age CDA

School age Science will help participants include Science learning in their setting. School age children can follow directions to perform simple experiments with items you have in your kitchen. School age Children enjoy learning simple science concepts. This class will be a hands on learning class for participants. Participants will take home fun ideas they can use the next day.

**Instructor:** Ellie Smith

**Time:** Monday, April 2,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

### Opening the Magic Doors of Children's Literature

CDA 2

It's all about wonderful, inspiring, colorful, and fun new picture, board, lift-the flap, and non-fiction children's books! With approximately 5,000 new kids books each year, how can one parent, librarian, or child care provider find the gems? Come find out about the many kinds of literature for children, and how to evaluate the quality and appropriateness for your children.

**Instructor:** Shelley Butler

**Time:** Monday, April 2,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

### Creating Environments to Support Literacy

CDA 2

A good learning environment encourages children to feel successful and builds confidence. You will gain a deeper understanding of how to plan and set up your learning environments to support emergent literacy and foster active learning. Participants

### Creating Environments... Cont

will acquire strategies for creating developmentally appropriate print-rich environments that facilitate meaningful learning, support diversity, and promote literacy development. You will leave this class with ideas for literacy materials, props, and ideas to enhance learning experiences.

**Instructor:** Bev Herr

**Time:** Wednesday, April 4,  
7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Savage City Hall, Savage

### Active Learning Environments for Infants and Toddlers



CDA 1

Providing Active Learning Environments for infants and toddlers can stimulate the brain and development as well as decrease inappropriate behaviors. Participants will learn to develop environments that are safe, stimulating and developmentally appropriate. They will develop interest areas that are fun, organized and motivating to help children grow in to new stages of development. In addition to participating in class, individuals taking this class will complete an additional application assignment. **Must attend all sessions to receive credit.**

**Instructor:** Judy Davis

**Time:** Mondays, April 9 and 16,  
6:30 p.m.–9:00 p.m.

**Fee:** \$50.00, 5 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

### Cradling Literacy - Session I: The Powerful Role of Stories in Supporting Early Language and Literacy



CDA 2

The foundation for literacy skills is laid years before children enter school. During the early years, children develop competency in language and literacy not through a set curriculum, but through interactions and experiences with the adults around them. Young children benefit when early childhood professionals are both knowledgeable and intentional in how they support and nurture early language and literacy. Cradling Literacy workshops provide the materials to build the knowledge and skills needed to nurture early language and literacy in children birth to 5 years.

FOR COMPLETE COURSE LISTINGS BY DATE... SEE THE CALENDAR ON PAGE 9!

## Cradling Literacy, Session 1 Cont

**Instructor:** Kristen Wheeler-Highland  
**Time:** **Saturday, April 14, 8:30–10:30 a.m.**  
**Fee:** \$20.00, 2 in-service hours  
**Location:** **Creekside Community Center, Bloomington**

## Cradling Literacy - Session 2: Cultural Influences on Language and Literacy Teaching Practices **SAT.**

*CDA 2*

The foundation for literacy skills is laid years before children enter school. During the early years, children develop competency in language and literacy not through a set curriculum, but through interactions and experiences with the adults around them. Young children benefit when early childhood professionals are both knowledgeable and intentional in how they support and nurture early language and literacy. Cradling Literacy workshops provide the materials to build the knowledge and skills needed to nurture early language and literacy in children birth to 5 years.

**Instructor:** Kristen Wheeler-Highland  
**Time:** **Saturday, April 14, 10:45 a.m.–12:45 p.m.**  
**Fee:** \$20.00, 2 in-service hours  
**Location:** **Creekside Community Center, Bloomington**

## Cradling Literacy - Session 3: The Importance of Relationships in Early Language and Literacy **SAT.**

*CDA 2*

The foundation for literacy skills is laid years before children enter school. During the early years, children develop competency in language and literacy not through a set curriculum, but through interactions and experiences with the adults around them. Young children benefit when early childhood professionals are both knowledgeable and intentional in how they support and nurture early language and literacy. Cradling Literacy workshops provide the materials to build the knowledge and skills needed to nurture early language and literacy in children birth to 5 years.

**Instructor:** Kristen Wheeler-Highland  
**Time:** **Saturday, April 14, 1:00 –3:00 p.m.**  
**Fee:** \$20.00, 2 in-service hours  
**Location:** **Creekside Community Center, Bloomington**

## The Road to Reading

*CDA 2*

Learning is a complicated and exciting process that unfolds over the course of years. Identify the skills needed to read and discover fun activities to promote emergent literacy. Learn to involve parents in their child's literacy development. Grow great readers without flash cards.

**Instructor:** Gloria Deziel  
**Time:** **Wednesday, April 18, 6:30–8:30 p.m.**  
**Fee:** \$20.00, 2 in-service hours  
**Location:** **Oakdale Discovery Center, Oakdale**

## Suzie Who? Assisting the Quiet Child

*CDA 3*

The quiet, well-behaved or shy children are easily overlooked in busy child care settings but they have needs too. Learn about different types of quiet children. Explain ways to encourage social skills & peer interaction while respecting personality style and temperament.

**Instructor:** Gloria Deziel  
**Time:** **Monday, April 23, 7:00–9:00 p.m.**  
**Fee:** \$20.00, 2 in-service hours  
**Location:** **Savage City Hall, Savage**

## Have Fun Teaching Spanish

*CDA 1 or 2*

Explore and create everything you will need to excite your children with this fun, Hispanic multicultural theme. We will experience art, music, dramatic play, learning centers, cooking, stories, Spanish words, and pre-reading activities. Go home with more than enough activities and resources to have fun for whole week with this curriculum.

**Instructor:** Amy Timm  
**Time:** **Tuesday, April 24, 6:30–8:30 p.m.**  
**Fee:** \$20.00, 2 in-service hours  
**Location:** **Resources for Child Caring, St. Paul**

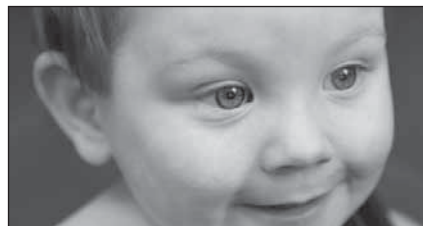
**Instructor:** Amy Timm  
**Time:** **Monday, April 30, 6:30–8:30 p.m.**  
**Fee:** \$20.00, 2 in-service hours  
**Location:** **Chaska Community Center, Chaska**

## Beyond Open and Closed Questions

*CDA 2*

An important part of early childhood program practice is extending children's language and thinking throughout the day. The focus of this class will be to develop an understanding of the different ways adults talk to children and the types of questions we ask them. Participants will learn strategies for asking questions to support creativity and higher-level thinking, how to shape questions that invite many answers, how to ask questions to help children contemplate and solve problems, and how to pose questions to extend children's thinking.

**Instructor:** Bev Herr  
**Time:** **Tuesday, April 24, 7:00–9:00 p.m.**  
**Fee:** \$20.00, 2 in-service hours  
**Location:** **RCC WEST – Hennepin Square, Minneapolis**



## Science from A-Z

*CDA 2*

Do you hit a roadblock as you try to think of something engaging to include in your science area for various themes? This session will cover themes from A to Z and include items and activities to interest your eager little scientists.

**Instructor:** Sara Mulso  
**Time:** **Monday, April 30, 6:30–8:30 p.m.**  
**Fee:** \$20.00, 2 in-service hours  
**Location:** **Resources for Child Caring, St. Paul**

## The Difference between “Arts” and “Crafts” and the Importance of Both

*CDA 2*

Learn the differences between Arts and Crafts and the importance of each.

**Instructor:** Michelle Anderson  
**Time:** **Monday, April 30, 6:30–8:30 p.m.**  
**Fee:** \$20.00, 2 in-service hours  
**Location:** **Andover YMCA, Andover**

## Content Area III: Assessment and Planning for Individual Needs

### JANUARY

#### Work Sampling System Assessment **SAT.**

CDA 7

In this 2-day training participants will learn how to use the Work Sampling System in a center, home, or classroom-based setting. Hands-on tasks designed to explore observation methods and techniques will be covered, as well as information and activities for learning how to use Developmental Guidelines and Checklists, Portfolios, and Summary Reports.

**Instructor:** Melissa Shablott  
**Time:** Saturdays, January 14 and 21, 8:00a.m.–4:30 p.m.  
**Fee:** \$160.00, 16 in-service hours  
**Location:** Resources for Child Caring, St. Paul

#### CICC (Center for Inclusive Child Care): Observation: Find the Function of Behavior

CDA 3

Ever thought: “They’re doing it on purpose?” Join this workshop to discover how through observation, early educators can see the clues children give adults to the purpose behind their behavior. Once the purpose is understood, a more effective response can be made to meet the child’s needs. Participants will examine observation tools for finding the ‘function’ of a child’s behavior.

**Instructor:** Kim Woehl  
**Time:** Wednesday, January 18, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Peace of Mind, Woodbury

### FEBRUARY

#### Looking at Early Childhood Assessment and Assessment Tools

CDA 7

There is lots of information out there about the importance of doing assessments with the children in our care. We know that assessments in early childhood settings are critical for children, parents and early childhood professionals. Teachers need assessment information when planning, and parents need to know the progress of their child

#### Looking at Early Cont.

and ways they can help their child at home. But ultimately, assessments should benefit the children. Equally confusing, there are many different assessment tools available. This workshop will explain what assessment is, why it is important, what goes into an authentic assessment and what the challenges are in assessing young children.

**Instructor:** Kristen Wheeler-Highland  
**Time:** Thursday, February 9, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Kidz Place Learning Center, Hugo

**Instructor:** Kristen Wheeler-Highland  
**Time:** Thursday, April 12, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** Chaska High School, Rm P-150, Chaska

#### CICC (Center for Inclusive Child Care): When Concerns Arise

CDA 4 or 7

Ever wondered about developmental red flags? The goal of this workshop is to assist providers with the identification and referral of children who have developmental concerns in their childcare programs. Participants will explore the benefits of supporting and assisting parents in seeking help for a child who may be in need of specialized services by understanding the assessment process and local referral contacts. A main focus will be how to share concerns with parents in a respectful manner if red flags for developmental concerns are present.

**Instructor:** Kristen Wheeler-Highland  
**Time:** Wednesday, February 22, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Blaine Human Services Center, Rm 300, Blaine

### MARCH

#### Observing and Recording **PL**

CDA 7

Observation is the key to understanding children. Practice using tools and strategies to sharpen your observation skills. Learn to use your insight when responding to and planning for children. In addition to participating in class, individuals taking this class will complete an additional application assignment. **Must attend all sessions to receive credit**

#### Observing Cont.

**Instructor:** Kristen Wheeler-Highland  
**Time:** Thursday, March 8; Tuesday, March 13; Tuesday, March 20; Wednesday, March 21, 6:30–9:00 p.m.  
**Fee:** \$100.00, 10 in-service hours  
**Location:** Resources for Child Caring, St. Paul

#### Creative Curriculum Assessment

CDA 7

Great child care programs begin with well-trained providers who are enthusiastic about effectively implementing assessment systems. Good decision making is dependent upon a complete system that includes authentic, ongoing assessment. Assessing individual and group progress is the key to planning child care programs that respond to the needs, interests, and abilities of children in any setting. Both The Creative Curriculum Developmental Continuum for Infants, Toddlers & Twos and The Creative Curriculum Developmental Continuum for Ages 3-5 are valid and reliable tools that use the goals and objectives of The Creative Curriculum®. Learn the road maps for determining where each child is developmentally, for following each child’s progress, and for planning learning experiences. Children will benefit as you use what you learn from assessment to plan instruction. Recommended Prerequisite: training in The Creative Curriculum.

**Instructor:** Angele Passe  
**Time:** Saturday, March 24, 8:00a.m.–4:30p.m. **SAT.**  
**Fee:** \$80.00, 8 in-service hours  
**Location:** Resources for Child Caring, St. Paul

**Instructor:** Yer Vang  
**Time:** Saturday, April 21, 9:00a.m.–3:30p.m. **PL**  
AND Thursday, April 26, 6:30–8:30 p.m.  
**Fee:** \$80.00, 8 in-service hours  
**Location:** RCC WEST – Hennepin Square, Minneapolis

\*In addition to participating in class, individuals taking this class will complete an additional application assignment. **Must attend all sessions to receive credit.**

## Content Area IV: Interactions with Children

### JANUARY

#### Behaviors - Supernanny

CDA 3

A different approach is needed in analyzing and learning effective techniques in preventing children's opposing behaviors and creating solutions for behavior problems in early childhood settings. All of this while ensuring that our techniques are developmentally appropriate for the children in our care. Join us in a class that is a little different from ordinary instructor lecture.

**Instructor:** Brenda Lowe

**Time:** Tuesday, January 3,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2.0 in-service hours

**Location:** Resources for Child Caring,  
St. Paul

#### CICC (Center for Inclusive Child Care): The Nurtured Heart Approach

CDA 3 or 8

Children with high intensity temperaments are often seen as children who are challenging in school/child care. The "Nurtured Heart Approach", based on the work of Howard Glasser, is a unique approach for working with children who have challenging behaviors. This course combines 4 effective strategies for helping caregivers transform the way they see children who have high energy/intensity from a challenge to a gift.


**Instructor:** Joan Mick

**Time:** Monday, January 9,  
7:00–9:00 p.m.

**Fee:** \$20.00, 2.0 in-service hours

**Location:** Resources for Child Caring,  
St. Paul

**Instructor:** Deb Colling

**Time:** Thursdays, February 9   
and 16, 6:30–8:30 p.m.

**Fee:** \$40.00, 4.0 in-service hours

**Location:** Mt. Olivet Early Learning  
Center, Plymouth

\*In addition to participating in class, individuals taking this class will complete an additional application assignment.

**Must attend all sessions to  
receive credit.**



#### "I Want Mommy!" Emotional Coaching Techniques to Resolve Separation Anxiety and Behavior Issues.

CDA 3

Are your students crying, uncooperative, and fighting? Learn how to effectively use the techniques of emotional coaching to calm children who are experiencing separation anxiety and behavior issues. Learn also how to use this technique to communicate with parents who are upset or distraught. You'll discover this really works!

**Instructor:** Amy Timm

**Time:** Tuesday, January 10,  
6:30 p.m.–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Chaska High School,  
Rm P-150, Chaska

**Instructor:** Amy Timm

**Time:** Thursday, January 12,  
6:30 p.m.–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring,  
St. Paul

#### They Stick to Me like Band-Aids

CDA 3

This class is designed to discover the importance of attachment and bonding, and focus on techniques and implementation in the early childhood classroom.

**Instructor:** Judy Davis

**Time:** Thursday, January 12,  
7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Chanhassen Recreation  
Center, Chanhassen

**Instructor:** Judy Davis

**Time:** Monday, January 30,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Room for Growing,  
Forest Lake

#### Positive Discipline for Preschoolers

CDA 3

We hug them, laugh with them and brag about them and yet when it comes to disciplining them, we sometimes are hesitant or uncertain what to do. How do you begin to teach boundaries to a six-month old? How to handle a two-year old during a temper tantrum? What do you do with a defiant four-year old? This class will discuss practical solutions and ways to use positive discipline with your pre-schooler for every parent and teachers of young children.

**Instructor:** Joyce Flynn

**Time:** Thursday, January 12,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Kidz Place Learning Center,  
Hugo

**Instructor:** Joyce Flynn

**Time:** Monday, February 20,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin  
Square, Minneapolis

**Instructor:** Joyce Flynn

**Time:** Wednesday, March 7,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** HSI, Oakdale

#### Love and Logic: Handling Misbehavior Without Breaking a Sweat

CDA 3

This session explores how caring adults put an end to childhood whining and arguing in very caring ways. Empathy will be emphasized as the key for successful, healthy relationships between childcare professionals and the children with whom they work.

**Instructor:** Andrew Johnsrud

**Time:** Saturday, January 14,  
9:00 a.m.–12:00 p.m.

**Fee:** \$30.00, 3 in-service hours

**Location:** Resources for Child Caring,  
St. Paul

## Love and Logic: Teaching Kids to Listen the First Time NEW SAT

CDA 3

We will investigate how to effectively teach children to listen without lecture, threats, bribes or coercions. Giving multiple warnings to children can actually be a detriment to their overall development—in this session we will talk about how to “mean business” without being mean!

**Instructor:** Andrew Johnsrud

**Time:** Saturday, January 14, 12:30–3:30 p.m.

**Fee:** \$30.00, 3 in-service hours

**Location:** Resources for Child Caring, St. Paul

## No More Biting! NEW

CDA 3

Perhaps no other concern in programs that include toddlers challenges caregivers and parents as much as biting does. Biting is a problem that runs more than skin deep. It can affect any toddler in any setting and can have developmental, emotional, or environmental causes. An unfortunately not unexpected occurrence among toddlers, biting is not just a physical act. It is a serious complicated issue that brings frustration to the biter, the one who was bitten, parents, and child care providers. This class contains information on why toddlers bite, how to respond when it happens, and how to handle ongoing incidents. Instruction on how to develop biting policies, how language development and spatial awareness can lead to biting, and how to work with parents will be included.

**Instructor:** Beverly Herr

**Time:** Tuesday, January 17, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul



FOR COMPLETE COURSE LISTINGS BY DATE... SEE THE CALENDAR ON PAGE 9!



## Child Guidance: Planning for the Success of Individual Children in Your Care

CDA 3

Children’s behavior with other children and adults has a significant effect upon their success in group care situations. How can we assist children in learning the skills they need to be successful in social situations? During this session we will review the research related to children’s behavior, identify the components of the guidance system, and identify positive methods for dealing with children’s mistaken behavior. There will be time for questions and group problem solving.

**Instructor:** Ann Ruhl-Carlson

**Time:** Monday, January 23, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Minnetonka Community Center, Minnetonka

**Instructor:** Ann Ruhl-Carlson

**Time:** Monday, April 9, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Blaine Human Services Center, Rm 300, Blaine

## How Stress Affects Child Behavior

CDA 3

We live in a stressful world. This class will look at misbehavior for causes found in a child’s response to stress. Learn strategies to help stressed out children change behavior.

**Instructor:** Sharon Kaniess

**Time:** Tuesday, January 24, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Mt. Olivet Early Learning Center, Plymouth

**Instructor:** Sharon Kaniess

**Time:** Monday, April 16, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

## How to Avoid Power Struggles and Win Cooperation

CDA 3

We will explore positive and practical tools that encourage cooperation and self-discipline in children through effective communication. We will also examine the usage of natural and logical consequences and problem solving that helps avoid power struggles.

**Instructor:** Joyce Flynn

**Time:** Tuesday, January 24, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** HSI, Oakdale

**Instructor:** Joyce Flynn

**Time:** Tuesday, April 3, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Room for Growing, Forest Lake

## Take a Stand Against Bullying NEW

CDA 3

In this workshop we will examine the most up to date statistics on bullying, explore why some children are targeted by bullies and gain knowledge on what our role as early childhood educators is in prevention.

**Instructor:** Cory Woosley

**Time:** Thursday, January 26, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

**Instructor:** Cory Woosley

**Time:** Thursday, February 23, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Canterbury Inn, Shakopee

**Instructor:** Cory Woosley

**Time:** Monday, April 16, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Minneapolis Urban League, Minneapolis

### How Many Times Do I Have to Tell You?

*CDA 3 or 6*

Do you find yourself yelling, threatening, and pleading with your children and they still won't listen to you? This class will explore common barriers often used which discourage communication. Replace the barriers with builders which will promote communication and cooperation.

**Instructor:** Joyce Flynn  
**Time:** Thursday, January 26, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** RCC WEST – Hennepin Square, Minneapolis

**Instructor:** Joyce Flynn  
**Time:** Tuesday, February 21, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** HSI, Oakdale

**Instructor:** Joyce Flynn  
**Time:** Tuesday, April 17, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

### CICC (Center for Inclusive Child Care): Tools for the Toolbox: Strategies to Meet Challenging Behavior

*CDA 3*

This session will offer 'tools' for early childhood educators and caregivers to promote the positive emotional health of young children in their programs. Participants will look at the practical applications of these necessary skills, including building community within child care, tuning in to each child and helping children understand their own feelings, as well as other key strategies within the early childhood environment.

**Instructor:** Cory Woosley  
**Time:** Monday, January 30, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Playworks, Prior Lake

### Managing Behavior When My Buttons Are Pushed



*CDA 3 or 6*

How do we keep it together when our "buttons" are being nudged, pushed, or slammed? Come and review methods of managing children's behaviors when your patience is being tried and tested. We will examine our own caregiver behaviors as we seek ways to remain responsive and not reactive.

**Instructor:** Steven Roecklein  
**Time:** Tuesday, January 31, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

**Instructor:** Steven Roecklein  
**Time:** Thursday, March 8, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** RCC WEST – Hennepin Square, Minneapolis

**Instructor:** Steven Roecklein  
**Time:** Thursday, April 5, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

### Program for Infant Toddler Caregivers (PITC): Getting in Tune: The Responsive Process

*CDA 3*

"It's all about relationships" is a statement that underlies the PITC infant-toddler care philosophy. This session is designed to help participants learn a process for "getting in tune" with children in order to respond appropriately to their individual and developmental needs.

**Instructor:** Deb Colling  
**Time:** Tuesday, January 31, 6:30–9:00 p.m.  
**Fee:** \$25.00, 2.5 in-service hours  
**Location:** Blaine Human Services Center, Rm 300, Blaine

## FEBRUARY

### Anger & Aggression in Young Children

*CDA 3 or 4*

Anger and aggression can cause anxiety for children, caregivers and parents. This class is designed to develop techniques and strategies to help children express themselves in appropriate ways. We will discuss different options in programming as well as different ideas on how to support the parent in parenting their child.

**Instructor:** Judy Davis  
**Time:** Monday, February 6, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Family Means, Stillwater

**Instructor:** Judy Davis  
**Time:** Monday, March 19, 7:00–9:00 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Eagan Community Center, Eagan

### Raising Empowered Children

*CDA 3*

Learn how to create an environment in which children learn to discipline themselves via the internalization of control, simultaneously reducing discipline problems while raising positive mental health and increasing the level of kindness and respect demonstrated by children in care.

**Instructor:** Deb Colling  
**Time:** Tuesday, February 7, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** The Learning Lodge, Ramsey

**Instructor:** Deb Colling  
**Time:** Monday, April 16, 7:00–9:00 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Our Space Child Care Center, Hopkins



## Raising Happy, Responsible and Emotionally Healthy Children

CDA 3

This class, based on a parenting book by the same title, will help parents and educators see how to reach our 'best' in caring for young children. Learn about the WHYs of children behavior and how to SEE things differently. Understand how thinking, learning and communicating differently can reduce conflict and improve relationships.

Learn how the messages from others influence us and what mistakes teach us.

**Instructor:** Sharon Kaniess

**Time:** Wednesday, February 8, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

## Johnny B. Good-or Else!

CDA 3

Do threats and consequences really work? Learn to respond to children's behaviors in ways that encourage problem solving and self-regulation. Understand how the environment affects children's behaviors and techniques to minimize potential challenging behaviors. Develop a plan to diffuse escalating situations before they "blow up."

**Instructor:** Gloria Deziel

**Time:** Thursday, February 16, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Peace of Mind, Woodbury

## Superhero and Hero Play

CDA 2

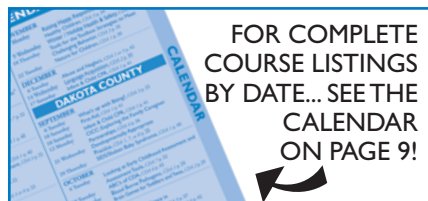
We live in interesting times, in which real-life heroes share the spotlight with superheroes. Learn how to help young kids understand the difference, and how to support development of the hero in every child. Time for Q&A, sharing, small group, and discussion of children's books will be included.

**Instructor:** Shelley Butler

**Time:** Tuesday, February 21 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul



## I'm Sad, I'm Mad!: Tools for Building an Emotional Vocabulary

CDA 3

A child's healthy emotional development depends on their ability to express emotions to peers and adults and to understand the feelings of others. In this workshop, participants will have the opportunity to explore strategies to build 'emotional literacy' skills for young children, including using books, storytime, and props.

**Instructor:** Cindy Croft

**Time:** Saturday, February 25, 8:00–10:00 a.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Maple Grove Community Center, Maple Grove



**\*\*SAME VENUE, SAME DATE!\*\*  
See page 24 for another class you may be interested in!**

## Peaceful Parenting

CDA 3

Peaceful Parenting in a Violent World or Raising Peaceful Children: In this interactive session you will learn how to raise peaceful children, resolve conflict and create a peaceful environment in the classroom.

**Instructor:** Burt Berlowe

**Time:** Monday, February 27, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

## MARCH

### Preventing Power Struggles: A Positive Approach to Discipline

CDA 8

This training will give caregivers an understanding of why we get into power struggles with the children in our care and how to effectively set limits during everyday interactions. Participants will be provided with various techniques they can use to help promote positive behavior and set children up to learn in a positive learning environment.

**Instructor:** Julie Koritz

**Time:** Thursday, March 1, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

## Preventing Power...Cont

**Instructor:** Julie Koritz

**Time:** Thursday, March 15, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

## Group Dynamics-Haywire or Harmonious

CDA 3

In this class we will look at the skills needed to be part of a group and how the development of social skills is necessary to be successful in all group situations. We will take a look at how a child's sense of self identity, self esteem, and impulse control can change the dynamics of a group. Just as the individual child affects a group so does the expectations, boundaries, rules, and activities created by the adult supervising the group. We will look at a variety of ideas that will help caregivers use creativity and harmony to create healthy fun group interaction in a child's life.

**Instructor:** Becky Elrasheedy

**Time:** Tuesday, March 13, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Hastings Child Development Center, Hastings

## Program for Infant Toddler Caregivers (PITC): Guide with Care: Infant-Toddler Socialization and Guidance

CDA 3

This class addresses appropriate ways to guide the development of infants' and toddlers' social skills and behavior. Participants will examine practices that respect individual temperaments, developmental stages, and family/cultural variations.

**Instructor:** Deb Colling

**Time:** Mondays, March 19 and 26, 6:30–8:30 p.m.

**Fee:** \$40.00, 4 in-service hours

**Location:** Resources for Child Caring, St. Paul

## Center for Inclusive Child Care (CICC): How Do We Give Children A Strong Start? Know the Key Emotional Milestones (Key #2)

CDA 3 or 8

This workshop focuses on the important emotional milestones caregivers can help children achieve as

**Emotional Milestones...Cont**

the foundation for positive mental health. This class will discuss how to use social and emotional development checklists to identify where children are in their development and look at strategies to support them as they progress to the next social/emotional milestone.

**Instructor:** Kim Woehl  
**Time:** Tuesday, March 27, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Family Means, Stillwater

**What's Up With Biting?**



CDA 3

In this class we will look at what to do immediately when biting occurs while understanding the different reasons and needs children have when they bite. We will look at the importance of observations in determining a child's needs. Caregivers will be able to formulate behavior guidance plans that will help children control their impulses while they demonstrate appropriate ways to meet their needs.

**Instructor:** Becky Elrasheedy  
**Time:** Tuesday, March 20, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2.0 in-service hours  
**Location:** RCC WEST – Hennepin Square, Minneapolis

**How Understanding and Responding to Children's Sexual Behaviors Can Help Prevent Child Sexual Abuse**

CDA 3

This course highlights developmentally expected sexual behaviors in children and adolescents and coaches participants on how responding to these behaviors can be a powerful tool in preventing the sexual abuse of a child. The workshop goals are to empower secondary caregivers and childcare professionals to actively recognize and respond appropriately to children's sexual behaviors; educate childcare providers about developmentally expected sexual behaviors in children and adolescents; and encourage communication about sexuality between licensors and providers and between providers and parents.

**Instructor:** Cory Woosley  
**Time:** Monday, March 26, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

**Six Steps to Responsibility**

CDA 3

This class presents a practical model for teaching responsibility by setting up an environment of firmness with dignity and respect for both parent/adult and the child. We will discuss limits, consequences, and problems solving skills.

**Instructor:** Joyce Flynn  
**Time:** Thursday, March 29, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** RCC WEST – Hennepin Square, Minneapolis

**Instructor:** Joyce Flynn  
**Time:** Tuesday, April 10, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours  
**Location:** HSI, Oakdale

**APRIL**

**Beyond Time Out**



CDA 3

Time out is the number one way parents and providers handle behavior problems with children. In this class we will look at why it does not always work, what other methods of guiding behavior are open to caregiver, and when and how to use time out. We hope to show you that there is a world beyond time out that is creative and exciting for both you and children in care.

**Instructor:** Becky Elrasheedy  
**Time:** Tuesday, April 3, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** RCC WEST – Hennepin Square, Minneapolis

**Looking at Different Temperament Traits**

CDA 3

Have you ever encountered children that have been described as hard to handle, spirited, active alert, or strong willed? Do you feel that you've tried everything and you just don't know what else to do with these children? In this class we will look at different temperament traits and what cues and triggers may create situations that hinder a child's ability to control their behavior. We will implement new strategies that will help us learn how to interact in ways that prevent meltdowns and power struggles while helping children gain control.

**Looking at Temperaments...Cont**

**Instructor:** Becky Elrasheedy  
**Time:** Tuesday, April 10, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

**Center for Inclusive Child Care (CICC): Autism: Including Children with Social, Communication, and Behavioral Needs**

CDA 3 or 8

This workshop will explore the key characteristics of Autism Spectrum Disorder and give early childhood practitioners tools to more effectively include a child with Autism in their child care setting. Included in this interactive workshop are myths and facts about Autism as well as practical strategies and tips for inclusion.

**Instructor:** Kim Woehl  
**Time:** Monday, April 23, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

**No More Time-Outs**

CDA 3

Toddlers are too young to understand the concept of time-outs. Cause and effect is something toddlers have yet to grasp. In this interesting seminar, we will discuss developmentally appropriate discipline tactics for toddlers.

**Instructor:** Judy Davis  
**Time:** Monday, April 23, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Kidz Place Learning Center, Hugo

**Teaching Children to Stand Up for Themselves**

CDA 3

The best thing we can do for our kids is to teach them how to help themselves. In this workshop, we will examine why some children get "picked" on & learn strategies to help children be their best advocate!

**Instructor:** Cory Woosley  
**Time:** Thursday, April 26, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Resources for Child Caring, St. Paul

**Content Area V:  
Families and  
Communities**

**JANUARY**

**Making the Most of  
Parent Conferences -  
Strengthening the  
Relationship**

*CDA 4*

Successful parent conferences are an important factor in creating a strong and positive relationship between parents and teachers, which research tells us leads to better outcomes for children. There are specific tools and skills teachers can use to facilitate a successful conference. Special consideration must give to families from other cultures and to parents of children with special educational needs.

**Instructor:** Ann Ruhl Carlson

**Time:** Monday, January 9,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST, Hennepin  
Square, Minneapolis

**Instructor:** Ann Ruhl Carlson

**Time:** Monday, March 5,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring,  
St. Paul

**Let's Talk**

*CDA 4*

Communication is the key to a positive relationship. Karen will share notes, newsletters, email use, and other ideas to get the point across -bring your own to share! Learn to be a strong, confident communicator, a resource for your clients, and a happier, more successful business owner.

**Instructor:** Karen Bradley

**Time:** Wednesday, January 18,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Savage City Hall, Savage

**When Families &  
Households Experience  
Change**

*CDA 3 or 4*

For all children growing up is an ongoing process of change that involves losses as well as gains. For some children (and families) the experience of loss can be sudden or unexpected (such

Experience Change...Cont

as death, divorce, or incarceration). This workshop is designed to support those that care for children in a personal or professional setting. This workshop will introduce children's understanding of loss, discuss how children of various ages display grief. This session will focus more specifically on children who may be removed from the home and put in foster care, shuttled to friends of the family or relatives, have attachment needs, chaotic home lives, and/or have adjustment issues. We will provide tips and strategies for supporting children during this confusing or stressful time.

**Instructor:** Kristen Wheeler-Highland

**Time:** Wednesday, January 18,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Northern Service Center,  
Rm 110-A, West St Paul

**Instructor:** Kristen Wheeler-Highland

**Time:** Wednesday, January 25,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Waconia City Hall, Waconia

**Instructor:** Kristen Wheeler-Highland

**Time:** Tuesday, February 28,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Room for Growing,  
Forest Lake

**Celebrate Me,  
Celebrate My Family**



*CDA 3 or 4*

Families are as diverse as they have ever been - are you prepared to deal effectively with the families in your care? Your interactions with children are essential in helping them feel welcomed and nurtured. In this class, we will discuss serving children from many different kinds of families - biracial families, single parent families, parents/kids with disabilities, gay and lesbian parents, grandparents raising kids, etc. - through real-life examples, practical ideas, and humor. Also, you will get ideas for how to gather information about families in your care.

**Instructor:** Kathy Lee

**Time:** Tuesday, January 24,  
6:30–9:30 p.m.

**Fee:** \$30.00, 3 in-service hours

**Location:** RCC WEST, Hennepin  
Square, Minneapolis

Celebrate Me...Cont

**Instructor:** Kathy Lee

**Time:** Monday, April 23,  
6:30–9:30 p.m.

**Fee:** \$30.00, 3 in-service hours

**Location:** Resources for Child Caring,  
St. Paul

**CICC (Center for Inclusive  
Child Care): Living with  
Disability: The Family  
Perspective**

*CDA 4*

This training highlights the unique issues that families of young children with special needs face when looking for child care. Participants will explore the family perspective and discuss the topics of grief and 'loss of dreams.' The session will explain similarities between all families including those with children with special needs and those without and emphasize the need for acceptance and respect of diversity for family structures, values, and members.

**Instructor:** Kristen Wheeler-Highland

**Time:** Tuesday, January 31,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST, Hennepin  
Square, Minneapolis

**FEBRUARY**

**Working With Parents of  
Child Care Children**

*CDA 4*

How is it that some parents seem so easy to relate with and understanding while others can be pushy, critical and never seem satisfied? Let's take a look at the parent and the service-provider relationship, using skills of Emotional Intelligence to handle situations with parents. Please bring examples of parental interactions that have bothered hurt and frustrated you, as well as some that have been effective with parents.

**Instructor:** Steve Roecklein

**Time:** Thursday, February 9,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring,  
St. Paul

**Instructor:** Steve Roecklein

**Time:** Thursday, April 19,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST, Hennepin  
Square, Minneapolis

**To Hear is Not To Listen: Developing Positive Communication Techniques with Parents and Children**



CDA 4

Positive communication is fundamental to positive relationships. In this class, we will discuss the five components of active listening, why communication is important and different response techniques that you can use with your children and with their parents or guardians.

**Instructor:** Susan Young

**Time:** Monday, February 13, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Chanhassen Recreation Center, Chanhassen

**MARCH**

**Building Cultural Connections**



CDA 4

Child care providers and the children they serve need to develop skills dealing with diverse people and situations. Whether they are cultural, ability, class, or orientation differences, providers and children need to learn appropriate attitudes and behaviors to be successful in developing relationships with others. This workshop will explore how we teach our children these attitudes and behaviors, and offer practical suggestions for helping each of our children reach their full potential.

**Instructor:** Ann Dillard

**Time:** Mondays, March 12 and 19, 6:30–9:30 p.m.

**Fee:** \$60.00, 6 in-service hours

**Location:** RCC WEST, Hennepin Square, Minneapolis



\*In addition to participating in class, individuals taking this class will complete an additional application assignment.

**Must attend all sessions to receive credit.**

**Instructor:** Wanda Hill

**Time:** Saturday, April 28, 8:30 a.m.–3:00 p.m.



**Fee:** \$60.00, 6 in-service hours

**Location:** Resources for Child Caring, St. Paul



**Parent and Provider Relationships**

CDA 4

What does shared care giving mean? Why is communication so important? Discuss issues that are the foundation of positive communication with parents. Participants will learn techniques to create positive relationships right from the initial contact; how to keep lines of communication open, and how to deal with difficult situations.

**Instructor:** Mandi Ospina

**Time:** Monday, March 12, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** America's Best (Canterbury Inn), Shakopee

**Living in the New Normal: Supporting Children/Youth through Trauma and Loss**

CDA 4

Living in the New Normal is predicated on the belief that children are courageous and resilient and that these skills can be strengthened through deliberate encouragement by the adults in their lives. This training will examine the nature of grief, identify the signs of stress in children and youth, and help caregivers develop strategies for supporting military children and families through trauma and loss.

**Instructor:** Deb Colling

**Time:** Tuesday, March 13, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST, Hennepin Square, Minneapolis

**Let's Get Ready for Kindergarten**

CDA 2 or 6

What is school readiness? What are good activities to help children transition to kindergarten? How do we help families prepare their children for kindergarten? In this training for teachers and providers, Angèle Passe, the author of *Is Everybody Ready for Kindergarten?* (Redleaf Press, 2010) will share information, advice and activities to prepare children and families and make sure everybody is ready for kindergarten!

**Instructor:** Angele Passe

**Time:** Monday, March 19, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Our Space Child Care Center, Hopkins

**APRIL**

**Bridging Cultures in Early Care and Education**



CDA 4 or 6

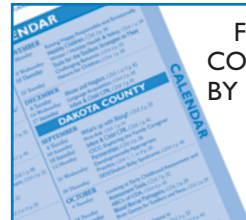
Providers are increasingly working with children and families who come from cultural backgrounds different from their own. In this workshop participants will: recognize contrasting cultural patterns in the care and education of young children, reflect on personal values and values implicit in program practices, expand definitions of culturally responsive care and education, and consider new ways to promote equity in early childhood care and education.

**Instructor:** Ann Dillard

**Time:** Tuesday, April 17, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Hastings Child Development Center, Hastings



FOR COMPLETE COURSE LISTINGS BY DATE... SEE THE CALENDAR ON PAGE 9!



**Content Area VI:  
Health, Safety  
and Nutrition**



**JANUARY  
Immunization Update**

*CDA 1*

The list of required & recommended vaccinations seems to grow each year. Come to this informative session to find out about guidelines and schedules for vaccines, ways to encourage parents to vaccinate their children, as well as ways to keep your records current.

**Instructor:** Barb Stoll

**Time:** Tuesday, January 17,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST, Hennepin  
Square, Minneapolis

**Setting a Healthy  
Snack Policy**

*CDA 1*



By setting a Healthy Snack Policy in our childcare settings we are helping children gain a greater understanding of healthful eating habits.

**Instructor:** Cathy Johnson

**Time:** Wednesday, January 18,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring,  
St. Paul

**NO WALK-INS ALLOWED. REGISTRATION IS REQUIRED.**

**FIRST AID SATURDAY CLASSES**

**FIRST AID**



*CDA 1*

**Fee:** \$40.00, 4 in-service hours

This workshop is geared to your needs as the first one on the scene when someone has a medical emergency. It covers basic first aid principles and practices, injury prevention, and safety information. This four hour workshop meets DHS/licensing requirements for First Aid training. Certification Cards will be given out in class.

**NO WALK-INS ALLOWED!!!!  
REGISTRATION IS REQUIRED!**



- Saturday, January 7,  
12:30–4:30 p.m.  
**Location:** Resources for Child  
Caring, St. Paul
- Saturday, January 7,  
8:00 a.m.–12:00 p.m.  
**Location:** Brooklyn Park  
Community  
Center, Brooklyn Park
- Saturday, January 21,  
8:00 a.m.–12:00 p.m.  
**Location:** Canterbury Inn, Shakopee
- Saturday, January 21,  
12:30–4:30 p.m.  
**Location:** Resources for Child  
Caring, St. Paul
- Saturday, February 4,  
8:00 a.m.–12:00 p.m.  
**Location:** RCC WEST, Hennepin  
Square, Minneapolis
- Saturday, February 18,  
8:00 a.m.–12:00 p.m.  
**Location:** Ebenezer Intergenerational  
Child Care Center,  
Chapel, Burnsville
- Saturday, February 18,  
12:30–4:30 p.m.  
**Location:** Resources for Child  
Caring, St. Paul
- Saturday, February 25,  
12:30–4:30 p.m.  
**Location:** Andover Community  
Center, Andover

- Saturday, March 3,  
8:30 a.m.–12:30 p.m.  
**Location:** Minnetonka Community  
Center, Minnetonka
- Saturday, March 3,  
12:30–4:30 p.m.  
**Location:** Resources for Child  
Caring, St. Paul
- Saturday, March 17,  
8:00 a.m.–12:00 p.m.  
**Location:** Chaska Community  
Center, Chaska
- Saturday, March 17,  
12:30–4:30 p.m.  
**Location:** Resources for Child  
Caring, St. Paul
- Saturday, April 14,  
8:00 a.m.–12:00 p.m.  
**Location:** RCC WEST, Hennepin  
Square, Minneapolis
- Saturday, April 14,  
12:30–4:30 p.m.  
**Location:** Resources for Child  
Caring, St. Paul
- Saturday, April 21,  
12:30–4:30 p.m.  
**Location:** Oakdale Discovery  
Center, Oakdale
- Saturday, April 28,  
8:00 a.m.–12:00 p.m.  
**Location:** Rosemount Community  
Center, Rm 210,  
Rosemount

# FEBRUARY

## Understanding Childhood Obesity

CDA 1



Today 1 in 3 children are overweight or obese. Spurred by inactivity and poor nutrition, children are struggling to maintain healthy lifestyles. Habits formed during childhood can last a lifetime. This training will define factors children are facing and the improvements that need to be made to ensure that adequate nutritional and physical needs are being met.

### Obesity...Cont

**Instructor:** Cathy Johnson  
**Time:** Wednesday, February 1, 6:30–8:30 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Minnetonka Community Center, Minnetonka

### Protecting Children in Child Care during Emergencies

CDA 1

Children are the most vulnerable when disasters and emergencies strike. Many child care settings fall short when it comes to protecting children in times of disaster. Examine the types of disasters most likely to occur in MN and develop

### Protecting Children...Cont

an emergency plan for your child care. Review the national standards for protecting children in child care during emergencies.  
**Instructor:** Gloria Deziel  
**Time:** Monday, February 6, 7:00–9:00 p.m.  
**Fee:** \$20.00, 2 in-service hours  
**Location:** Rosemount Community Center, Rm 210, Rosemount

Content Area VI: Health, Safety and Nutrition

## NO WALK-INS ALLOWED. REGISTRATION IS REQUIRED. INFANT AND CHILD CPR CLASSES

### CPR – INFANT AND CHILD

**SAT.**

CDA 1

**Fee: \$40.00, 4 in-service hours**

This four hour workshop meets DHS/licensing requirements for CPR training. Participants will be able to use their own mannequin. Certification Cards will be given out in class.

**NO WALK-INS ALLOWED!!!!  
 REGISTRATION IS REQUIRED!**



- Location:** Saturday, January 7, 8:00 a.m.–12:00 p.m.  
Resources for Child Caring, St. Paul

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- Location:** Saturday, January 7, 12:30–4:30 p.m.  
Brooklyn Park Community Center, Brooklyn Park

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- Location:** Saturday, January 21, 8:00 a.m.–12:00 p.m.  
Resources for Child Caring, St. Paul

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- Location:** Saturday, January 21, 12:30–4:30 p.m.  
Canterbury Inn, Shakopee

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- Location:** Saturday, February 4, 12:30–4:30 p.m.  
RCC WEST, Hennepin Square, Minneapolis

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- Location:** Saturday, February 18, 8:00 a.m.–12:00 p.m.  
Resources for Child Caring, St. Paul

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- Location:** Saturday, February 18, 12:30–4:30 p.m.  
Ebenezer Intergenerational Child Care Center, Chapel, Burnsville

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- Location:** Saturday, February 25, 8:00 a.m.–12:00 p.m.  
Andover Community Center, Andover

- Location:** Saturday, March 3, 8:00 a.m.–12:00 p.m.  
Resources for Child Caring, St. Paul

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- Location:** Saturday, March 3, 1:00 p.m.–5:00 p.m.  
Minnetonka Community Center, Minnetonka

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- Location:** Saturday, March 17, 8:00 a.m.–12:00 p.m.  
Resources for Child Caring, St. Paul

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- Location:** Saturday, March 17, 12:30–4:30 p.m.  
Chaska Community Center, Chaska

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- Location:** Saturday, April 14, 8:00 a.m.–12:00 p.m.  
Resources for Child Caring, St. Paul

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- Location:** Saturday, April 14, 12:30–4:30 p.m.  
RCC WEST, Hennepin Square, Minneapolis

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- Location:** Saturday, April 21, 8:00 a.m.–12:00 p.m.  
Oakdale Discovery Center, Oakdale

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- Location:** Saturday, April 28, 12:30–4:30 p.m.  
Rosemount Community Center, Rm 210, Rosemount

# SIDS/Shaken Baby Syndrome

## SIDS/Shaken Baby Syndrome: Reducing the Risk of Sudden Infant Death Syndrome (SIDS) and Shaken Baby Syndrome

*All classes qualify under CDA 1*  
SIDS is the leading cause of death in infants under age one. Learn the facts about SIDS and learn how to reduce the risk of SIDS in the child care setting. Important information on Shaken Baby Syndrome will also be covered.

All Instructors are Certified SIDS/SBS Trainers.  
**FEE: \$25.00, 2 in-service hours**  
**PICK ONE SESSION TO ATTEND**



- Monday, January 9,  
6:30–8:30 p.m.  
**Location:** Resources for Child Caring, St. Paul

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- Thursday, January 12,  
6:30–8:30 p.m.  
**Location:** Apple Valley Community Center, Apple Valley

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- Monday, January 23,  
7:00–9:00 p.m.  
**Location:** Blaine Human Services Center, Rm 300, Blaine

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- Monday, January 30,  
6:30–8:30 p.m.  
**Location:** RCC WEST – Hennepin Square, Minneapolis

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- Wednesday, February 8,  
6:30–8:30 p.m.  
**Location:** Our Space Childcare Center, Hopkins

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- Thursday, February 23,  
6:30–8:30 p.m.  
**Location:** Resources for Child Caring, St. Paul

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- Monday, February 27,  
6:30–8:30 p.m.  
**Location:** Chaska High School, Rm P-150, Chaska

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- Wednesday, February 29,  
6:30–8:30 p.m.  
**Location:** Blaine Human Services Center, Rm 300, Blaine

- Thursday, March 8,  
6:30–8:30 p.m.  
**Location:** Resources for Child Caring, St. Paul

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- Thursday, March 15,  
6:30–8:30 p.m.  
**Location:** Maple Grove Community Center, Maple Grove

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- Thursday, March 22,  
6:30–8:30 p.m.  
**Location:** Blaine Human Services Center, Rm 300, Blaine

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- Wednesday, March 28,  
6:30–8:30 p.m.  
**Location:** Rosemount Community Center, Rm 210, Rosemount

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- Thursday, April 5,  
6:30–8:30 p.m.  
**Location:** Resources for Child Caring, St. Paul

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- SAT.** Saturday, April 21,  
9:00–11:00 a.m. –Saturday  
**Location:** RCC WEST – Hennepin Square, Minneapolis

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- Thursday, April 26,  
6:30–8:30 p.m.  
**Location:** Canterbury Inn, Shakopee

# Child Restraint Systems

## Child Restraint Systems Training

*CDA 1*  
Effective January 1, 2006, Section 245A.18, licensed providers and programs transporting any child under the age of nine must satisfactorily complete and document training on the proper use and installation of child-restraint systems in motor vehicles. The training must be 3 hours long and renewed every 5 years.

All training is provided by a certified technician.  
**FEE: \$40.00, 3 in-service hours**  
**PICK ONE SESSION TO ATTEND.**

- Thursday, January 12,  
6:30–9:30 p.m.  
**Location:** Resources for Child Caring, St. Paul

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- SAT.** Saturday, January 14,  
9:00 a.m.–12:00 p.m.  
**Location:** Maple Grove Community Center, Maple Grove

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- Tuesday, February 7,  
6:30 - 9:30 p.m.  
**Location:** Chanhassen Recreation Center, Chanhassen

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- Thursday, February 9,  
6:30–9:30 p.m.  
**Location:** Resources for Child Caring, St. Paul

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- Thursday, March 15,  
6:30–9:30 p.m.  
**Location:** Resources for Child Caring, St. Paul

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- Thursday, March 22,  
6:30–9:30 p.m.  
**Location:** RCC WEST, Hennepin Square, Minneapolis

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- Thursday, April 12,  
6:30–9:30 p.m.  
**Location:** Resources for Child Caring, St. Paul

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- Monday, April 23,  
6:30–9:30 p.m.  
**Location:** Eagan Community Center, Eagan

### Kids in the Kitchen

CDA 1

Planning, preparing, cooking, and eating what you make is fun! Most children are enthusiastic and eager to work in the kitchen and consider cooking an adventure. To a child, the sight, touch, smell, and taste of the foods they prepare are all part of this exciting experience. Come and join in the fun and learn about cooking with children.

**Instructor:** Bev Herr

**Time:** Tuesday, February 7, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Community Child Care Center, Richfield

### Sleep Issues in the Young Child

CDA 1

Do you have babies who wake up every time you put them in their crib? Discussion about how to establish good sleep habits and handle sleep problems. Other topics include SIDS, nightmares, night terrors & nap issues.

**Instructor:** Barb Stoll

**Time:** Wednesday, February 8, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Savage City Hall, Savage

**Instructor:** Barb Stoll

**Time:** Wednesday, March 14, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Peace of Mind, Woodbury

### Blood Borne Pathogens & Employee Right to Know

CDA 1

Is your program meeting state & federal guidelines? Blood Borne Pathogens & Employee Right to Know is federally mandated for employees upon employment and yearly thereafter. Update your knowledge regarding blood borne pathogens, disease transmission and biting, and having an exposure control plan. Learn about other health & safety risks for child care providers; back injuries, chemicals in the workplace and infectious diseases regarding pregnancy.

**Instructor:** Barb Stoll

**Time:** Thursday, February 16, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

### Predatory Offenders: Facts & Myths SAT



CDA 1

The Minnesota Predatory Offender Registry, how someone gets on it and how they are assigned a level. Why offenses by strangers are the exception rather than the rule, how this all relates to child care providers and much more. Also, provisions of the upcoming Adam Walsh Act and the impact on Minnesota will be discussed. You will gain a better understanding and know the process for assigning offenders to a risk level; know the differences between level 1,2, 3, and “unassigned” offenders; know what “grooming behavior” by offenders really is, and understand the different levels of data privacy and how that affects what information is disclosed to the public.

**Instructor:** Allan Kuehl

**Time:** Saturday, February 18, 9:00–12:00 p.m.

**Fee:** \$30.00, 3 in-service hours

**Location:** Resources for Child Caring, St. Paul

### Abuse and Neglect: What You Can Do

CDA 1 or 5

Although you may feel helpless when interacting with families under extreme stress, you can provide much needed support in your role as a provider. Learn the indicators of abuse and neglect as well as factors that contribute to it. Discuss how to prevent it in both families and in your own setting

**Instructor:** Sandra Heidemann

**Time:** Tuesday, February 21, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Brooklyn Park Community Center, Brooklyn Park



### Snacking through the ABC's

CDA 1

Snack time! The words are magic to a child's ear. But to a child care provider they can present a challenge. Are you looking for new recipes, activities and ideas that support snack time? The ideas and recipes in this class will have you as excited for snack time as the children you care for.

**Instructor:** Bev Herr

**Time:** Tuesday, February 28, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

### Keeping Children Safe, Food Safety for Child Care Providers NEW

CDA 1

Today more than ever, food safety is emerging as an important issue for child care providers. Children are especially susceptible to foodborne illnesses because their

immune systems aren't fully developed. As a result, foodborne illness can cause serious side effects.

**Instructor:** Cathy Johnson

**Time:** Wednesday, February 29, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul



## APRIL

### Little Kids Healthy Bodies

CDA 2

From hygiene to healthy snacks, books for shared reading and movement activities, there are many ways to help children learn about how their bodies work and how they take care of them. From making a lung machine and trying snack recipes, this hands-on course will help you as a provider teach children how to appreciate their bodies! You'll also gain some information on childhood obesity.

**Instructor:** Sara Mulso

**Time:** Thursday, April 5, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Northern Service Center, Rm 110-B, West St. Paul

## Health and Safety 101

*CDA 1*

Healthy child care is everyone's business! This training will brush up your skills on proper hand washing, correct diapering techniques, and sanitation practices. These techniques will help to keep your environment healthy for you and your children.

**Instructor:** Bev Herr

**Time:** Thursday, April 12, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

## Asthma and Severe Allergies: Meeting Children's Health Needs

*CDA 1*

The number of children diagnosed with asthma, chronic respiratory disease and severe allergies continues to grow. Providers will learn how to meet the special needs of these children and how to protect themselves from liability issues, meet state requirements and provide a safe environment. Hands-on Epi-Pen training will also be provided.

**Instructor:** Barb Stoll

**Time:** Wednesday, April 18, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Eden Prairie Community Center, Eden Prairie

## 101 Snack Time Ideas

*CDA 1*

Snack time! The words are magic to a child's ear. But to a child care provider they can present a challenge. Are you looking for new recipes, activities and ideas that support snack time? The ideas and recipes in this class will have you as excited for snack time as the children you care for.

**Instructor:** Bev Herr

**Time:** Thursday, April 26, 7:00–9:00 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul



## Content Area VII: Program Planning and Evaluation

### JANUARY

#### Who's Really Ready for Kindergarten?



*CDA 2*

"Who's really ready for Kindergarten?" What does it mean for kids to be ready for school? Please believe it's more than a backpack and a bus stop. The buzz word is "School Readiness" and parents and preschool teachers alike are trying to understand what children need to know by the time kids start kindergarten. Participants will get a crash course on what to teach and how to teach it!

**Instructor:** Carrie Johnson

**Time:** Thursday, January 5, 6:30–9:00 p.m.

**Fee:** \$25.00, 2.5 in-service hours

**Location:** Resources for Child Caring, St. Paul

**Instructor:** Carrie Johnson

**Time:** Monday, April 9, 6:30–9:00 p.m.

**Fee:** \$25.00, 2.5 in-service hours

**Location:** Playworks, Prior Lake

#### Diversity on a Shoestring Budget



*CDA 2 or 5*

We all know the importance of having diverse materials in our environments, but who can afford to buy lots of fancy new things? Many family child care providers and centers work with limited budgets, yet they still want to provide the best possible experiences for children. This class will share a wealth of ideas and resources for obtaining free or low-cost books, toys, and other materials. Join us to learn ways to add to your environment without subtracting from your pocket! It is recommended that you have taken a cultural awareness, cultural diversity, or cultural dynamics class before taking this class.

**Instructor:** Kathy Lee

**Time:** Thursday, January 26, 6:30–9:30 p.m.

**Fee:** \$30.00, 3 in-service hours

**Location:** Resources for Child Caring, St. Paul

#### Diversity - Cont.

**Instructor:** Kathy Lee

**Time:** Thursday, April 26, 6:30–9:30 p.m.

**Fee:** \$30.00, 3 in-service hours

**Location:** Community Child Care Center, Richfield

### FEBRUARY

#### Not By Chance: Quality in Practice for School-Age Care Environments (SACERS)



*No School-Age CDA*

This training is focused on the School-Age Care Environmental Rating Scale. The SACERS is a research-based tool that encourages important but simple changes which will dramatically improve the quality of your program. It is a learning tool that recommends best practices centered on seven main areas: Space and Furnishings, Personal Care Routines, Listening and Talking, Activities, Interactions, and Program Structures. Knowing how to utilize the rating scale will benefit not only your program and families you serve, but can also benefit your community as a whole. With knowledge of this important tool at your finger tips you will be ready to improve the quality of your program and to intentionally, systematically impact school readiness for the young children in your care. In addition to participating in class, individuals taking this class will complete an additional application assignment. **Must attend both sessions to receive credit.**

**Instructor:** Mike Huber

**Time:** Thursdays, February 2, 9, 16 and 23, 6:30–8:30 p.m.

**Fee:** \$80.00, 8 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

### MARCH

#### Tricks of the Trade

*CDA 6*

An experienced provider shares tips for saving time and money on fun learning activities and essential supplies. From the kitchen to the car, you will be able to share ideas to help organize your paperwork and daily routines. Make your own foam soap, glitter paint and ice-cream cake! Participants will learn ways to be more professional with their business & paperwork, new songs to help with transitions, and learn ways

## Tricks...Cont

to be more professional with their business & paperwork.

**Instructor:** Gloria Deziel

**Time:** Thursday, March 1,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

## Family Child Care Money Management and Retirement Planning

CDA 5

Family Child Care Money Management and retirement Planning covers the basics of how to manage your money and save for retirement. It includes sections on the financial impact of hiring helpers, buying a car, asking for a loan, and moving your business. It describes the different IRAs available to family child care providers and how to decide where to invest your savings. The course contains a series of financial calculators that you can use to see the impact of your financial decisions.

**Instructor:** Elaine Greer

**Time:** Wednesday, March 7,  
6:30–9:30 p.m.

**Fee:** \$30.00, 3 in-service hours

**Location:** Savage City Hall, Savage

## MNCCC Class 2A Family Child Care is a Business

CDA 5

This class is designed to help family child care providers grasp the basics of owning a business. Providers will be given tools on how to begin a family child care including start up cost, how to write contracts and policies, marketing, insurance, legal risks, record keeping, taxes, and budgeting. In addition to participating in class, individuals taking this class will complete an additional application assignment. **Must attend both sessions to receive credit.**

**Instructor:** Elaine Greer

**Time:** Thursdays, March 22  
and 29, 7:00–9:00 p.m.

**Fee:** \$40.00, 4 in-service hours

**Location:** Resources for Child Caring,  
St. Paul

**Instructor:** Ellie Smith

**Time:** Tuesdays, April 3 and 10,  
6:30–8:30 p.m.

**Fee:** \$40.00, 4 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

## Content Area VIII: Professional Development and Leadership

### JANUARY

#### Mastering Record Keeping and Taxes

CDA 5

This training will help family child care providers keep essential business records, claim proper business deductions and reduce their taxes.

**Instructor:** Elaine Greer

**Time:** Tuesday, January 31,  
6:30–9:30 p.m.

**Fee:** \$30.00, 3 in-service hours

**Location:** Resources for Child Caring,  
St. Paul

### FEBRUARY

#### Creating Positive Relationships in Child Care Work Environments: Resolving Conflict through Creative Problem Solving

CDA 4

This class will examine all aspects of communication in child care environments. We will explore how to communicate with co-workers, supervisors and parents to create positive work environments. Do you feel you put more time and energy into your center than your co-workers? Are you intimidated by parents? Do you have problems getting along with your supervisor? Participants will leave understanding how to improve communication styles to build positive healthy environments.

**Instructor:** Julie Koritz

**Time:** Monday, February 6,  
6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST, Hennepin Square, Minneapolis



## CDA

### ABCs of CDA

CDA 6

Do you want to increase your professionalism? Learn more about the Child Development Associate (CDA) credential. Class includes: how to obtain the credential, classes required, the process, evaluation, and scholarship possibilities. For people who do not have formal education in early childhood.

**INSTRUCTOR:** CLAUDIA FREUND

**Fee:** \$20.00, 2 in-service hours

**Time:** Monday, January 23,  
6:30–8:30 p.m.

**Location:** Resources for Child Caring,  
St. Paul

**Time:** Thursday, February 16,  
6:30–8:30 p.m.

**Location:** RCC WEST – Hennepin Square, Minneapolis

**Time:** Thursday, March 15,  
6:30–8:30 p.m.

**Location:** Resources for Child Caring,  
St. Paul

**Time:** Thursday, March 29,  
6:30–8:30 p.m.

**Location:** Savage City Hall, Savage

### The CDA Assessment Process: The Final Steps

CDA 6

We will review the final steps in preparing for the CDA Assessment and what to expect during the verification visit. Bring your CDA Assessment and Competency Standards book to class.

**INSTRUCTOR:** CLAUDIA FREUND

**Fee:** \$20.00, 2 in-service hours

**Time:** Thursday, February 23,  
6:30–8:30 p.m.

**Location:** Resources for Child Caring,  
St. Paul

**Time:** Thursday, April 12,  
6:30–8:30 p.m.

**Location:** RCC WEST – Hennepin Square, Minneapolis

## Developing your E.Q. – Emotional Intelligence

CDA 6

This workshop explores what Emotional Intelligence is comprised of. Here we will explore the “oceans of emotions” that reside in each of us. Learn about how many emotions there are, some gender considerations regarding emotions, and the “good and bad” emotions. The various skills that make up the concept of Emotional Intelligence will be presented and fleshed out.

**Instructor:** Steven Roecklein

**Time:** Tuesday, February 7, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

## Professionalism in Early Childhood Education

CDA 6

As educators you will consider how to improve professionalism in a classroom setting and begin to set goals to inspire your future. Come and discuss your true value as an educator and in everything else that you are. Learn and share ideas on how to avoid burn out and conquer it when the many stresses of life attack.

**Instructor:** Brenda Lowe

**Time:** Tuesday, February 21, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** RCC WEST – Hennepin Square, Minneapolis

**Instructor:** Brenda Lowe

**Time:** Monday, March 19, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

## Strengthening Your Communication Skills

CDA 6

In this workshop we will discover our own personal communication style. We will determine how this style can help us be successful in communicating with parents, colleagues and many other relationships that we encounter as an Early Childhood professional.

**Instructor:** Cory Woosley

**Time:** Monday, February 27, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul

## MARCH

### I am Good at What I Do: Recognizing and Believing in the Importance of Raising and Caring for Children

CDA 6

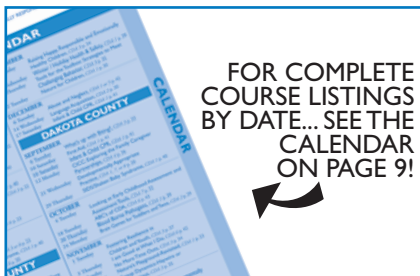
Raising and caring for children is important work—do you believe it? Do you acknowledge your strengths and talents, and the gifts you bring to the children in your life? You take care of everyone else, it seems—who takes care of you? Discuss the challenges to feeling good about your work, and discover new ideas for taking care of yourself, and how that helps the kids in your life.

**Instructor:** Shelley Butler

**Time:** Tuesday, March 6, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Mt. Olivet Early Learning Center, Plymouth



### Parenting Parents

CDA 4

When this course is complete, participants will have an understanding of how to effectively communicate with parents when dealing with a variety of issues. Some of the topics that will be explored are disciplining children, nutrition, sleep issues, etc. We will also discuss ways to talk to parents when dealing with touchy topics such as biting, hitting, picking their child up late, parents who are dissatisfied with your care, etc. At the end of this course, participants will be able to apply what they learned to their own situations with parents at their home or center. This information will be presented to help us communicate with parents in a positive way, which will help parents to be more open to working together with providers to resolve any conflicts that may arise.

**Instructor:** Julie Koritz

**Time:** Monday, March 26, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Crystal Community Center, Crystal

## Loosening Up Without Falling Apart: Looking at Transitions-For Center Staff

CDA 2 or 5

Experienced teachers know that planning effective transitions between activities is an essential component of early childhood curriculum. Are there ways to move from one activity or space to another that work for both children and adults? Specific ideas and strategies will be presented.

**Instructor:** Ann Ruhl-Carlson

**Time:** Tuesday, March 27, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Community Child Care Center, Richfield

## APRIL

### Not By Chance: Foundations of Quality

CDA 6

This 2 -hour session begins the program by discussing the core elements of child care that prepares children for success in school and life. This training offers you the concepts and background which you need to become well-versed in Minnesota’s endorsed quality support tools: the Minnesota Core Competencies for Early Childhood Education and Care Practitioners ©, the Environment Rating Scales, and the Early Childhood Indicators of Progress: Minnesota’s Early Learning Standards 2005 ©. You can feel good about finishing this session, knowing that you are ready to incorporate these critical tools into your work.

**Instructor:** Ann Dillard

**Time:** Tuesday, April 3, 6:30–8:30 p.m.

**Fee:** \$20.00, 2 in-service hours

**Location:** Resources for Child Caring, St. Paul





### How Do Online Courses Work?

*Eager-to-Learn classes are multi-week, in-depth, learning experiences during which students participate in weekly live chat sessions, respond to engaging message board questions and write a weekly email reflection. Instructors provide ongoing feedback to the students on the message board while students communicate with each other in an ongoing dialog. Courses can be used to fulfill CCR&R grant training requirements, child care center training requirements and meet some credential requirements (such as the Child Development Associate credential). Some courses offer a college credit option. As with any training, licensed family child care providers should check with county licensors regarding the acceptance of training hours.*

### Eager-to-Learn Course Fees:

8 hours/3 Weeks=\$45.00  
 12 hours/4 weeks=\$60.00  
 16 hours/5 weeks=\$75.00  
 Developing Skills: 32 hours/6 weeks= \$115.00  
 CEU option available for all courses

### Registration:

#### Register Early!

Registration and payment must be completed online through Eager-to-Learn's secure Web site using a Visa, MasterCard or Discover credit or debit card. Registration and payment cannot be completed through MnStreams.org. Checks are not accepted

*Eager-to-Learn will close enrollment seven days prior to the start of the course. The Eager-to-Learn course roster is updated and added to regularly. For the most current course listings visit: [www.eagertolearn.org](http://www.eagertolearn.org) or call 651-746-4025, email [gracek@mnychildcare.org](mailto:gracek@mnychildcare.org)*

### THREE WEEK HOURS 8 OR .8 CEUS

#### SIDS and Shaken Baby Syndrome

Chat Sessions:  
 Wednesdays from  
 8:15 - 9:00 p.m. CST  
 January 11, 18, & 25  
 Instructor Hope Doerner  
 CDA Content Area 1  
 Core Competency Area VI

#### More Alike than Different

Chat Sessions: Mondays  
 from 8:00-8:45 p.m. CST  
 February 6, 13 & 20  
 Instructor: Kim Woehl  
 CDA Content Area 4  
 Core Competency Area IV

#### Essential Touch: Meeting The Needs Of Young Children

Chat Sessions: Thursdays  
 from 7:00-7:45 p.m. CST  
 February 9, 16 & 23  
 Instructor: Bev Herr  
 CDA Content Area 8  
 Core Competency Area IV

#### Big Body Play

Chat Sessions: Thursdays  
 from 7:00-7:45 p.m. CST  
 March 8, 15 & 22  
 Instructor: Bev Herr  
 CDA Content Area 8  
 Core Competency Area IV

### SIDS and Shaken Baby Syndrome

Chat Sessions:  
 Wednesdays from  
 8:15 - 9:00 p.m. CST  
 April 11, 18, & 25  
 Instructor Hope Doerner  
 CDA Content Area 1  
 Core Competency Area VI

### FOUR WEEK HOURS 12 OR 1.2 CEUS

#### Supporting Breastfeeding in Child Care Programs

Chat Sessions: Tuesdays  
 from 7:00-7:45 p.m. CST  
 January 10, 17, 24 & 31  
 Instructor: Holly Beckius  
 CDA Content Area 1  
 Core Competency Area VI

#### Music in the Early Childhood Environment

Chat Sessions: Tuesdays  
 8-8:45 p.m. CST January  
 17, 24, 31 and February 7  
 Instructor: Dianne Small  
 CDA Content Area 2  
 Core Competency Area III

#### Learning to Listen, Listening to Learn

Chat Sessions: Mondays  
 from 7:00-7:45 p.m. CST  
 February 6, 13, 20 & 27  
 Instructor Cindy Croft  
 CDA Content Area 8  
 Core Competency Area 4

### Learning About Nutrition through Activities

Chat Sessions: Tuesdays  
 from 7:00-7:45 p.m. CST  
 February 7, 14, 21 & 28  
 Instructor: Holly Beckius  
 CDA Content Area 1  
 Core Competency Area I

### SEEDS of Early Literacy Session 1: Creating a Literacy Rich Environment

Chat Sessions:  
 Wednesdays from  
 8:00-8:45 p.m. CST  
 January 11, 18, 25,  
 February 1  
 Instructor: Nancy Kaczrowski  
 CDA Content Area 2  
 Core Competency Area II  
 Subcompetency Promoting  
 Language and Literacy  
 Development

### SEEDS of Early Literacy Session 2: A SEEDS Quality Teacher

Chat Sessions:  
 Wednesdays from  
 8:00-8:45 p.m. CST  
 February 22, 29,  
 March 7, 14  
 Instructor: Nancy Kaczrowski  
 CDA Content Area 2  
 Core Competency Area II  
 Subcompetency:  
 Promoting Language and  
 Literacy Development

### SEEDS of Early Literacy: Session 3: Developing Thinkers and Talkers

Chat Sessions:  
 Wednesdays from  
 8:00-8:45 p.m. CST  
 April 4, 11, 18, 25  
 Instructor: Nancy Kaczrowski  
 CDA Content Area 2  
 Core Competency Area II  
 Subcompetency:  
 Promoting Language and  
 Literacy Development

### SEEDS of Early Literacy Session 4: Language to Literacy; The "Big 5" Literacy Skills

Chat Sessions:  
 Wednesdays from  
 8:00-8:45 p.m. CST  
 May 16, 23, 30, June 6  
 Instructor: Nancy Kaczrowski  
 CDA Content Area 2  
 Core Competency Area II  
 Subcompetency:  
 Promoting Language and  
 Literacy Development

### FIVE WEEK HOURS 16 OR 1.6 CEUS

#### Ethics for the Early Childhood Professional

Chat Sessions: Thursdays  
 from 8:00-8:45 p.m. CST.  
 January 5, 12, 17, 26 and  
 February 2  
 Instructor: Rozalyn Zuest  
 CDA Content Area 6  
 Core Competency Area VII



**How Do Online Courses Work?**

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**Socialization and Guidance of Infants**

Chat Sessions: Mondays from 7:00-7:45 p.m. CST. January 9, 16, 23, 30 and February 6

A Program for Infant Toddler Caregiving Course/ ITTI, (adapted from Module I, Lessons 11-14)

Instructor: Dawn Van Hees  
CDA Content Area 3  
Core Competency Area II

**Creative Curriculum for Preschool**

Chat Sessions: Mondays from 7:00-7:45 p.m. CST January 9, 16, 23, 30 and February 6

Instructor: Sally Dannenburg  
CDA Content Area 2  
Core Competency Area II

**What is school readiness?**

Chat Sessions: Tuesdays from 7:00-7:45 p.m. CST January 10, 17, 24, 31, and February 7

Instructor: Angèle Sancho Passe  
CDA Content Area 8  
Core Competency Area I

**Spanish Language Learning for Young Children**

Chat Sessions: Tuesdays from 7:00-7:45 p.m. CST January 31, February 7, 14, 21 and 28

Instructor: Amy Timm  
CDA Content Area 2  
Core Competency Area II

**Enhancing Self-Esteem**

Chat Sessions: Wednesdays from 7:00-7:45 p.m. CST February 15, 22, 29, March 7 and 14

Instructor: Brian Siverson-Hall  
Content Area 3  
Core Competency Area V

**Nature – Are Kids Getting Enough?**

Chat Sessions: Monday from 8:00-8:45 p.m. CST March 5, 12, 19, 26 and April 2

Instructor: Kim Woehl  
CDA Content Area 2  
Core Competency Area IV

**ABC's of Obesity**

Chat Sessions: Wednesdays from 7:00-7:45 p.m. CST March 7, 14, 21, 28 and April 4

Instructor: Holly Beckius  
CDA Content Area 1  
Core Competency Area VI

**Children with Sensory Processing Disorder: Challenges and Strategies**

Chat Sessions: Mondays from 7:00-7:45 p.m. CST March 12, 19, 26,

April 2 and 9  
Instructor: Chris Bentley  
CDA Content Area 8  
Core Competency Area IV

**Understanding and Supporting Children's Friendship Skills**

Chat Sessions: Mondays from 7:00-7:45 p.m. CST January 30, February 6, 13, 20 & 27

Instructor: Debra Pierce  
CDA Content Area 4  
Core Competency Area IV

**SIX WEEK HOURS 32 OR 3.2 CEUS**

**I am Moving, I am Learning**

Chat Sessions: Thursdays from 7:00-7:45 p.m. CST January 12, 19, 26, February 2, 9 & 16

Instructor: Kelly Dale  
CDA Content 1  
Core Competency Area VII

**Having the Difficult Conversations**

Chat Sessions: Tuesdays from 8:00-8:45 p.m. CST February 7, 14, 21, 28, March 6 & 13

Instructor: Joshua Koepp  
CDA Content Area 4 and 8 (16 hours of each).

Core Competency Area V and VIII (16 hours of each).  
**REQUIRED BOOK:**  
Difficult Conversations: How to Discuss What Matters Most by Douglas Stone. Available at [www.amazon.com](http://www.amazon.com) for approximately \$10

**Beyond Behavior Management**

Chat Sessions: Mondays from 7:00-7:45 p.m. CST April 2, 9, 16, 23, 30 and May 7

Instructor: Bev Herr  
CDA Content Area 8: Principles of Child Growth and Development and Content Area 2: Physical and Intellectual Development 16 hours of each

Core Competency Area I and IV: Child Growth and Development and Interactions with Children  
**BOOK NEEDED:** Beyond Behavior Management: The Six Life Skills Children Need to Thrive in Today's World by Jenna Bilmes (Paperback - Nov 15, 2004) [www.amazon.com](http://www.amazon.com)

# Child Care Resource and Referral

## Registration Form

(must be accompanied with payment)



Resources for Child Caring

Raising the standard of care for children

Please do NOT use this form to register for conferences or for online classes.  
Only one registration form per person, per class!

Name	Day Phone	Evening Phone
Home Address		
City	State	Zip
E-mail address		County
<b>Professional Affiliation:</b>		
<b>(check one)</b>		
<input type="checkbox"/> Center or Pre- School Staff (specify center name)	<input type="checkbox"/> Family Child Care Provider	<input type="checkbox"/> School-Age Care Staff
<input type="checkbox"/> ECFE/ECSE	<input type="checkbox"/> Head Start	<input type="checkbox"/> Parent
<input type="checkbox"/> Family, Friend, or Neighbor Caregiver	<input type="checkbox"/> Other (specify)	<input type="checkbox"/> Foster Care Provider

**Personal Information:** All information you provide is public. You are not required to provide any information. We do ask that you voluntarily provide information on race/ethnicity and languages spoken to help us track class participation and determine if we are meeting the professional development needs of all individuals. We are committed to ensuring that there is equal access to all opportunities offered through the CCR&R system. Any information you provide will not be shared except in response to a specific data request for this information or in summary form.

<b>Gender (check one)</b>	<input type="checkbox"/> Female	<input type="checkbox"/> Male
<b>Race/Ethnicity (check one)</b>	<input type="checkbox"/> White/European/American	<input type="checkbox"/> African -American
<input type="checkbox"/> African- Ethiopian	<input type="checkbox"/> African-Sudanese	<input type="checkbox"/> African- Eritrean
<input type="checkbox"/> Hmong	<input type="checkbox"/> Lao	<input type="checkbox"/> Vietnamese
<input type="checkbox"/> Other Asian	<input type="checkbox"/> American Indian	<input type="checkbox"/> Chicano
<input type="checkbox"/> Other Latino	<input type="checkbox"/> European Immigrant	<input type="checkbox"/> Multi-Racial
		<input type="checkbox"/> African-Somali
		<input type="checkbox"/> Other African
		<input type="checkbox"/> Cambodian
		<input type="checkbox"/> Central or S. American
		<input type="checkbox"/> Other

<b>Languages Spoken (check all that apply)</b>	<input type="checkbox"/> English	<input type="checkbox"/> Spanish	<input type="checkbox"/> Somali
<input type="checkbox"/> Lao	<input type="checkbox"/> Russian	<input type="checkbox"/> Ojibwe	<input type="checkbox"/> Dakota
<input type="checkbox"/> Arabic	<input type="checkbox"/> Hmong	<input type="checkbox"/> Other African	<input type="checkbox"/> Other American Indian
<input type="checkbox"/> Other European	<input type="checkbox"/> Vietnamese	<input type="checkbox"/> Cambodian	<input type="checkbox"/> Serbo/Croatian
<input type="checkbox"/> American Sign Language	<input type="checkbox"/> Other Language		

<b>Workshop Title:</b>	<b>Workshop Fee \$</b>
<b>Workshop Date:</b>	<b>Total \$</b>
<input type="checkbox"/> Check or money order enclosed	<input type="checkbox"/> Credit Card: (circle one) VISA MasterCard American Express Discover
Credit Card Number:	Expiration Date:
Billing Address:	
Signature:	

*Thank You for Choosing Child Care Resource & Referral!*

**Payment can be mailed to:**  
Resources for Child Caring, Attn.: Professional Development Services,  
10 Yorkton Court, St Paul, MN 55117



Scan to register online at [mnstreams.org](http://mnstreams.org)

Registration



**Resources for Child Caring**  
 10 Yorkton Court  
 St. Paul, Minnesota 55117-1065  
**Fax: (651) 645-0990 TTY: (651) 641-0332**  
[www.resourcesforchildcare.org](http://www.resourcesforchildcare.org)

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## WINTER 2012



To register for classes

**PHONE:**  
 (651) 641-3549

**ONLINE:**  
[www.mnstreams.org](http://www.mnstreams.org)

**Professional Development Coordinators**

**East Metro:**  
 (651) 641-6613

**West Metro:**  
 (651) 366-6787

**CCR&R Coordinators**

**Anoka:**  
 (763) 783-4881

**Carver:**  
 (952) 402-9824

**Dakota:**  
 (952) 985-4045

**Hennepin:**  
 (651) 641-6624

**Ramsey:**  
 (651) 641-6610

**Scott:**  
 (952) 402-9824

**Washington:**  
 (651) 788-0425

**Child Care Assistance Program**  
 (651) 641-6665

**Debra S. Fish Early Childhood Resource Library**  
 (651) 641-3544  
[library@resourcesforchildcare.org](mailto:library@resourcesforchildcare.org)

**Grants**

**Grants Line:**  
 (651) 287-6919

**Language Specific Child Care Support: CCR&R Language Access Line**  
 (Somali, Hmong, and Spanish)  
 1-888-291-9811  
 (651) 665-0150 in the metro area

**Resource and Referral**  
 (651) 641-0332

**Special Needs Program, Special Needs Manager**  
 (651) 641-6644