REGISTER NOW FOR TRAINING SESSIONS!

1. Review the training sessions for topics, dates, times, locations, and credits.
2. Review the registration instructions for the county in which your session is offered.
3. Register online at childcareresourcesinc.org, or complete the registration form.

REMINDERS FOR ALL TRAINING SESSIONS

- Pre-registration is required, and enrollment is limited.
- Registrations made within two weeks prior to a session date cannot be guaranteed.
- Copy a completed registration form for your own records.
- Training sessions start promptly at the scheduled time. Doors open 15 minutes prior to each session. Once a session has begun, late arrivals are not permitted to enter.
REGISTRATION INFORMATION FOR ALL SESSIONS

CABARRUS, MECKLENBURG, & UNION

Payment: Check or money order (payable to Child Care Resources Inc.) or credit cards. All training fees are NON-REFUNDABLE.

How to Register
Online: Visit childcareresourcesinc.org to view, register, and pay for sessions.
By mail or in person: Send or bring registration form with payment to:
Child Care Resources Inc., 4600 Park Road, Suite 400, Charlotte, NC 28209 OR at Child Care Resources Inc., 105-A Cedar St., Monroe, NC 28110
By Phone: (704) 376-6697

ROWAN

Payment: Cash, check, or money order (payable to Smart Start Rowan).

How to Register
By mail or in person: Send or bring registration form with payment to:
Child Care Connections/Smart Start Rowan,
1329 Jake Alexander Blvd. S., Salisbury, NC 28146
By phone: (704) 630-9085

STANLY

Payment: Cash, check, or money order (payable to Stanly County Partnership for Children) are accepted.

How to Register
Online: Download Stanly County’s registration form at stanlypartnership.org
By mail or in person: Send or bring registration form with payment to:
Stanly County Partnership for Children, 1000 N. First Street, Suite 8 (Stanly Commons), Albemarle, NC 28001
By phone: Call (704) 982-203

TRAINING LOCATIONS

Mecklenburg: Child Care Resources Inc., 4600 Park Road, Suite 400, Charlotte, NC 28209

Union: Child Care Resources Inc., 105-A Cedar St. Monroe, NC 28110

Stanley
Stanley County Partnership for Children, 1000 N. First Street, Suite 8, Albemarle, NC 28001

Rowan
Child Care Connections/Smart Start Rowan,
1329 Jake Alexander Blvd. S., Salisbury, NC 28146

Cabarrus
Please check training description for location

LEVELS: Wondering if a session is right for you? Each description indicates the level of knowledge participants can expect to gain from a training.

Entry - Offers basic background information

Beginner - Explores practical application

Intermediate - Expands existing knowledge

Advanced - Provides specific, in-depth knowledge relevant to field of concentration or interest area
A+ SUPERVISION
Did you know that with appropriate supervision, most accidents and incidents that occur in child care programs can be avoided? In this online/On Demand session, participants will learn to recognize common situations that pose risks to children, and will learn proactive measures to ensure safety in child care programs through appropriate supervision practices.

ALL ABOUT THE ITERS-R or ALL ABOUT THE ECERS-R
Through a series of 10- to 15-minute lessons, we’ll highlight each Subscale of the ITERS-R or the ECERS-R. You won’t be learning how to get through the actual day of assessment, but how to have a high-quality classroom that is assessment-ready every day of the year! Along the way, we’ll provide application and encouragement to apply the standards you learn to your environment.

ALL ABOUT THE SACERS-U
This session will provide an overview of the SACERS-U Rating Scale to include the history of the Rated License Assessment process, definitions of the terms used in the tool, indicators of quality as they related to the SACERS-U, and a review of the subscales and scoring process. Participants will also explore the materials that need to be in a school-age classroom.

ARE YOUR CHILDREN IN TIMES SQUARE?
MOVING FROM SENSORY OVERLOAD TO SENSORY ENGAGEMENT
This module is designed to help participants understand the impact of sensory overload, especially with the element of light, and to offer strategies and ideas about moving children’s spaces from sensory overload to sensory engagement. Participants will learn the difference between lighting and illumination, conduct a lighting assessment of their classroom, and will learn how to enhance classroom mood by adding illumination to the environment.

BELONGING: INCLUDING CHILDREN OF GAY AND LESBIAN PARENTS (AND ALL CHILDREN!) IN YOUR PROGRAM
Today’s families are diverse. They come in all sizes and in many configurations. As early childhood educators, this diversity challenges us to be more accepting, responsive, and respectful in our relationships with young children and families. This module intends to address how to create a sense of belonging for all families, including gay and lesbian families.

BREAST MILK: THE PERFECT BABY FOOD
With recently updated rules and regulations regarding breastfeeding in child care centers, educating ourselves about breastfeeding is crucial. This session will describe how the feeding of infants has changed over the past three generations, the impact that breastfeeding (or the lack of) has on childhood obesity and other health concerns, and how child care centers can promote, encourage, and support breastfeeding within the child care facility.

BULLYING: TODAY’S MEAN SCENE
This self-paced webinar will give child care professionals a baseline knowledge of the current types and trends in bullying. Red flags and warning signs that may put a child at risk for being bullied and best practices for prevention and intervention will be discussed.

CIRCLE TIME FUN AND LEARNING
Do you ever struggle with planning circle time only to have the children quickly lose interest? This course helps teachers plan and implement interesting circle times that will draw children in, promote development, and still be appropriate.

CONVERSATION: THE COMMON THREAD IN OUR WORK
This session is designed to provide teachers with strategies to simplify and integrate many of the demands of their curricula by enhancing their use of rich, authentic conversation with children in all areas of the classroom.

DEALING WITH SEPARATION ANXIETY
Even ET suffered from separation anxiety! Although well cared for by his new friends, he still longed for his home and more familiar surroundings. ET’s reaction is not unlike what child care providers see every day in their work with young children. Participants will learn practical ways to help children deal with separation anxiety. Great for new and seasoned teachers!

Fathers and Father Figures
Parents are children’s first and primary teachers. Every parent has a unique way of caring for and interacting with his or her child, with mothers and fathers typically interacting with their children in different ways. Research shows the impact of fathers and father figures on children’s social and emotional development. This is the topic of this self-paced session as we think about obstacles to father involvement and discuss ways to support and encourage father involvement.

Funding School Age Programs
School age programs can often lack needed funding to support special projects or initiatives. This online/OnDemand course will explore different paths that administrators and teachers can take as they research outside funding to help support these programs.
GRANTING CHILDREN THEIR EMOTIONS
This session is designed to introduce teachers to the important idea of granting children their expressed emotions, explore strategies for increasing trust, and consider the effects and ethical issues of not taking children’s emotions seriously.

IT’S OFF TO SCHOOL WE GO
While school readiness includes a child’s ability to get along with others and to recognize some numbers and letters, it also includes the range of skills that develop from birth to five across all developmental domains. This session will explore such developmental areas as social-emotional, cognitive, language and literacy, and physical development, and how they each contribute to a child’s readiness for school.

POTTY TIME: WHEN IS THE RIGHT TIME?
In this training session, participants will learn to look for the cues that signal toilet training readiness in toddlers. Learn what to do when toileting accidents occur and learn how to work with parents throughout the toilet training process,

PRIMARY CAREGIVING
The security of a child’s attachment to primary caregivers provides a base for the child’s emotional-social development. Learn how to understand the benefits of using primary caregiving techniques in the child care center and how to implement a primary caregiving system in your classroom.

PROFESSIONALISM: THE SECRET OF SUCCESS
This session will give practical ideas and strategies for building a professional image. It will focus on the fact that it is not only how you dress, but the attitude you display as well as the knowledge that you continue to gain that builds this image. It is designed to help participants realize that they are indeed professionals.

STEM SCIENCE: EXPLORE! DISCOVER! INVESTIGATE!
Science in early care and education is focused on children’s natural interest in the world. Preschool children learn science concepts by active exploration of that world. Join us as we explore the components of nature/science for young children and the skills that children are developing when exploring science, such as observing, recording, problem solving, and organizing information.

WE’RE ALL STRESSED HERE! HOW TO AVOID BURNOUT
Working with young children is rewarding, but it also has its own set of challenges. Participants will learn ways to manage stress and rediscover the joys of providing care and teaching young children.

WHO’S IN CHARGE HERE? EFFECTIVE LEADERSHIP
Good leaders know how to motivate staff and impact the workplace. Participants will evaluate their own leadership styles and learn how to positively influence staff and provide a motivating work environment. *For administrators and those in leadership positions.*

ZONING IN ON BEHAVIOR PREVENTION: IT’S ALL IN THE ATTITUDE!
If you have many children with challenging behaviors, or seem to be dealing constantly with such behaviors, chances are there is a problem with your program, not with the children. You will probably need to change aspects of your program – that is, the physical environment of the classroom; your schedule and curriculum; and your own attitudes, actions, and reactions. These are prevention strategies (or indirect guidance), which are your most powerful tools for changing challenging behaviors and the focus of this session. Once you have made these changes, children who come into your class with intense emotional needs that they usually express through negative behaviors, will have almost no need to do so. This session will focus on those attitudes, actions, and reactions.

ONLINE SESSIONS
Accessible anytime, anywhere on a computer or mobile device!

CEU COURSES

ACTIVE READING WITH PRESCHOOLERS
Read aloud sessions with small groups and individual children are an important part of the daily routine in early childhood classrooms. “Active Reading” (developed for families by Read Charlotte and Charlotte-Mecklenburg Library) is a proven strategy to engage young children with books in ways that build language and vocabulary and teach important reading skills. In this course designed for teachers by CCRI, you will learn how children develop early reading skills and how reading aloud contributes to those skills, including how to ask engaging questions, how to select and teach “rare words”, and how to connect books to your children’s lives in ways that extend conversation about a book. You will learn how to choose the best books for your preschoolers (ages 3-5) and how to engage them in the ABCs of Active Reading: Ask questions, Build vocabulary, Connect to the child’s world.

$25 | 0.5 CEUs

ACTIVE READING FOR INFANTS & TODDLERS
Read aloud sessions with small groups and individual children are an important part of the daily routine in early childhood classrooms. “Active Reading” (developed for families by Read Charlotte and Charlotte-Mecklenburg Library) is a proven strategy to engage young children with books in ways that build language and vocabulary and teach important pre-reading skills. In this course designed for teachers by CCRI, you will learn how to use the Talk More strategy to promote language and vocabulary and create Active Reading lesson plans for infants and toddlers. You will also learn how to choose the best books for your infants and toddlers and how to engage them in the ABCs of Active Reading: Ask questions, Build vocabulary, and Connect to the child’s world.

$25 | 0.5 CEUs
ONLINE SESSIONS – ROWAN

Available all of December for no fee!

PROFESSIONALISM
WELCOME TO EARLY CHILDHOOD: A TRAINING TO EMPOWER NEW ECE EMPLOYEES!
This training is designed specifically for those employees who are new to the early childhood field. This course will cover programs available to support your education and the supplement programs available to you such as WAGES and TEACH. Additionally, we will have guest speakers from the field to give advice on how to grow in your profession and why this field is so important.
No fee | 2.0 credit hours | Level: Beginner

FAMILY PARTICIPATION
Learn about how to connect with parents and learn about the benefits of connecting with families for you, your school and most importantly, the children you serve!
No fee | 2.0 credit hours | Level: Beginner

SOCIAL & EMOTIONAL DEVELOPMENT
TAMING THE WILD PART 1 & 2
Learn about how to connect with parents and learn about the benefits of connecting with families for you, your school and most importantly, the children you serve!
No fee | 4.0 credit hours | Level: Beginner

How to Register for Rowan Online Sessions

By mail
Send registration form on Page 9 to:
Child Care Connections/Smart Start Rowan,
1329 Jake Alexander Blvd. S., Salisbury, NC 28146

By phone
Call (704) 630-9085
# SCHEDULED SESSIONS

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<thead>
<tr>
<th>WORKSHOP TITLE</th>
<th>DATE</th>
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<th>LOCATION</th>
<th>CATEGORY</th>
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<tr>
<td>Emergency Preparedness and Response</td>
<td>Mon., Nov. 23</td>
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<td>Meck/Zoom</td>
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<tr>
<td>Primary Caregiving</td>
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<tr>
<td>Exploring Social-Emotional Development - Relationships</td>
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<td>Meck/Zoom</td>
<td>Infant/Toddler</td>
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<tr>
<td>Challenging Behaviors</td>
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<tr>
<td>Beyond the Beanstalk: Storytelling in the Classroom</td>
<td>Wed., Dec. 2</td>
<td>1-3 pm</td>
<td>Meck/Zoom</td>
<td>Curriculum</td>
</tr>
<tr>
<td>Deep Breathing: A Connection to Calm</td>
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<tr>
<td>Circle Time Fun and Learning</td>
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<tr>
<td>A Guide to the Great Outdoors</td>
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<tr>
<td>Understanding the ECERS-R</td>
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<tr>
<td>Adult and Child Interactions</td>
<td>Wed., Dec. 9</td>
<td>6:30-8:30 pm</td>
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<td>Child Development</td>
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<tr>
<td>Emergency Preparedness</td>
<td>Thu., Dec. 10</td>
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<tr>
<td>Holiday Dilemma</td>
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<tr>
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<tr>
<td>Making Science FUN for Children</td>
<td>Thu., Dec. 17</td>
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</tr>
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<td>Deep Breathing: A Connection to Calm</td>
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<td>6:30-8:30 pm</td>
<td>Meck/Zoom</td>
<td>Social-Emotional</td>
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<tr>
<td>How Children Develop and Learn</td>
<td>Fri., Dec. 18</td>
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<td>Cabarrus/Zoom</td>
<td>Child Development</td>
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<tr>
<td>Turning Difficult Situations Around</td>
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<td>Professionalism</td>
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<tr>
<td>ITS-SIDS</td>
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<td>6:30-8:30 pm</td>
<td>Meck/Zoom</td>
<td>Infant/Toddler</td>
</tr>
</tbody>
</table>

## Technology Requirements for Online Virtual Sessions

**Individual email addresses for registration are required.**

Any trainings that are offered virtually will require participants to have access to a computer or other electronic device with internet connection.

Participants must also have the ability to watch and listen to video online, have the capabilities to unmute themselves, share their cameras, and participate via chatbox throughout the session.

**Additional needs:**
- Keyboard/mouse or mousepad
- Speakers to hear audio
- Ability to send and receive electronic documents, scan/email assignments
- A PDF reader

**Note:** Most online sessions are 2 credit hours (unless otherwise stated). You will be contacted at least 1 week prior to training with instructions and login information pertaining to your online training.
SESSION DESCRIPTIONS

Zoom trainings are offered virtually and will require participants to have the capabilities to mute/unmute themselves, share their cameras, and participate via chatbox throughout the session. Individual email addresses for registration are required.

ADMINISTRATION

EMERGENCY PREPAREDNESS AND RESPONSE
Emergency Preparedness is a vital component of quality early care and education. Every child deserves the safest environment possible in which to grow and thrive. This detailed curriculum provides information, knowledge, and tools to prepare early educators for many types of emergencies. *This curriculum meets the state standards and requirements for Emergency Preparedness and Response. *This session is reserved for administrators ONLY and is limited to 12 participants.

Mon., Nov. 23 | 10 am-12:30 pm | Meck/Zoom | $15 | 2.5 credit hours | Level: Entry
Thu., Dec. 10 | 6-8:30 pm | Rowan/Zoom | $10 | 3.0 credit hours | Level: Beginner

CURRICULUM

BEYOND THE BEANSTALK: STORYTELLING IN THE CLASSROOM
This training will offer a step-by-step plan for storytelling in the preschool classroom. We will discuss what children learn through storytelling and the tools of the storyteller. Participants will have opportunities to practice telling stories.

Wed., Dec. 2 | 1-3 pm | Meck/Zoom | $15 | 2.0 credit hours | Level: Beginner

HOLIDAY DILEMMA
Holidays can present unique challenges in an early care and education setting. In this training, we will explore current holiday practices, the benefits of celebrating holidays, addressing families’ needs and concerns, stereotypes and commercialism, and incorporating developmentally appropriate practices into holiday celebrations.

Fri., Dec. 18 | 1-3 pm | Cabarrus/Zoom | $15 | 2.0 credit hours | Level: Beginner

HOW CHILDREN DEVELOP AND LEARN
Child development is the starting point for lesson planning, selecting materials, and guiding children’s learning. Participants will explore how development proceeds on a continuum, the process for conducting child observations, and how child observations support planning.

Fri., Dec. 18 | 1-3 pm | Cabarrus/Zoom | $15 | 2.0 credit hours | Level: Beginner

INFANT/TODDLER

EXPLORING SOCIAL EMOTIONAL DEVELOPMENT WITHIN THE CONTEXT OF RELATIONSHIPS
Through supportive relationships, infants and toddlers develop a sense of trust, learn how to interact with others, and learn how to eventually express empathy. Strong, nurturing relationships are key to healthy development for infants and toddlers. This professional development event will explore social emotional development within the context of relationships. Participants will learn how the process of getting in tune with children allows providers to offer responsive care, which in turn helps infants and toddlers form secure relational attachments. Secure and responsive relationships help young children to develop a strong foundation from which they can explore their environment.

Tue., Dec. 1 | 1-3 pm | Meck/Zoom | $15 | 2.0 credit hours | Level: Beginner

CHILD DEVELOPMENT

ADULT AND CHILD INTERACTIONS
Early care providers have many responsibilities that involve enhancing the development and learning of children in their care while responding to children’s needs, interests, and assistance to get along with others in a group care setting. In this session, we will explore the impact of early care providers’ roles and responsibilities on adult and child interactions. We will discuss negative, positive, and neutral interactions and the kind of adult support needed and appropriate for children in early care environments.

Wed., Dec. 9 | 6:30-8:30 pm | Meck/Zoom | $15 | 2.0 credit hours | Level: Beginner

HEALTH, SAFETY, & NUTRITION

FIRE SAFETY
This session will address county fire codes and guidelines for general precautions, emergency planning and fire drills, equipment services’ features and systems, fire-related construction and protection, restrictions for interior wall and ceiling covering in the classroom, means of egress, and the use of fire extinguishers. This session will also provide information on how to ensure compliance for fire safety.

*Union County providers only

Mon., Nov. 30 | 3-5 pm | Union/Zoom | $15 | 2.0 credit hours | Level: Entry

MAKING SCIENCE FUN FOR CHILDREN
In this session, we will discuss how children approach learning and learn about science, how to prepare activities for different age groups, and how to set up your science center.

Thu., Dec. 17 | 1-3 pm | Meck/Zoom | $15 | 2.0 credit hours | Level: Beginner

Making science fun for children

Fri., Dec. 18 | 1-3 pm | Cabarrus/Zoom | $15 | 2.0 credit hours | Level: Beginner

Health, Safety, & Nutrition

FIRE SAFETY
This session will address county fire codes and guidelines for general precautions, emergency planning and fire drills, equipment services’ features and systems, fire-related construction and protection, restrictions for interior wall and ceiling covering in the classroom, means of egress, and the use of fire extinguishers. This session will also provide information on how to ensure compliance for fire safety.

*Union County providers only

Mon., Nov. 30 | 3-5 pm | Union/Zoom | $15 | 2.0 credit hours | Level: Entry

Infant/Toddler

Exploring Social Emotional Development Within the Context of Relationships
Through supportive relationships, infants and toddlers develop a sense of trust, learn how to interact with others, and learn how to eventually express empathy. Strong, nurturing relationships are key to healthy development for infants and toddlers. This professional development event will explore social emotional development within the context of relationships. Participants will learn how the process of getting in tune with children allows providers to offer responsive care, which in turn helps infants and toddlers form secure relational attachments. Secure and responsive relationships help young children to develop a strong foundation from which they can explore their environment.

Tue., Dec. 1 | 1-3 pm | Meck/Zoom | $15 | 2.0 credit hours | Level: Beginner

Curriculum

Beyond the Beanstalk: Storytelling in the Classroom
This training will offer a step-by-step plan for storytelling in the preschool classroom. We will discuss what children learn through storytelling and the tools of the storyteller. Participants will have opportunities to practice telling stories.

Wed., Dec. 2 | 1-3 pm | Meck/Zoom | $15 | 2.0 credit hours | Level: Beginner

Holiday Dilemma
Holidays can present unique challenges in an early care and education setting. In this training, we will explore current holiday practices, the benefits of celebrating holidays, addressing families’ needs and concerns, stereotypes and commercialism, and incorporating developmentally appropriate practices into holiday celebrations.

Fri., Dec. 18 | 1-3 pm | Cabarrus/Zoom | $15 | 2.0 credit hours | Level: Beginner

Making Science Fun for Children
In this session, we will discuss how children approach learning and learn about science, how to prepare activities for different age groups, and how to set up your science center.

Thu., Dec. 17 | 1-3 pm | Meck/Zoom | $15 | 2.0 credit hours | Level: Beginner

How Children Develop and Learn
Child development is the starting point for lesson planning, selecting materials, and guiding children’s learning. Participants will explore how development proceeds on a continuum, the process for conducting child observations, and how child observations support planning.

Fri., Dec. 18 | 1-3 pm | Cabarrus/Zoom | $15 | 2.0 credit hours | Level: Beginner

Administration

Emergency Preparedness and Response
Emergency Preparedness is a vital component of quality early care and education. Every child deserves the safest environment possible in which to grow and thrive. This detailed curriculum provides information, knowledge, and tools to prepare early educators for many types of emergencies. *This curriculum meets the state standards and requirements for Emergency Preparedness and Response. *This session is reserved for administrators ONLY and is limited to 12 participants.

Mon., Nov. 23 | 10 am-12:30 pm | Meck/Zoom | $15 | 2.5 credit hours | Level: Entry
Thu., Dec. 10 | 6-8:30 pm | Rowan/Zoom | $10 | 3.0 credit hours | Level: Beginner

Child Development

Adult and Child Interactions
Early care providers have many responsibilities that involve enhancing the development and learning of children in their care while responding to children’s needs, interests, and assistance to get along with others in a group care setting. In this session, we will explore the impact of early care providers’ roles and responsibilities on adult and child interactions. We will discuss negative, positive, and neutral interactions and the kind of adult support needed and appropriate for children in early care environments.

Wed., Dec. 9 | 6:30-8:30 pm | Meck/Zoom | $15 | 2.0 credit hours | Level: Beginner
ITS-SIDS
Developed by the NC Healthy Start Foundation’s ITS-SIDS Project, this session meets state requirements for ITS-SIDS training. Participants will learn to reduce the risk of SIDS through safe sleep practices for infants. Participants will also review Safe Sleep Policy guidelines, NC Division of Child Development and Early Education licensing rules, and maintenance of the proper forms. SIDS-related materials and resources will be available.
Sat., Dec. 5 | 9-11 am | Meck/Zoom
Mon., Dec. 14 | 6:30-8:30 pm | Meck/Zoom
Mon., Dec. 21 | 6:30-8:30 | Meck/Zoom
$15 | 2.0 credit hours | Level: Beginner

PRESCHOOL
A GUIDE TO THE GREAT OUTDOORS
The world once offered thousands of delights of free play to children. Children used to have access to the world at large, whether it was the sidewalks, streets, alleys, vacant lots, and parks of the inner city, or the fields, forests, streams, and yards of suburbia and the rural countryside. Now, boundaries have shrunk. And when children do have free time, it’s often spent inside in front of the television or computers. Come learn how to guide children back to the fun of the outside world!
Tue., Dec. 8 | 9:30-11:30 am | Meck/Zoom
$15 | 2.0 credit hours | Level: Beginner

CIRCLE TIME FUN AND LEARNING
Do you ever struggle with planning circle time only to have the children quickly lose interest? This training helps teachers plan and implement interesting circle times that will draw children in, promote development, and still be appropriate.
Mon., Dec. 7 | 6:30-8:30 | Meck/Zoom
$15 | 2.0 credit hours | Level: Beginner

UNDERSTANDING THE ECERS-R
This session provides an introduction to the Early Childhood Environment Rating Scale, Revised (ECERS-R), what ECERS-R assessors are looking for, and how the ECERS-R can be used as a guide to help improve the quality and effectiveness of a program. We’ll give guidance on how the 7-point scoring system works, learn about definitions and key terms used in the ECERS-R, and learn strategies and methods for improving the quality of care in every aspect of the learning environment, including promoting early literacy and reasoning skills; maintaining developmentally appropriate play spaces; ensuring high-quality supervision, discipline and guidance; and providing dynamic staff-child interactions.
Tue., Dec. 8 | 6-8 pm | Union/Zoom
$15 | 2.0 credit hours | Level: Entry

SOCIAL & EMOTIONAL DEVELOPMENT
CHALLENGING BEHAVIORS
The environment a teacher creates, paired with her knowledge of the children in her care, can prevent many challenging behaviors in young children. Teachers who create positive social environments find that children more easily develop the social-emotional skills they need to succeed. This session focuses on modifications teachers can make in six key areas of the environment that will prevent and reduce conflict that leads to challenging behaviors.
Tue., Dec. 1 | 6:30-8:30 pm | Meck/Zoom
$15 | 2.0 credit hours | Level: Entry

DEEP BREATHING: A CONNECTION TO CALM
This training is geared toward informing, assessing, and providing strategies to support the skill of deep breathing and making the connection to help children learn how to calm. You will assess your own responses and reaction in relation to deep breathing by creating an environment that naturally promotes this crucial skill to early social-emotional development. You will learn about the importance of and evidence-based research on why breathing with children matters. This training will provide you with the understanding of your relationship with yourself, your children, and your teaching team/s.
Wed., Dec. 2 | 6:30-8:30 pm | Rowan/Zoom
Thu., Dec. 3 | 6:30-8:30 pm | Stanly/Zoom
Thu., Dec. 17 | 6:30-8:30 pm | Meck/Zoom
$15 | 2.0 credit hours | Level: Beginner

PRIMARY CAREGIVING
The security of a child’s attachment to primary caregivers provides a base for the child’s emotional-social development. Learn how to understand the benefits of using primary caregiving techniques in the child care center and learn how to implement a primary caregiving system in your classroom
Tue., Nov. 24 | 6:30-8:30 pm | Meck/Zoom
$15 | 2.0 credit hours | Level: Intermediate
REGISTRATION FORM
*Mecklenburg, Cabarrus, Union counties only

Organization/Program Name:_______________________________________________________________
Organization Address:____________________________________________________________________
City:_____________________ State:____________ County:________________ Zip Code:______________
Organization Phone Number: ___________________  Fax Number: ___________________
Email Address:_______________________________________________________________________________
Type of Program (circle one): Child Care Center  /  Family Child Care Home  /  Other _________________

Please list the title and date of the training session selection(s). In order to register multiple participants, you
must include their last name. Please make copies as needed to register additional participants or sessions.

TRAINING SESSION TITLE:__________________________________________ Date of Session:_____________
Participant Name: (First, Last):______________________________________________________________
Participant Address:______________________________________________________________________
Participant City:________________________ State:____________ County:_____________ Zip:___________
Participant Phone:_______________________________ Email:____________________________________
Position (Administrator/Teacher/Assistant):_________________________________________________
Ethnicity (circle one) Caucasian / African American / Asian / Hispanic-Latino / Native American / Multi-Racial / Prefer not to give
Gender (circle one) M / F
_____# of children in care (0-3yrs)  _____# of children in care (3-5yrs)  _____# of children in care (5-12yrs)
Participant Age: ___15-19 years   ___20-25   ___25-34   ___35-44   ___45-59   ___60-69   ___65 and over   ___Prefer not to give

TRAINING SESSION TITLE:__________________________________________ Date of Session:_____________
Participant Name: (First, Last):______________________________________________________________
Participant Address:______________________________________________________________________
Participant City:________________________ State:____________ County:_____________ Zip:___________
Participant Phone:_______________________________ Email:____________________________________
Position (Administrator/Teacher/Assistant):_________________________________________________
Ethnicity (circle one) Caucasian / African American / Asian / Hispanic-Latino / Native American / Multi-Racial / Prefer not to give
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Check or Money Order made payable to Child Care Resources Inc., 4600 Park Road, Suite 400, Charlotte, NC 28209
*Credit Card Payments accepted online only.