



Smart Start Early Care and Education Training Calendar January - March 2023

NEW HANOVER COUNTY

Registration fees: \$3 per credit hour (except CPR) **Registration is required: <https://www.newhanoverkids.org>**

Workshop Topic Key:

IT: Infant/Toddler **PRE:** Preschool **FCCH:** Family Child Care Home **SE:** Social Emotional **HS:** Health & Safety

Workshop Color Code:

Blue: in person at Smart Start **Red:** virtual/online workshop

February 1- March 31 **Back to Basics!** **Self-Paced 2.5 cr. hr.**
Whether you are a new teacher or a seasoned pro, this course is for you! This course is full of important tips and tricks of the trade that will prove to be vital in any successful classroom. Participants will work at their own pace to complete the course while discovering new approaches to all things early childhood educators do best. Expand your toolbox in areas of social emotional development, getting your environment ready and more. **Cost: \$9**

Under Construction: **Social Emotional Learning in the Early Childhood Setting** **SE** **Self-Paced 3.0 cr. hr.**

We're making improvements to this self-paced class.

Thurs., Jan. 19 **Signs & Sounds in Family Child Care** **FCCH** **6:30-8:30pm** **2.0 cr. hr.** **N. Pond**

Get ready to have fun with signs and sounds! Learn ways to incorporate sign language and unique sounds into your activities and language lessons. Visuals and resources to use in your environment will be shared. In addition, time will be given to connect with other providers on current child care topics.

Wed., Jan. 25 **Changing Our Classroom Environment** **6:30-8:30pm** **2.0 cr. hr.** **K. Smith**

Our environment plays a huge role in our mood, production, and behavior. In this workshop, participants will learn techniques that will help promote calmness and order in their classroom by discussing changes that can be made to the environment.

Thurs., Jan. 26 **ITS SIDS** **6:30-8:30pm** **2.0 cr. hr.** **M. Schaeffer**

Sat., Feb. 25 **ITS SIDS** **10:00am-12:00pm** **2.0 cr. hr.** **K. Puzon**

Tues., March 7 **ITS SIDS** **6:30-8:30pm** **2.0 cr. hr.** **K. Smith**

An overview of SIDS, identification of SIDS risk factors, and descriptions of ways to reduce the risk of SIDS in child care will be shared. Participation in this training meets ITS-SIDS training requirements. Anyone who works in an infant room is required to attend this training.

Sat., Jan. 28 **Safe & Healthy Cooking and Eating with Children** **10:00am-12:00pm** **2.0 cr. hr.** **L. Glaspie, M. King, J. LaTour**

Participants will discuss best practices in child nutrition and how it relates to Foundations, rating scales & NC child care rules. Discover creative ways to incorporate more fruits and vegetables into your menu. Learn more about free resources and curriculum while mingling and cooking with other early educators. Walk away with lesson plan ideas and recipes to try in your classroom. See insert for more details.

Location: NHC Cooperative Extension - Teaching Kitchen & Classroom 6206 Oleander Dr, Wilmington, NC 28403

Tues., Feb. 7 **Emergency Preparedness and Response** **2:00-4:30pm** **2.5 cr. hr.** **N. Pond**

This training helps the participant to understand the benefits of Planning, Preparing, and Practicing for emergencies, as well as the importance of Responding to and Recovering from an emergency or disaster. Participants will learn how to complete their own emergency plan tailored to the facility's needs.

Thurs., Feb 9 **Recognize & Report Child Abuse & Neglect** **6:30-7:30pm** **1.0 cr. hr.** **K. Spivey**

This training provides an overview of Child Protective Services (CPS) reporting and the CPS process. This training provides the statutes and guidelines for North Carolina Child Protective Services, including what is investigated; recognizing possible signs of child abuse and neglect; and how to respond if you have concerns that a child is being abused or neglected. *This workshop is presented by Kathi Spivey with NHC DSS, Child Protective Services.* **Cost: \$3**

Thurs., Feb. 9 **Prevention of Shaken Baby Syndrome & Abusive Head Trauma** **HS 7:30-8:30pm** **1.0 cr. hr.** **C. Demaree**

Participants will learn the definitions of Shaken Baby Syndrome/Abusive Head Trauma (SBS/AHT) and how this type of abuse effects a young child. They will learn about early brain development, infant crying, and prevention of SBS/AHT. The training also provides guidance on how to recognize, respond to, and report SBS/AHT. *This workshop is presented by Crystal Demaree with NHC DHHS, Public Health/Child Care Nurse* **Cost \$3**

Thurs., Feb. 16 **Introduction to Farm to Early Care & Education** **6:30-8:30pm** **2.0 cr. hr.** **L. Glaspie**

Have you heard of Farm to ECE? Farm to ECE (F2ECE) is a creative & developmentally appropriate way to introduce young children to fresh fruits & veggies, local farms, gardening and more. Come learn about this initiative, its core elements, and how it can support what you're currently doing in the classroom. This training will explore how F2ECE fits into many different types of ECE settings and adheres to ERS and Foundation standards. Teachers working in centers and family child care homes are encouraged to attend. **Cost: FREE**

Mon., Feb. 20 **Brushing is Fun!** **HS** **6:30-8:00pm** **1.5 cr. hr.** **L. Swarts & L. Glaspie**

'Brushing is Fun!' combines early oral health best practices and sanitation guidelines giving early care and education programs the information they need to establish a tooth brushing routine in the classroom. All educators are welcome & encouraged to attend. Participants from licensed facilities in Pender County will receive an oral health classroom kit and learn about the Healthy Smiles Grant. This training fulfills the professional development requirement for Healthy Smiles grant, provided by Delta Dental Foundation. **Cost: FREE**



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Tues., Feb. 21 **First Marks** **6:30-8:30pm** **2.0 cr. hr.** **N. Pond**

Participants will explore the preschool child's journey in early writing and literacy skills. Ideas for incorporating early literacy and mark-making activities throughout the classroom will be shared, including environmental print, fine motor, and writing center activities.

Thurs., Feb. 23 **Let's Play! Learning to Integrate Social-Emotional Skills through Play** **SE** **6:30-8:30pm** **2.0 cr. hr.** **C. Smith**

This workshop will show participants many ways to teach social and emotional skills through play. During the workshop, participants will have many hands-on opportunities to practice these play skills. Participants will also discuss relationship building between children, teachers, and peers.

Mon., Feb. 27 **Medication Administration: SKILLS*** **HS** **6:30-8:30pm** **2.0 cr. hr.** **C. Demaree**

Participants will learn the skills needed to safely administer different types of medication to children, including oral, topical, inhalation, and instillation medication. This training will engage participants in active conversation and should be taken by anyone in the facility who will be administering medication to children. ***In order to attend this training, participants must first complete all modules of "Medication in Child Care" online training in DCDEE Moodle.**

Thurs., March 2 **CPR & First Aid (Recertification)** **6:30-8:30pm** **0.0 cr. hr.** **L. Glaspie**

This training teaches early childhood educators and others how to respond to and manage illness and injuries in a child or infant during the first few minutes until professional help arrives. Class size is limited. **Cost: \$40**

Thurs., March 9* & March 16* **Behavior Management Isn't a Pyramid Scheme** **SE** **6:30-8:45pm** **4.5 cr. hr.** **K. Puzon**

The Pyramid Teaching Model is an evidenced based model with a framework of how to support all children through the social emotional lens, which lays the foundation for the rest of their development, as well as a set of strategies teachers can readily use in their classrooms. These strategies work to prevent challenging behaviors, promote positive behaviors, and put interventions in place when necessary. During this 2-part series, we will cover all the levels of the Pyramid and strategies and resources for implementing the model in your classroom. You will come away with strategies to immediately put in place in your classroom to start seeing more positive behaviors and less negative behaviors. ***Participants must attend both sessions to receive credit. COST: \$15**

Mon., March 13 **Stay Healthy, Stay Clean: Handwashing & Sanitation** **HS** **6:30-8:30pm** **2.0 cr. hr.** **C. Demaree**

Participants learn about infectious disease, how it is spread, the consequences of inadequate handwashing, how to assist children with handwashing, and more. Participants learn the difference between cleaning, sanitizing, and disinfecting. They learn how to clean, sanitize and disinfect and when to clean common items in child care including sleep areas, play areas, and more. Participants learn common sources of violations and issues to avoid. *This workshop is presented by Crystal Demaree with NHC DHHS, Public Health/Child Care Nurse*

Tues., March 21 **Sorry. Not Sorry.** **SE** **6:30-8:30pm** **2.0 cr. hr.** **C. Smith**

Is it appropriate to have children apologize to each other? What if they don't mean it or understand what it means? In this workshop we will discuss if it is appropriate to make children apologize. We will also discuss what apologizing teaches them, and ways to help children understand their own feelings and others.

Thurs., March 23 **Meal Planning Ideas & Shopping on a Budget** **6:30-8:30pm** **2.0 cr. hr.** **L. Glaspie, M. King, J. LaTour**

Shop with a list to make sure you get the best for less, to stay within your food budget. Meal planning ideas to increase your food dollars and decrease impulse spending. Participants will cook together and take away meal/snack ideas. See insert for more details.

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Thurs., March 23 **Tips for the New Preschool Teacher** **PRE** **6:30-7:30pm** **1.0 cr. hr.** **M. Schaeffer**

This training is geared towards **new preschool teachers** with very little to no classroom experience. Join me as we discuss the importance of being prepared, organized, establishing regular routines, and more. **COST: \$3**