

# Fall 2023 Training Descriptions



## JULY

Date	Name of Training	Time	Location	Description	FACE TO FACE OR VIRTUAL
7/18/23	Playground Supervision and Sun Safety Iowa Training Program	6:30-8:30 PM	Keystone AEA 2310 Chaney Rd. Dubuque	<p>Opportunities to play and learn in an outdoor setting are an integral part of educating young children. Playground spaces support young children's physical, social, emotional, and intellectual development. Unfortunately, each year approximately 200,000 children are treated in emergency rooms for playground-related injuries and there has been a heightened risk of environmental exposures to children. UV exposure, sunburns, unsafe playground surface temperatures and burn injuries negatively impact a child's health and well-being. This training developed by the National Program for Playground Safety (NPPS) will highlight playground supervision techniques and sun safety information so that Iowa child care outdoor spaces can be utilized safely.</p>	FACE TO FACE
7/25/2023	Let's Find the Fun in Learning! The Importance of Child Led Play	6:30-8:30 PM	ONLINE	<p>Participants will learn about the importance of play. Participants will gain an understanding of what guided play and scaffolding when planning a child's day. Participants will explore skills involved in guiding children's play. Participants will explore how to use techniques of scaffolding when planning and implementing activities with children.</p>	VIRTUAL

# AUGUST

Date	Name of Training	Time	Location	Description	FACE TO FACE OR VIRTUAL
8/2/2023	Building Blocks: Basics of Child Development	6:30-8:30 PM	Security Mutual Insurance 101 Cherry St. Allison	New to child care? Always wanted to know more about how children learn? Come learn the basics of child development so you can build your program up!	FACE TO FACE
8/9/2023	Ouch! That Stereotype Hurts	6:30-8:30 PM	Butler County Extension Services 320 N Main St. Allison	Staying silent in the face of demeaning comments, stereotypes, or bias allows inappropriate attitudes and behaviors to thrive. This training will provide 7 easy, but effective strategies for speaking up respectfully to counter hurtful comments and actions. <b>(NAC approved)</b>	FACE TO FACE
8/21-10/30/2023	ChildNet 3.0	6:30-9:00 PM	Keystone AEA 700 Ridgeway Dr. Decorah	ChildNet 3.0 is 25 hours of interactive, applicable and supportive professional education provided through live online or classroom delivery. Intended participants are Child Development Home providers who care for children while owning and operating a child care business in their home. These business owners have unique needs as their environment is shared between family and home space. Through this series, strategies will be shared on how to optimize time, space and resources to ensure best child care practices are being implemented. Additionally, an optional coaching component is offered to support new skills and procedures as providers strive for quality by obtaining ChildNet Certification. <b>(IQ4K approved)</b>	FACE TO FACE
8/24-10/26/2023	All Our Kin Virtual Business Series	6:00-9:00 PM	ONLINE	This Virtual Business Series is designed to support adult learners to have positive and successful learning experiences, so they leave with the knowledge and relationships to sustain and grow their family child care businesses. It is a 10-week series designed to cover key aspects of running a family child care business including marketing, contracts, policy handbook, risk management & emergency preparedness, income & expenses, financial management, time-space percentage and recordkeeping for taxes. Each week there will be 2 hours of large group class time, 1 hour of a learning lab groups with other child care home providers to practice the new skills learned in class and 30 minutes of self-study work to complete in between sessions.	VIRTUAL
8/29/2023	Natural Explorers, Investigators and Discoverers: Let's Ignite Children Through Outdoor Play!	6:30-7:30 PM	ONLINE	Participants will gain understanding of the importance of outdoor play for children. Participants will learn ways to create the best outdoor play experiences and environments. Participants will learn how to adapt their many components of their indoor program to an outdoor setting.	VIRTUAL
8/30/2023	Powerful Interactions	6:30-8:30 PM	NEI Wellness & Recreation Center 313 W Post Postville	This training will teach you how to take what you already know about children and use it to create an optimal opportunity for you to teach and the child to learn. Learn how to turn your everyday interactions into Powerful Interactions by helping the children become more engaged in exploring, thinking, and communicating. <b>(NAC approved)</b>	FACE TO FACE

# SEPTEMBER

Date	Name of Training	Time	Location	Description	FACE TO FACE OR VIRTUAL
9/5-9/26/2023	EC-PBIS Preschool Modules 1 & 2	6:00-9:00 PM	ONLINE	Iowa Positive Behavioral Interventions and Supports for Programs with Preschoolers training offers participants research based information on promoting children's social emotional competence and preventing and addressing challenging behaviors. Two primary content areas will be covered: 1. Preventative Practices: building positive relationships, designing effective environments 2. Social Emotional Teaching Strategies: teachable moments, problem solving, anger management, facilitating friends. <b>(NAC approved) (IQ4K approved)</b>	VIRTUAL
9/6-9/27/2023	EC-PBIS Preschool Modules 1 & 2	6:00-9:00 PM	Central Rivers AEA 9184 265 <sup>th</sup> St. Clear Lake	Iowa Positive Behavioral Interventions and Supports for Programs with Preschoolers training offers participants research based information on promoting children's social emotional competence and preventing and addressing challenging behaviors. Two primary content areas will be covered: 1. Preventative Practices: building positive relationships, designing effective environments 2. Social Emotional Teaching Strategies: teachable moments, problem solving, anger management, facilitating friends. <b>(NAC approved) (IQ4K approved)</b>	FACE TO FACE
9/7-11/9/2023	ChildNet 3.0	6:30-9:00 PM	Deery Center 3675 University Ave. Waterloo	ChildNet 3.0 is 25 hours of interactive, applicable and supportive professional education provided through live online or classroom delivery. Intended participants are Child Development Home providers who care for children while owning and operating a child care business in their home. These business owners have unique needs as their environment is shared between family and home space. Through this series, strategies will be shared on how to optimize time, space and resources to ensure best child care practices are being implemented. Additionally, an optional coaching component is offered to support new skills and procedures as providers strive for quality by obtaining ChildNet Certification. <b>(IQ4K approved)</b>	FACE TO FACE
9/11-10/2/2023	EC-PBIS Preschool Modules 1 & 2	6:00-9:00 PM	ONLINE	Iowa Positive Behavioral Interventions and Supports for Programs with Preschoolers training offers participants research based information on promoting children's social emotional competence and preventing and addressing challenging behaviors. Two primary content areas will be covered: 1. Preventative Practices: building positive relationships, designing effective environments 2. Social Emotional Teaching Strategies: teachable moments, problem solving, anger management, facilitating friends <b>(NAC approved) (IQ4K approved)</b>	VIRTUAL
9/13/2023	Anti-Bias Education: Nurturing Children Who Are Resilient, Thoughtful, Informed, and Brave	6:30-8:30 PM	ONLINE	This webinar will utilize a power-point to introduce concepts/materials for participant "chatting". An opening video will initiate participant discussion followed by presented research and resources that can help educators further integrate an anti-bias approach in response to children's articulated awareness of bias/unfairness in their lives and social environment.	VIRTUAL

## September Continued

9/14/2023	Curriculum and Assessment: The GPS for Building Skills	6:30-8:30 PM	ONLINE	Assessment helps us define the pathway by which each child can practice and build skills. Learn about the intertwining of assessment, goals, and a developmentally appropriate curriculum. Consider how using collected data about children's knowledge, interests and abilities can help us work with them to establish goal-driven activities and interactions. It's not about the tasks-it's about the skills! <b>(NAC approved)</b>	VIRTUAL
9/18/2023	Save a Baby, Needle a Provider	7:00-8:00 PM	Deery Center 3675 University Ave. Waterloo	This training talks about how child care provider health affects the health of the children in your care. This training looks specifically at the impact of two vaccine preventable diseases Pertussis (whooping cough) and Influenza.	FACE TO FACE
9/18/2023	Medication Administration Skills Competency	6:30-8:30 PM	Keystone AEA 2310 Chaney Rd. Dubuque	This 2 hour professional development course is designed to address the principles and skills needed to administer medications to children. The course is specifically designed for personnel working in Iowa child care businesses. The course addresses the administration of oral medications, eye drops and ointments, ear drops, nasal drops and sprays, topical creams and ointments, nebulizer treatments and meter-dose inhalers. Participants must complete the Essentials for Medications in Child Care module prior to taking this course. This course includes a 1-hour skills competency evaluation to be completed within 30 days of taking the course. Please refer to the Medication Skills Competency Evaluation handout for additional information. <b>(IQ4K approved)</b>	FACE TO FACE
9/21/2023	Medication Administration Skills Competency	6:30-8:30 PM	Keystone AEA 1400 N 2 <sup>nd</sup> St. NW Elkader	This 2 hour professional development course is designed to address the principles and skills needed to administer medications to children. The course is specifically designed for personnel working in Iowa child care businesses. The course addresses the administration of oral medications, eye drops and ointments, ear drops, nasal drops and sprays, topical creams and ointments, nebulizer treatments and meter-dose inhalers. Participants must complete the Essentials for Medications in Child Care module prior to taking this course. This course includes a 1-hour skills competency evaluation to be completed within 30 days of taking the course. Please refer to the Medication Skills Competency Evaluation handout for additional information. <b>(IQ4K approved)</b>	FACE TO FACE
9/26-10/24/2023	PITC of Iowa: Module 2: Group Care	6:30-8:30 PM	Deery Center 3675 University Ave. Waterloo	This module looks at group care in centers and in homes. To ensure that young children become healthy, emotionally secure individuals, it is critical to establish intimate relationships between infants and significant others in their lives. This module looks at the development of those relationships through the concepts of intimacy in groups, routines of care and the importance of the environment where care takes place. <b>(IQ4K approved)</b>	FACE TO FACE

# OCTOBER

Date	Name of Training	Time	Location	Description	FACE TO FACE OR VIRTUAL
10/4-11/1/2023	EC-PBIS for Infants & Toddlers (Revised) (Modules 1 & 2)	6:00-9:00 PM	ONLINE	Participants will explore the role of relationships, responsive environments, and teaching strategies that support the social and emotional development of infants and toddlers in Child Care Centers. <b>(NAC approved) (IQ4K approved)</b>	VIRTUAL
10/4/2023	Fire Safety Training	6:30-8:30 PM	Deery Center 3675 University Ave. Waterloo	Basics of fire prevention and emergency management - what to do in case of a fire? Hands-on practice using a fire extinguisher to put out a fire.	FACE TO FACE
10/5-11/2/2023	PITC of Iowa: Module 1: Social-Emotional Growth and Socialization	6:30-8:30 PM	Security Mutual Insurance 101 Cherry St. Allison	All children need safe and secure care that supports their developing self-knowledge, self-control, self-esteem and respect for the feelings and rights of others. Healthy social-emotional development is the foundation for all other learning and is built through the nurturing relationships with the important adults in their lives. <b>(IQ4K approved)</b>	FACE TO FACE
10/9/2023	Medication Administration Skills Competency	6:30-8:30 PM	Deery Center 3675 University Ave. Waterloo	This 2 hour professional development course is designed to address the principles and skills needed to administer medications to children. The course is specifically designed for personnel working in Iowa child care businesses. The course addresses the administration of oral medications, eye drops and ointments, ear drops, nasal drops and sprays, topical creams and ointments, nebulizer treatments and meter-dose inhalers. Participants must complete the Essentials for Medications in Child Care module prior to taking this course. This course includes a 1-hour skills competency evaluation to be completed within 30 days of taking the course. Please refer to the Medication Skills Competency Evaluation handout for additional information. <b>(IQ4K approved)</b>	FACE TO FACE
10/12/2023	Food Safety Escape Challenge	6:30-8:30 PM	Allamakee County Extension Office 218 7 <sup>th</sup> Ave. SE #102 Waukon	Keep children safe – practice basic food safety! This session will review the 4 FightBac! messages – separate, clean, cook and chill. Participants will be actively engaged in a series of ‘escape room’ activities. To successfully ‘escape’ food safety risks, participants will need to appropriately respond to 9 different food safety activities. <b>(IQ4K approved)</b>	FACE TO FACE
10/16/2023	Back to Sleep-Tummy to Play, Reducing the Risk of SIDS & Promoting Active Tummy Time (Face-to-Face Revised 2021)	6:30-8:30 PM	Keystone AEA 2310 Chaney Rd. Dubuque	This course is the Face-to-Face version developed by the Iowa SIDS Foundation. This course presents research to understand SIDS and SUID, risk factors, recommendations for safe sleep, provider's role in providing a safe sleep environment, and guidance for the importance of tummy time when infants are awake. <b>(NAC approved)</b>	FACE TO FACE



# October Continued

10/16/2023	Food Safety Escape Challenge	6:30-8:30 PM	Floyd Co. Extension Office 112 N Main St. Charles City	Keep children safe – practice basic food safety! This session will review the 4 FightBac! messages – separate, clean, cook and chill. Participants will be actively engaged in a series of ‘escape room’ activities. To successfully ‘escape’ food safety risks, participants will need to appropriately respond to 9 different food safety activities. <b>(IQ4K approved)</b>	FACE TO FACE
10/17/2023	Director's Symposium  Leading Change in Your Early Childhood Setting	12:30-2:30 PM	ONLINE	We are in a pivotal era for early childhood education. We have a better understanding of developmentally appropriate practices and meaningful early education experiences, but it can be difficult to lead the change necessary for quality improvement. Understanding the personalities and perspectives of your staff, how to create a psychologically safe environment, and the steps for leading change can create a culture of embracing possibilities and trying new methods. Take your first step during this learning and discussion session. <b>(NAC approved)</b>	VIRTUAL
10/18/2023	Medication Administration Skills Competency	6:30-8:30 PM	Security Mutual Insurance 101 Cherry St. Allison	This 2 hour professional development course is designed to address the principles and skills needed to administer medications to children. The course is specifically designed for personnel working in Iowa child care businesses. The course addresses the administration of oral medications, eye drops and ointments, ear drops, nasal drops and sprays, topical creams and ointments, nebulizer treatments and meter-dose inhalers. Participants must complete the Essentials for Medications in Child Care module prior to taking this course. This course includes a 1-hour skills competency evaluation to be completed within 30 days of taking the course. Please refer to the Medication Skills Competency Evaluation handout for additional information. <b>(IQ4K approved)</b>	FACE TO FACE
10/21/2023	Building Resilient Kids & Relationships with the Nurtured Heart Approach	8:00-3:00 PM	Central Rivers AEA 9184 265 <sup>th</sup> St. Clear Lake	Training to provide framework and skills to build resiliency in children, increase positive behaviors, and strengthen the child care relationship. <b>(NAC approved)</b>	FACE TO FACE
10/25/2023	Back to Sleep-Tummy to Play, Reducing the Risk of SIDS & Promoting Active Tummy Time (Face-to-Face Revised 2021)	6:00-8:00 PM	Chickasaw Heritage Building Center 2275 S. Linn Ave. New Hampton	This course is the Face-to-Face version developed by the Iowa SIDS Foundation. This course presents research to understand SIDS and SUID, risk factors, recommendations for safe sleep, provider's role in providing a safe sleep environment, and guidance for the importance of tummy time when infants are awake. <b>(NAC approved)</b>	FACE TO FACE
10/26/2023	I only want a peanut butter sandwich!	6:30-8:30 PM	Keystone AEA 2310 Chaney Rd. Dubuque	Picky eating is a normal behavior among toddlers/children. Childcare providers will identify strategies to promote healthy eating habits, taste test new foods, and foster a pleasant mealtime experience for all.	FACE TO FACE

# November

Date	Name of Training	Time	Location	Description	FACE TO FACE OR VIRTUAL
11/1/2023	Medication Administration Skills Competency	6:30-8:30 PM	Kidsville Learning Center 1009 1 <sup>st</sup> St. W Independence	This 2 hour professional development course is designed to address the principles and skills needed to administer medications to children. The course is specifically designed for personnel working in Iowa child care businesses. The course addresses the administration of oral medications, eye drops and ointments, ear drops, nasal drops and sprays, topical creams and ointments, nebulizer treatments and meter-dose inhalers. Participants must complete the Essentials for Medications in Child Care module prior to taking this course. This course includes a 1-hour skills competency evaluation to be completed within 30 days of taking the course. Please refer to the Medication Skills Competency Evaluation handout for additional information. <b>(IQ4K approved)</b>	FACE TO FACE
11/2/2023	Technology in Child Care	6:30-8:30 PM	ONLINE	Providers will learn developmentally appropriate practices in relation to technology and children as well as learning how to effectively use technology to manage their child care business.	VIRTUAL
11/4/2023	Super Saturday  Mindfulness: An Approach to Improving Focus in Children and Adults  Let's Talk! Supporting Language Development and Communication in Children	9:30 AM-11:30 AM  12:00-2:00 PM	Deery Center 3675 University Ave. Waterloo	Participants will learn about "mindfulness". Participants will explore and practice techniques that lead to improving focus on tasks, improving and lengthening attention span, as well as influencing positive presence while engaging others.  Participants will gain an understanding of how language develops in children. Participants will learn how children develop language skills. Participants will explore communication techniques.	FACE TO FACE
11/6/2023	Minimal Facts Interviewing	6:00-8:30 PM	ONLINE	Minimal Facts Interviewing teaches those who are likely to receive a disclosure of child abuse about how to appropriately gain information from the child without compromising the investigation. Participants learn do's and don'ts associated with interviewing children, how their information is applied to the investigation, information about child protection centers, and information on child abuse dynamics. The training is taught by trained child protection center staff and is based on knowledge of child development and participation in child abuse investigations.	VIRTUAL
11/9/2023	Baby Sign	6:30-8:30 PM	Central Rivers AEA 9184 265 <sup>th</sup> St. Clear Lake	Participants will learn how to communicate with young children through the use of sign language, understand the benefits of using sign language as a form of communication with young children, and understand the link between language development and use of sign language with children	FACE TO FACE



## November Continued

11/13/2023	Caring for Children with Allergies, Anaphylaxis, and Seizures	6:30-8:30 PM	ONLINE	Caring for children with special health needs can be concerning for providers. Increased knowledge, planning and skills helps to build confidence in being prepared to respond when emergent care is needed. This training will provide information and care planning on allergies, anaphylaxis and seizures in the child population.	VIRTUAL
11/14-12/12/2023	School Age Matters	6:30-8:30 PM	ONLINE	This series training is made up of 5 sessions that will allow providers to obtain the skills needed to care for school age children enrolled in a Child Development Home, Center or School Age Center. Topics covered include: Human Interactions and Communication, Child Development, Healthy and Safe Practices, Program Planning and Activities, and Ethics in School Age Care <b>(IQ4K approved)</b>	VIRTUAL
11/15/2023	When Families and Schools Partner, Everyone Wins	6:30-8:30 PM	ONLINE	Children, their families, and their early childhood programs benefit when partnerships are nurtured between schools and families. Learn about our ethical responsibilities and how we can meet them by providing families with different ways to be involved in their children's early learning experience and environment. Gain an understanding of and ideas for inviting, involving, educating and learning from families. <b>(NAC approved)</b>	VIRTUAL
11/27-1/29/2024	EC-PBIS for Family Child Care	6:00-8:30 PM	ONLINE	Early Childhood Iowa Positive Behavioral Interventions and Supports for Family Child Care Providers series focuses on the social and emotional wellness of children in family child care settings. Participants will explore issues of challenging behavior, possible causes and solution. <b>(IQ4K approved)</b>	VIRTUAL



# December

Date	Name of Training	Time	Location	Description	FACE TO FACE OR VIRTUAL
12/7/2023	Minimal Facts Interviewing	6:30-9:00 PM	ONLINE	<p>Minimal Facts Interviewing teaches those who are likely to receive a disclosure of child abuse about how to appropriately gain information from the child without compromising the investigation. Participants learn do's and don'ts associated with interviewing children, how their information is applied to the investigation, information about child protection centers, and information on child abuse dynamics. The training is taught by trained child protection center staff and is based on knowledge of child development and participation in child abuse investigations.</p>	VIRTUAL
12/19/2023	Mealtime in Child Care	6:30-8:30 PM	ONLINE	<p>Participants will learn the importance of nutrition in child care. Participants will explore topics that include creating healthy eaters, basics of food safety, understanding the nutritional needs of children, and how to incorporate ethical considerations in mealtime.</p>	VIRTUAL



## Start your IQ4K Journey on the right foot!

Child Care Providers are encouraged to start with their local CCR&R Child Care Consultant that can support them to learn more about this new system and requirements.



### Virtual Director's Symposium

October 17, 2023

12:30-2:30 pm

Leading Change in Your Early Childhood Setting



### ChildNet 3.0

ChildNet 3.0 series this year are first come, first serve

Region 2 is hosting our own virtual series January 4-March 7

Other series options: Sept. 7-Nov. 2, Feb. 6-April 9, Sept. 19-Nov. 21, Jan. 30-April 2  
Aug. 15-Oct. 24 and oct. 3-Dec. 12

### Environmental Rating Scale (ERS)

Please see attached ERS schedule for July 1, 2023-June 30, 2024

All Virtual series are first come, first serve and managed by Iowa State University, NOT CCR&R

August-October series posted July 1

November-January series posted August 1

February-May series posted November 1

Register on i-PoWeR and complete the payment link

### EC-PBIS

EC-PBIS - Sept. 6-27 6:00-9:00 - Central Rivers AEA Clear Lake

EC-PBIS - Sept. 11-Oct. 2 6:00-9:00 - Zoom

EC-PBIS - Sept. 5-26 6:00-9:00 - Zoom

EC-PBIS Infant Toddler - Oct. 4-Nov. 1 6:00-9:00 - Zoom

IOWA  
EC-PBIS

