



CHILD CARE SOLUTIONS

navigating the way to high quality child care

September 2020



The Navigator

leading you to high quality child care provider training

Our training workshops are moving online!

With the health and safety of our community in mind, we have decided to move our training workshops to an online platform so you can continue to have access to the high quality training you need. We will be using Zoom to offer our training workshops and other professional development opportunities.

You can access our workshops through Zoom on your laptop, tablet or mobile phone – learn more about getting started with Zoom on your preferred device here: <https://support.zoom.us/hc/en-us/categories/200101697>. Zoom also offers a number of incredibly helpful how-to videos if you have never used it before, you can find these here: <https://zoom.us/resources>.

Our Professional Development team is also here to make this switch to an online platform easy and accessible to you! Our staff can answer any questions or concerns you might have about using Zoom for our workshops. We are also here to work with you if you are unable to attend our workshops online; please reach out to Kristi Cusa at kristic@childcaresolutionscny.org or (315) 446-1220 to discuss alternative arrangements.

Registering For & Attending Online Workshops:

1. You'll need a working email address and device that runs Zoom.

Please visit this website: <https://support.zoom.us/hc/en-us/categories/200101697> for instructions and system requirements for running Zoom on desktop/laptop computers as well as tablets/mobile devices.

2. Visit <https://childcaresolutionscny.org/civcrm-multiday-event/calendar> to register for workshops online**, or call (315) 446-1220 to register over the phone.

3. A few days before your workshop you'll receive an email with the link you'll need to access the class. *Please contact the class instructor if you have not received the link 24 hours before your scheduled workshop.*

4. When it's time for your workshop, click the link you received in your email. Please read and follow any prompts or instructions from Zoom. We recommend doing this 15 minutes prior to the start of your class; the class instructor will be available to help during this time to ensure everyone can access the workshop.

5. We will mail training certificates to all attendees upon completion of the workshop.

****Online registration is not available for those using the CSEA/Voice Professional Development Program to cover workshop fees. You may register over the phone by calling (315) 446-1220 or send an email to pamb@childcaresolutionscny.org. Visit <https://childcaresolutionscny.org/financial-assistance-training> to learn more about this program and other financial assistance options.**

September Online Workshops:

Making Self Care Routine

Thursday, September 10, 2020

6:30 PM - 8:30 PM

"Self care is any action you purposefully take to improve your physical, emotional or spiritual well being. By making time for self care, you prepare yourself to be your best so you can share your gifts with the world."- Eleanor Brown

During this workshop we will focus on techniques you can implement to combat burnout and fatigue while developing an individualized long term self care plan.

Instructor: Casey Miner

Class Fee: \$30 Non-Member / \$20 Member

2 Credit Hours

7

New! SACC Regulations

Friday, September 11, 2020

1:00 PM - 3:00 PM

This training will give you the chance to address OCFS Regulations, specifically those related to SACC programs. During this workshop we'll use "real life" scenarios to discuss and address specific OCFS Regulation criteria.

Instructor: Kristy Sherman

Class Fee: \$30 Non-Member / \$20 Member

2 Credit Hours

7



Practicing the Pause

Monday, September 14, 2020

6:30 PM - 8:30 PM

Mindfulness is a practice which allows an opportunity to reduce stress and anxiety by being present in the moment. The pause is practiced through an awareness of feelings and senses. Did you know you can start mindfulness practices with children as early as toddlerhood? Participants will learn to incorporate mindfulness in the classroom encouraging relaxation, improved focus, increased self-esteem, better mood, reinforced social skills, decreases worry, promotes favorable decision making, and self-regulation. Participants will discuss how mindfulness can enhance positive behavior management skills in children and assists with transitions. .

Instructor: Casey Miner

Class Fee: \$30 Non-Member / \$20 Member

2 Credit Hours

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Creating Art Outdoors

Wednesday, September 16, 2020

6:30 PM - 8:30 PM

This training will focus on how providers can bring art to their outdoor environment and plan fun and engaging experiences that will encourage creativity and development. Ideas will be discussed on how to incorporate new, exciting materials and activities as well as how to bring your inside art activities to your outdoor environment.

Instructor: Lisa Potter

Class Fee: \$30 Non-Member / \$20 Member

2 Credit Hours

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Culturally Sensitive Infant Care

Thursday, September 17, 2020

1:00 PM - 3:00 PM

What is culturally sensitive infant care? This training will dive into what it looks like to go beyond the surface factors of culture and diversity and how caregivers can implement these strategies into their childcare programs.

Instructor: Tessa Bolia

Class Fee: \$30 Non-Member / \$20 Member

2 Credit Hours

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Infant Toddler Specialists

Our Infant Toddler Specialists are still available via phone or email to offer technical assistance and one-on-one support to child care providers, community members and parents involved with infants and toddlers.

Our I/T Specialists can help with....

- Strategies to address and work with children with challenging behaviors (such as biting, pushing, hitting, toileting, etc.)
- Ideas and assistance for room arrangements, activities, materials, etc.
- Can provide training or consulting specific to infants and toddlers
- And so much more!!

For more information or to speak with one of our I/T Specialists, please give us a call at (315) 446-1220.

Key to OCFS Topic Areas

- 1 Principles of childhood development
- 2 Nutrition and health needs of infants and children
- 3 Child day care program development
- 4 Safety and security procedures
- 5 Business record maintenance & management
- 6 Statutes and regulations pertaining to child day care
- 7 Child abuse and maltreatment identification and prevention
- 8 Statutes and regulations pertaining to child abuse and maltreatment
- 9 Education & information on the identification, diagnosis and prevention of shaken baby syndrome

Program Directors/Supervisors: Did you know that similar to our on-site trainings, if you have staff who need training in a specific topic area, **you can schedule a private Zoom workshop for your program?** If you have any questions about our online workshops or would like to schedule one for your staff, please contact Kristi Cusa at kristic@childcaresolutionscny.org.

Sensory Activities for Infants and Toddlers

Monday, September 21, 2020

6:30 PM - 8:30 PM

This training will give providers an opportunity to learn about the many ways they can support sensory learning for infants and toddlers.

Instructor: Casey Miner

Class Fee: \$30 Non-Member / \$20 Member

2 Credit Hours



Music and Movement with Infants and Toddlers

Monday, September 28, 2020

6:30 PM - 8:30 PM

This training will look at the importance and benefits of incorporating music and movement with infants and toddlers, as well as ways to implement developmentally appropriate music and movement activities into programs.

Instructor: Tessa Bolia

Class Fee: \$30 Non-Member / \$20 Member

2 Credit Hours



Developmentally Appropriate Discipline & the Regulations

Wednesday, September 23, 2020

6:30 PM - 8:30 PM

This training has been designed to help participants understand the NYS OCFS Regulations regarding discipline. During this training you'll have the opportunity to dissect and discuss the regulatory requirements for behavior management, how to use discipline in a developmentally appropriate manner in child care programs, as well as the difference between the use of physical intervention and physical restraint.

Instructor: Lisa Potter

Class Fee: \$30 Non-Member / \$20 Member

2 Credit Hours



Fostering Healthy Habits

Friday, September 25, 2020

1:00 PM - 3:00 PM

This training will discuss the opportunities you as a child care provider have to teach children the skills to establish healthy habits for life such as exercise, healthy eating, good hygiene, getting enough rest, and limiting technology. We'll discuss how to incorporate healthy habit practices into your program as well as ideas you can share with families to promote consistency with healthy habits at home.

Instructor: Kristy Sherman

Class Fee: \$30 Non-Member / \$20 Member

2 Credit Hours



Addressing Child Abuse and Maltreatment in the Early Childhood Setting

Wednesday, September 30, 2020

6:30 PM - 8:30 PM

This training will use scenarios to allow participants to reflect on what indicators of abuse and or neglect are present, what information needs to be gathered, the requirements for making a report and the role of the mandated reporter.

Instructor: Lisa Potter

Class Fee: \$30 Non-Member / \$20 Member

2 Credit Hours



Save the Date!



Our **annual fall training conference** is going virtual this year! We will be using Zoom to bring you an exciting, interactive and one of a kind event you will not want to miss. In addition to our high-quality training workshops covering a wide variety of OCFS training categories, there will be guest presenters, hands-on activities and LOTS of other fun surprises along the way. We're also excited to share that this year's conference will take place over two days to better suit your schedule! All providers are welcome to join us for one or both sessions.

Thursday, November 19th & Saturday, November 21st

More information and details coming soon!

Call: (315) 446-1220

E-mail: ccs@childcaresolutionscny.org

Visit: www.childcaresolutionscny.org