

Fall Training Brochure

2017

Southern Kennebec Child Development Corporation



Child Care Options

Mailing Address:

337 Maine Avenue
Farmingdale, Me. 04344

582-3110 or
1-800-525-2229
Fax: 582-3115

E-mail us:
cco@skcdc.org

Visit us on the web:
www.ccordc.org

Contact us by phone at:
582-3110 ext. 27

Like us on:
www.facebook.com/ccomaine

Subscribe to our ENewsletter
www.ccordc.org



Fall Training Opportunities

American Red Cross First Aid & CPR: Red Cross Infant, Child, Adult First Aid, CPR training and certification meets the needs of workplace responders, professional rescuers, school staff, professional responders and healthcare providers, as well as the general public. This course combines lectures, demonstrations, video with hands-on training and practice. Please bring lunch as you work through the lessons.

Trainer: Margaret Cushing

September 9, November 4, Scarborough

Block Play: Presented by, Margaret Cushing. The time spent in block play may be the most valuable time of the day. There are so many things to learn from this center, covering many of the curriculum areas we try to incorporate daily. We will develop some activities that will enrich the Block Center and encourage creativity in your children.

October 26, Springvale; December 6, Bath; December 13, Portland

Children's Nutrition: Making fruits and veggies fun and familiar in your classroom and beyond: Presented by, Jenn Tyler. Constructing an environment for encouraging good nutrition: We'll discuss strategies for your program design and implementation, best practices for making fruits and veggies FUN and getting parents and families involved at home.

August 21, Augusta; October 16, Waterville

Cognitive Development: Presented by, Jane Brennan. All children learn in their own time frame. Some children learn quickly while others take more time. This training will offer an overview of children's learning styles. Come prepared to discuss activities that children have had fun with while they learned new things.

October 19, Auburn; November 13, Augusta

Control Yourself: Teaching Children the Self-Regulation Skills They Need to

Succeed: Presented by, Elizabeth Richards. Through large and small group discussion, brainstorming and sample activities, participants will build a better understanding of how to effectively assist children in regulating their own behavior, resulting in calmer, happier, and more effective classrooms.

September 18, Biddeford; September 27, Bath; October 25, Freeport; November 8, Auburn; November 29, Portland

Count me in: Math in early childhood: Presented by, Jane Benesch. This workshop presents strategies for integrating math concepts into play experiences including story enactment, teacher made games, movement activities, songs and finger plays. Participants will be guided to distinguish between mathematics teaching based on rote memorization and that which is constructed by children through meaningful play and problem solving experiences.

August 9, Portland; November 1, Scarborough

SEE REGISTRATION FORM FOR TRAINING LOCATION AND COST

Early Literacy: Presented by, Mallory Banks Harnden. We will discuss specific strategies to support print awareness, oral language activities, alphabet and phonological awareness. Create a literacy-rich childcare environment supporting play-based and teacher-directed instruction throughout your classroom with focus or shared reading and dramatic play.

September 26, Waterville; October 24, Damariscotta

Eliminating Toxins: How to reduce exposure to unhealthy chemicals at home and work: Presented by, Dr. Ashley Rice. Learn what to look for in your cleaning products, scented products and materials that are clues to harmful chemicals. Understand the importance of why avoiding certain chemicals can be beneficial to your health. Introduction to alternative products and tips on use for your home and work.

October 25, Augusta

End Anxiety: Stress Busting Tools for Self-Help: Presented by Tam Veilleux. If low-level anxiety is wearing on you it's time to put your health into your own hands. We will discuss what stress does to the body and share 5 self-help tools to alleviate it.

October 11, Auburn; November 8, Portland; November 15, Bath; December 6, Augusta

Exploring Nature's Stories: Literacy Adventures for Young Children: Presented by, Josephine Roberts. Discover a wide variety of stories reflecting the current season in our corner of the world. Through curriculum building activities, large and small group discussions and practicing the art of storytelling, we will explore new ways to create literary reverie that compliment and build from what children are naturally learning based on what they experience outdoors.

October 11, Portland

Get the Lead Out!: Presented by, Karen Tucker. Learn the new lead poisoning threshold and how to safeguard youth from Lead Poisoning. We will cover; how to identify lead hazards in pre 1980 homes; insuring children have their blood tested for lead; how to perform lead dust tests and homes in which they should be performed; and keeping kids safe from dust. **and 5210 Let's Go!** Presented by, Nan Bell Is a statewide initiative that helps child care programs maintain and improve upon their healthy food choices and physical activity opportunities. It's a program that is easy and efficient to weave into your busy day! Learn about the five easy steps to get involved and improve the policies, practices, and environment of you child care site.

October 16, Augusta

Heartsaver First Aid/CPR/AED for the adult/child/infant: Presented by, Kim Fields. This class will show you how to recognize and treat emergencies in the first minutes until medical help arrives. This class is intended for persons assigned to respond to emergencies in the workplace or community as those who personally just want to learn first aid, CPR and AED skills. Upon completion students will receive a course completion card and a first aid book.

August 26, October 14, December 9, Buxton

Helping Children to Learn by Making the Most of Common Materials: Presented by, Deborah Betit. Take away ideas and activities by using common materials, toys, and books and transform them into learning math and science concept pre-skills. This workshop will help extend children's play into thinking and creating as young scientists and mathematicians.

August 15, Bath

How Money Works: Presented by, Anastasia LaMarca. A training for child care providers, center base directors and staff. Got too much month at the end of your money? Get a snapshot of your finances and learn how a few simple changes could transform your future.

September 27, Augusta; October 11, Eliot; November 9, Freeport; December 5, Portland

Sep-

I'm not touching that!!: Presented by, Michelle Belanger. Exploring sensory needs of children. What is a sensory diet and how can it help children with and without sensory needs. Come learn what sensory needs look like and how you can help fulfill those needs.

November 14,

Increasing Longevity and Vitality: Presented by, Dr. Ashley Rice. As humans we all age. Knowing why we age is important to combat the effects of stress and time on our mind and bodies. This class explores the causes and cellular aging, what you can do to stay healthy, prevent unnecessary effects of aging, and increase your life expectancy.

November 18, Waterville; December 5, Auburn

Jumping off the Page: Emergent literacy in preschool: Presented by, Jane Benesch. This workshop provides participants with strategies for creating a literacy-rich early childhood learning environment that supports the development of receptive and expressive language, phonological awareness, concepts about print and vocabulary.

October 25, Portland

Loose Parts and Pattern Play: Presented by, Josephine Roberts. Help young children develop their creativity and STEM skills through playful investigations, explorations, and experiments with loose parts from nature and the recycle bin. In this workshop, you will learn how to build and manage a variety of loose parts collections, explore how to effectively introduce loose parts into your curriculum, and discover countless new activities for pattern making and loose parts play both in the classroom and out on the playground.

September 28, Portland; October 17, Bath

Making the Math Standards Child's Play: Presented by, Deborah Betit. What do math and reading have in common? How do we teach Algebra standards to the young child? Hands-on workshop to examine the 5 Math Standards and how they can be and are being used in multiple play areas of the young child's day. Literacy books to go with each standard. Take away plans and ideas to incorporate the 5 standards throughout all play areas.

September 28, Damariscotta; October 12, Portland; November 1, Waterville

Mindfulness Tools and Techniques to Promote Self-Regulation in the Classroom and at Home: Presented by: Eva Goulette. This workshop introduces three interactive techniques that can be taught to children as young as three years old to help them develop effective tools for dealing with anxieties, worries and fears.

November 2, Farmingdale; December 11, Cumberland

Natural Playscapes: Presented by, Mallory Banks Harnden. Learn about the benefits of natural playscapes, draw inspiration from examples from around the globe, and discuss ways to encourage creative play by engaging with your landscape, using natural materials, and adding loose parts.

September 14, Waldo; October 11, Augusta

Nurturing Young Writers: Presented by, Mallory Banks Harnden. Even young children can use the writing process to think, express their ideas, and make meaning. Understand appropriate expectations for preschool writers and learn how to support them through book-making, side-by-side teaching, and shared reading.

November 2, Waldo; November 30, Damariscotta

Planting the Seed: Early Childhood Nature Education: Presented by, Josephine Roberts. Children who fall in love with nature grow up to become adults who respect and conserve it. A connection to nature can never begin too early. Pack your teacher tool kit full of tips for creating meaningful opportunities for infants and toddlers to experience the magical worlds of nature.

November 8, Portland

Projects-a holistic approach to curriculum: Presented by Margaret Cushing. Use your centers and your curriculum time to thoroughly investigate what interests and motivates your children. Using the project approach, you can create a living environment that will support questioning, investigation and creativity. These are the roots of learning!

September 13, Auburn; October 5, Scarborough

Promoting Healthy Bodies through Nutrition and Exercise: Presented by, Louis Moniz (Crazy Louis). This workshop will focus on healthy bodies through nutrition and exercise. Louis will introduce different types of exercise; line dancing and games. He will give you tips on how to create a friendly, fun atmosphere, with attention to safety and breathing techniques. Proper footwear is required. Come prepared to have FUN!

November 18, Waterville

Shape Art: Presented by, Clare Hellen. Math and art can go hand and hand. Every drawing starts with a shape. Learn how you can teach your kids to draw and learn their shapes too!

August 22, Scarborough

Some of This and Some of That-Recent Brain Development Research and Story Elements: Presented by: Deborah Betit. Some of This: Presenter shares recent brain development research learned from other workshops and readings of interest to preschool caregivers. Some of That: Using story elements to enhance children's comprehension and literacy vocabulary are presented as well as activities to try.

September 13, Portland; October 30, Bath; December 4, Waterville

So Much Stress: Presented by, Dr. Ashley Rice. Stress is something we can all relate to. This class is designed to help you understand how stress affects the body and ways to change a stressful life style. It's time to trade in your stress for health.

October 3, Waterville

Supporting Your Introverts: Presented by Josephine Roberts. Classrooms by nature, are designed for extroverted children. Introverts have to work harder to be comfortable in larger groups of people and in new situations, but there are many simple ways to support your introverted children. Learn how introverts see and experience the world and discover a handful of tips and tricks for helping young introverts thrive.

August 17, Auburn

The Importance of Reading with Toddlers: Presented by, Michelle Belanger. Come explore some techniques and strategies of reading and talking to toddlers. We will discuss how to read with a toddler and why it is so important to do so. What does language and literacy development look like in toddlers and how can we be better in improving communication skills, through books and modeling.

December 13, Eliot

Thinking Inside the Box: Using prop boxes to enhance dramatic play: Presented by Margaret Cushing. If you haven't used prop boxes before, be prepared for a lot of fun, laughter and surprises. If you have used them, bring your ideas to share.

September 19, Freeport; October 18, Biddeford; November 8, Springvale

Southern Kennebec Child Development Corporation
Child Care Options: Resource Development Center
337 Maine Ave.
Farmingdale, ME 04344

Customized Training to Meet Your Needs!

Are you a child care center that would like customized onsite training for your staff? We can help! Child Care Options will make all the arrangements to bring training to you. This means training will be customized to meet your needs and delivered by highly skilled and qualified trainers, staff will not have to travel to a training after a long work day and you will determine the time and date(s) for the training to meet your needs. Interested? Give us a call at 582-3110 ext. 27 or email: rita@skcdc.org

Don't miss out on the following Saturday morning training opportunity!

Saturday, November 18

8:30 am-12:30 pm, Mount Merici Academy, Waterville

Increasing Longevity and Vitality: Presented by, Dr. Ashley Rice. As humans we all age. Knowing why we age is important to combat the effects of stress and time on our mind and bodies. This class explores the causes and cellular aging, what you can do to stay healthy, prevent unnecessary effects aging, and increase your life expectancy. **And** **Promoting Healthy Bodies through Nutrition and Exercise:** presented by, Louis Moniz (Crazy Louis). This workshop will focus on healthy bodies through nutrition and exercise. Louis will introduce different types of exercise; line dancing and games. He will give you tips on how to create a friendly, fun atmosphere, with attention to safety and breathing techniques. Proper footwear is required. Come prepared to have FUN!