

All classes are offered in English and Spanish, and many are available for online live training via Zoom.

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## **Assessment Courses**

**Effective Educators: Assessment and Program Quality (2 hours)**

Learn about the connection between assessment and our role as educators. We must ensure that we observe and document what we learn about the children in our care. There are creative and effective ways to integrate assessment into our teaching practice. In addition to helping us provide individualized care for children, assessment also plays a role in the quality of our programs. Explore the relationship between program quality and assessment in this training.

**Effective Educators: Connecting Concepts- Observation, Documentation and Assessment (2 hours)**

Explore common concepts regarding assessment practices in early childhood education. In this course participants learn the definition of observation and the relationship between observation, documentation, and assessment. Participants explore their current assessment practices to identify what is going well and identify areas for growth. Strong understanding of these concepts sets a strong foundation for best practices in early childhood assessment.

## **Child Development Courses**

**Dual Language Learners in Early Education Settings (2 hours)**

Learn how to support children who speak a second language. Children need a strong base in their native language to help support their development in all developmental domains, but that doesn't mean that they can't also learn a second language. Discuss the benefits of second language learning for children while learning strategies to support them while in our care.

**Child Development Basics: The Preschool Years**

Enhance your knowledge of preschool-age development (children 3-5 years of age). Learn about what practices are developmentally appropriate for preschool-age children. Includes information about milestones in different developmental domains and setting appropriate expectations for children based on the work of major developmental theories.

## Cultural Awareness Courses

### Recognizing Culture Authentically in Early Childhood Education Settings (2 hours)

Recognizing the myriad of ways that children are diverse is an essential component to our practice as educators. Appreciation for diversity is reflected in our interactions, environment and mindset. Recognize how to integrate an authentic appreciation for diversity into your teaching practices and teaching mindset. Explore methods and learn how to apply them to connect with children and their families more effectively; re-framing the challenge of diversity into an opportunity.

### Introduction to Cultural Consciousness: Considering Cultural Dynamics (2 hours)

Explore and practice cultural consciousness. Diversity presents itself in many ways when working with young children and their families. Learn how culture impacts child development and our relationships with families.

### Effective Educators: Awareness of Diversity in Our Practice (2 hours)

Dive into the topic of diversity and explore framework for valuing diversity in your work with children and their families. Educators in this session learn about what it means to be diverse and how that applies to the children and families we work with. We discuss how to create activities, environments and mindsets that value diversity.

### Effective Educators: The Who, What and Why of Implicit Bias (2 hours)

Engage in the fascinating topic of implicit bias. The human brain is routinely overloaded with information, as a result, our brains program themselves to find shortcuts in order to work more effectively. These shortcuts often have us making snap decisions about people and situations without gathering all the important or relevant information. That means that these shortcuts can be problematic! Learn about implicit bias and how it affects our work with young children.

### Children with Disabilities: Understanding Ableism (2 hours)

Learn about ableism and how it impacts the work that early educators do caring for young children. By learning to recognize how ableism shows up in caregiving practices, educators can become more effective at supporting the development of all children, with or without disabilities.

## **Behavior Guidance**

### **Effective Educators: Self-Regulation for Tough Moments (2 hours)**

Learn self-regulation strategies that can help you to maintain your calm during high stress moments. Caring for children is emotionally challenging. Using good self-regulation and self-care efforts can reduce the amount of stress that educators experience, which in turn ensures that they can provide high quality interactions for children.

### **Effective Educators: Behavior Guidance with the Brain in Mind (2 hours)**

Integrate a new mindset about behavior guidance in your practice as an educator. Recent research guides us in developing better behavior guidance strategies for working with young children, this includes observing children's development and understanding what behaviors are appropriate. Participants learn about how behavior is wired into the brain, they leave with a refreshed understanding of, and a variety of strategies for, appropriate guidance for young children.

### **Effective Educators: Respectful Behavior Guidance (2 hours)**

Contemplate what it means to guide children's behavior in a way that respects the child's developmental stage, and your limits and boundaries as an educator. Children's brains are building the pathways that give them their initial strategies and tools to handle their feelings and responses to their environment. Historically adults have relied on behavior guidance strategies based on fear. Educators learn skills and knowledge to interact with children in a new way.

## **Cognitive Development**

### **Effective Educators: Using Art Activities to Promote Cognitive Development (2 hours)**

Explore the connection between art and cognitive development. Art activities can help children develop thinking skills, explore cause and effect and support language development. In this class educators learn about the connection between art and cognitive development, then get a chance to practice their new knowledge with an art activity and make a plan for application to their teaching practice.

### **Effective Educators: Tinkering And STEAM (2 hours)**

Learn about the concept of tinkering. Tinkering is an activity that educators can use to engage children in the domains of science, technology, engineering, art and math (STEAM). Children get hands on opportunities to explore materials, test their properties, be creative and learn problem solving skills. This course reviews examples of tinkering projects, their connections to STEAM and the Minnesota Early Childhood Indicators of Progress.

## **Professionalism**

### Introduction to Self-Reflection (2 hours)

Explore the concept of self-reflection and learn why practicing it can make you more effective as an educator and working with small children more enjoyable. Engaging in self-reflection is an essential element of being an early childhood educator. We frequently hear about the importance of reflection and mindfulness in our work, though these terms are not always defined.

## **Nutrition**

### Engaging Families- Nutrition (2 hours)

Explore strategies for engaging with families on the topic of nutrition. This class covers two themes; the first outlines best practice regarding meal times, food choices and portion sizes for children ages birth to 5. The second theme is best practice related to engaging families in nutrition topics.