

Spring 2023 Training Descriptions

Sign up for each training on the I-PoWeR Training Registry



January

Date	Name of Training	Time	Location	Description	FACE TO FACE OR VIRTUAL
1/5/2023 (series through until 1/26)	Infant Toddler Environment Rating Scale-3 (ITERS-3)	6:30 – 8:30 PM	ONLINE	This series is intended for administrators, staff and teachers of infant and toddler programs in child care center settings. In this 4-part series, participants will learn about the ITERS-3 and how to use it to create a high quality environment for infants and toddlers. Participants will evaluate their own program and begin to create an action plan to make quality changes in their infant and toddler environment. (NAC approved) (IQ4K approved)	VIRTUAL
1/9/2023 (series through 2/13)	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 (IQ4K approved)	VIRTUAL
1/17/2023	Connections Matter: An introduction	6:30 – 8:30 PM	ONLINE	The training was developed using key concepts from the Connections Matter philosophy. Participants will learn how trauma is personal and that supportive relationships can mitigate the impact of trauma on children and adults. Participants will explore how toxic stress and the impact of stress can affect brain development. Participants will learn how healthy relationships build resilience in children and adults. (NAC approved)	VIRTUAL
1/18/2023 (series through 2/22 - Not held 1/25)	EC-PBIS Preschool Modules 1 & 2	6:00 – 9:00 PM	Keystone AEA 2310 Chaney Rd. Dubuque	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. (NAC approved) (IQ4K approved)	FACE TO FACE
1/25/2023	Cuddles to Crayons: Infant and Toddler Development	6:30 – 8:30 PM	Security Mutual Insurance 101 Cherry St. Allison	Looking for a class written just for infant and toddler teachers? This training will look closely at children birth through 36 months, how they learn and develop and how providers can use this information to give every child the best care.	FACE TO FACE
1/26/2023	Medication Administration Skills Competency	6:30 – 8:30 PM	ONLINE	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. (IQ4K approved)	VIRTUAL
1/31/2023	Emotional Connections: How Relationships Guide Early Learning	6:30 – 8:30 PM	ONLINE	This presentation will provide education about infant and early childhood mental health needs and how stress can impact behaviors to cause dysregulation. Participants will learn how to identify and respond to various types of dysregulated behaviors utilizing a relational lens while meeting developmental and emotional needs of young children	VIRTUAL

February

Date	Name of Training	Time	Location	Description	FACE TO FACE OR VIRTUAL
2/1/2023	Crayons to Kindergarten: Development in the Preschool Child	6:30 – 8:30 PM	Security Mutual Insurance 101 Cherry St. Allison	Want more information on working with preschool children? This training takes a step past the basics to learn about the unique ways preschool children learn and develop.	FACE TO FACE
2/7/2023	I-Smile Oral Health in Child Care 2018	6:30 – 7:30 PM	ONLINE	This training provides information on infant and child oral health, including tooth development, teething and prevention of tooth decay.	VIRTUAL
2/16/2023	Build the Brain: Supporting Creativity and Inventive Thinking	6:30 – 8:30 PM	ONLINE (STATEWIDE)	In a world where inventive thinking and creativity propel progress, we need to build connections in the brain with activities that support all of the domains of learning. Learn about the brain building benefits of making time for children to explore creatively and in ways that inspire new ideas. Discover how you can help children to think more deeply, creatively, and inventively by implementing thinking routines. You will be amazed at what they can do!	VIRTUAL
2/16/2023	Medication Administrations 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. (IQ4K approved)	FACE TO FACE
2/20/2023	Shake, Rattle, and Roll	6:30 – 8:30 PM	Deery Center 3675 University Ave. Waterloo	Creating a learning environment that supports children's music participation and design and demonstrate activities to engage children in musical experiences.	FACE TO FACE
2/21/2023	Food Safety Escape Challenge	6:30 – 8:30 PM	Waverly Public Library 15 W Bremer Ave. Waverly	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. (IQ4K approved)	FACE TO FACE
2/23/2023	Medication Administrations Skills Competency	6:30 – 8:30 PM	ONLINE	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. (IQ4K approved)	VIRTUAL
2/25/2023	Kindfulness for Young Learners: Social Emotional Learning Based Yoga and Mindfulness	9:30 AM – 4:00 PM (½ hour lunch-bring your own)	Heritage Building, 2275 S. Linn New Hampton	Experience based workshop introducing early learning educators to mindfulness-based research, embedded in Social Emotional Learning and mindfulness-based yoga activities that can be implemented immediately in the classroom. The mindfulness-based activities utilized are taught through a trauma-informed lens.	FACE TO FACE
2/27/2023	Caring for Children with Asthma – The Young and The Breathless	6:30 – 8:30 PM	ONLINE	Asthma is a serious condition that effects many children in care. This training provides information about asthma prevalence, an overview of symptoms, triggers, and medications used to treat symptoms. Participants will learn how to use an Asthma Action Plan and ways to decrease environmental triggers in the child's learning environment.	VIRTUAL
2/28/2023	Behavioral Strategies and Teaching Children About Problem Solving	6:30 – 8:30 PM	ONLINE	Learn to be proactive in ways that help you to mitigate challenging behavior. Learn strategies for developing relationships with children that you can lean on and how to teach children to solve their problems. When challenging behavior occurs, use strength-based and positive interactions to teach children about their actions.	VIRTUAL

March

Date	Name of Training	Time	Location	Description	FACE TO FACE OR VIRTUAL
3/1/2023	Medication Administrations Skills Competency	6:30 – 8:30 PM	Families First Childcare 1661 3rd St. SW Waverly	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. (IQ4K approved)	FACE TO FACE
3/2/2023 (series through 3/23)	Early Childhood Environment Rating Scale-3 (ECERS-3)	6:30 – 8:30 PM	ONLINE	This series is intended for administrators and staff of preschool programs and preschool age (ages 3-5) classrooms in child care center settings. In this 4-part series, participants will learn about the ECERS-3 and how to use it for self assessment. Participants will evaluate their own program and begin to create an action plan to make quality changes in their child care environment. (NAC approved) (IQ4K approved)	VIRTUAL
3/2/2023 (series through 3/30)	PITC of Iowa: Module 3: Learning and Development	6:30 – 8:30 PM	Deery Center 3675 University Ave. Waterloo	Participants will learn about infant and toddler development and how to optimize their learning. (IQ4K approved)	FACE TO FACE
3/6/2023	Food Safety Escape Challenge	6:30 – 8:30 PM	Central Rivers AEA 9184 265th St. Clear Lake	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. (IQ4K approved)	FACE TO FACE
3/7/2023 (series through 4/4)	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 (IQ4K approved)	VIRTUAL
3/8/2023	Director's Symposium – When Families and Schools Partner, Everyone Wins (DIRECTORS ONLY)	12:30-2:30 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. (NAC approved)	VIRTUAL
3/8/2023	A Calm and Friendly Childcare Setting	6:00-8:30 PM	Security Mutual Insurance 101 Cherry St. Allison	Learn how to make your child care setting calm and friendly while teaching children the friendship skills they need to be successful in the future. (NAC approved)	FACE TO FACE

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3/13/2022	Medication Administrations Skills Competency	6:30 – 8:30 PM	ISU Extension Office, 112 N Main St. Charles City	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. (IQ4K approved)	FACE TO FACE
3/20/2023 Session 1 & 3/27/2023 Session 2	Building Resilience with Storybooks	6:30 – 8:30 PM	Deery Center 3675 University Ave. Waterloo	This innovative child care training introduces core concepts for supporting children's resilience and social-emotional skills when using storybooks. It also includes evidence-based strategies to use when reading with children. Session 1 addresses dialogic reading (interactive reading). Session 2 builds on skills from Session 1 to support children's developmentally appropriate resilience using storybook guides. Participants will receive resources to support program implementation.	FACE TO FACE
3/20/2023 (series through 5/8)	Buy Eat Live Healthy	6:30 – 8:30 PM	Manly City Hall, 106 S. Broadway Manly	A training series to help you buy, eat, and live healthy! Explore new ways to become physically healthy, and shop for meals while staying within a budget. Learn great ways to add healthy foods to your meals and simple steps to reduce unhealthy foods (Note: Providers MUST attend 6 out of the 8 sessions to receive training credit!)	FACE TO FACE
3/28/2023 4/4/2023 4/11/2023 4/18/2023 4/25/2023	National Administrators Credential (NAC) (DIRECTORS ONLY)	8:00 AM – 4:30 PM	Deery Center 3675 University Ave. Waterloo	The National Administrator Credential (NAC) is a nationally awarded credential just for Directors. The 40 hour, comprehensive NAC curriculum was developed by experts in various areas of business, child care, and early childhood education. The training focuses on skill development and exposure to new ideas for directors and administrators of child care programs in the management of programs serving children and families. (NAC approved) (IQ4K approved)	FACE TO FACE

April

Date	Name of Training	Time	Location	Description	FACE TO FACE OR VIRTUAL
4/3/2023 (series through 5/1)	EC PBIS for Infants & Toddlers Modules 1 & 2	6:00-9:00 PM	Deery Center 3675 University Ave. Waterloo	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. (NAC approved) (IQ4K approved)	FACE TO FACE
4/5/2023	Medication Administrations Skills Competency	6:30 – 8:30 PM	ONLINE	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. (IQ4K approved)	VIRTUAL
4/11/2023	Food Safety Escape Challenge	6:30 – 8:30 PM	Osage Police Department 432 Main St. Osage	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. (IQ4K approved)	FACE TO FACE
4/13/2023	Tiny Bodies, Big Behaviors: Attention-Deficit/Hyperactivity Disorder in Early Childhood	6:30 – 8:30 PM	ONLINE	Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopment disorder that impacts approximately 10% of children. For children with this condition, it is hard for them to slow down and use their "brain brakes", leading to increased hyperactive and impulsive behavior, more difficulty handling strong emotions, and a hard time focusing and following directions. While children with ADHD can be delightful, their executive functioning deficits make their behaviors harder to manage in a daycare or classroom setting, and they often need different tools and strategies to be successful. Please join Dr. Carissa Gunderson, a child psychiatrist, and Dr. Erin Olufs, a child psychologist, as they provide information on the neurobiology of ADHD and how it impacts children. They will discuss the diagnosis of ADHD, along with evidence-based interventions of medication management and behavioral interventions to treat this disorder. They will also help identify different strategies childcare providers can use to manage challenging behaviors and help children with ADHD reach their full potential.	VIRTUAL
4/15/2023	Soap and Water Sandwich: Investigating Bubbles	8:30 - 11:30 AM	Keystone AEA 700 Ridgewood Dr. Decorah	Bubbles are a great way to get children to experiment as they use a variety of tools and methods for blowing bubbles. Children engage in inquiry as they seek answers to their questions, such as: How can I hold a bubble without it popping? Can I make a square bubble? How can I make a bubble with a fork? Participants will engage in bubble blowing activities as they attempt to answer these questions and learn how making many types of bubbles promotes reasoning. (NAC approved)	FACE TO FACE
4/15/2023	Play Power	8:30 AM - 2:00 PM (30 min lunch break – Bring your own Lunch)	Security Mutual Insurance 101 Cherry St. Allison	Strategies to Support Learning Through Play is designed to help adults understand the importance of play and their role to support play. This series looks at the value of play and examines how everyday play activities help children gain skills form all learning domains and begin to better understanding of the world around them.	FACE TO FACE
4/15/2023 & 4/22/2023	PITC of Iowa: Module 4: Culture, Family and Providers	4/22 8:30 AM - 3:45 PM (free light lunch included) 4/22 8:30 AM - 12:45 PM	Keystone AEA 2310 Chaney Rd. Dubuque	Children's sense of identity is formed through the ways in which the important adults in their lives react and interact with them. Rules for living are passed down to them from their family's beliefs, faith, ethnicity, etc. Children need to feel secure in who they are and where they come from. What child care policies and practices should be in place that reflects support of cultural beliefs? (IQ4K approved)	FACE TO FACE
4/18/2023	Food Safety Escape Challenge	6:30 – 8:30 PM	NICC Cresco Campus Room 111 1020 2nd Ave. SE	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. (IQ4K approved)	FACE TO FACE
4/20/2023	Safe Food for a Healthy Future	6:30 – 8:30 PM	Deery Center 3675 University Ave. Waterloo	How do we protect the children we care for from food borne illnesses? Participants will assess current food safety practices and develop action plans to improve practices in their child care setting. Use the FightBac! messages (separate, clean, cook and chill) to fight foodborne illness. Learn to identify potentially hazardous foods, the four types of cross contamination, difference between cleaning and sanitizing, and the temperature danger zone. (IQ4K approved)	FACE TO FACE

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4/20/2023	Actions Speak Louder than Words	6:30 – 8:30 PM	Keystone AEA 2310 Chaney Rd Dubuque	Infants, toddlers, preschool, and school age children “learn” nutrition, physical activity and other health behaviors by observing and imitating adults. Child care providers will experience ‘less than ideal’ role modeling, will hear and see parents’ opinions of role modeling, and will develop an action plan to foster more positive role modeling to help children engage in more health promoting behaviors and practices.	FACE TO FACE
4/22/2023	Nature Explore: Moving to Learn Nature Explore: Arts & Nature	9 AM - 12 NOON 12:30 PM – 3:30 PM	Arlington Community Event Center 853 Main St. Arlington	Children truly must move in order to learn well, and adults need practical strategies for developing purposeful movement experiences that work in indoor and outdoor settings. (NAC approved) This workshop will help you discover how to help children express their knowledge and personal interpretation of the world in more meaningful ways. The Look-Move-Build-Sketch planning model is designed to help educators create multi-faceted art experiences. This approach encourages children to work in many modes, reminding both teachers and learners (especially those with sensory integration challenges) of the many ways to experience new ideas and concepts. The projects explored during this workshop are inspired by nature and serve as another way to help children make deeper connections with the natural world. (NAC approved) (Must enroll in both sessions)	FACE TO FACE
4/22/2023 & 4/29/2023	IA PITC Module 5: Beginning Together, Caring for Infants and Toddlers with Special Needs	4/22 8:30 AM - 3:45 PM (free light lunch included) 4/29 8:30 AM - 12:45 PM	Central Rivers AEA 9184 265th St. Clear Lake	PITC (The Program for Infant Toddler Caregivers) Module 5, Beginning Together: Caring for Infants and Toddlers with Disabilities and Special Needs in Inclusive Settings is designed to assist child care providers who have infants and toddlers with disabilities and other special needs in their care. (NAC approved) (IQ4K approved)	FACE TO FACE
4/25/2023	Breastfeeding Basics for the Childcare Provider	6:30 – 8:30 PM	Deery Center 3675 University Ave. Waterloo	Current data in Iowa indicates that new moms often initiate breastfeeding soon after the birth of their child, however continuing to breastfeed after returning to work can be challenging. This workshop includes evidence-based information for providers on supporting the breastfed infant and family. Providers will gain knowledge on infant growth patterns, reflexes, hunger cues and development as well as best practices for healthy infant feeding and storage/handling of breast milk	FACE TO FACE
4/25/2023	Back to Sleep-Tummy to Play, Reducing the Risk of SIDS & Promoting Active Tummy Time 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 (NAC approved)	FACE TO FACE

May

Date	Name of Training	Time	Location	Description	FACE TO FACE OR VIRTUAL
5/2/2023	Medication Administration Skills Competency	6:30 – 8:30 PM	ISU Extension Franklin County 3 1st Ave. NW Hampton	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. (IQ4K approved)	FACE TO FACE
5/4/2023 Session 1 & 5/11/2023 Session 2	Building Resilience with Storybooks	6:30 – 8:30 PM	Central Rivers AEA 9184 265th St. Clear Lake	This innovative child care training introduces core concepts for supporting children's resilience and social-emotional skills when using storybooks. It also includes evidence-based strategies to use when reading with children. Session 1 addresses dialogic reading (interactive reading). Session 2 builds on skills from Session 1 to support children's developmentally appropriate resilience using storybook guides. Participants will receive resources to support program implementation.	FACE TO FACE
5/4/2023	Safe Food for a Healthy Future	6:30 – 8:30 PM	Security Mutual Insurance 101 Cherry St. Allison	How do we protect the children we care for from food borne illnesses? Participants will assess current food safety practices and develop action plans to improve practices in their child care setting. Use the FightBac! messages (separate, clean, cook and chill) to fight foodborne illness. Learn to identify potentially hazardous foods, the four types of cross contamination, difference between cleaning and sanitizing, and the temperature danger zone. (IQ4K approved)	FACE TO FACE
5/10/2023	Immunizations and Child Care	6:30 – 8:30 PM	Security Mutual Insurance 101 Cherry St. Allison	Immunizations are the best way to protect children from vaccine-preventable diseases; however immunization requirements for children in child care can be confusing. In this course providers will learn the what, why, and how of vaccines and the tools to develop a good immunization record policy.	FACE TO FACE
5/16/2023	Linking Literacy with Food: Read, Learn, Eat!	6:30 – 8:30 PM	Deery Center 3675 University Ave. Waterloo	Early reading and language development helps kids be "school ready" and greatly increases their chance for academic success. A great way to introduce literacy is to link reading to food! This class will share well-loved children's books and food related activities to use with children. Learn new ways to connect with children as we explore literacy strategies to use with great books including: Bread and Jam for Frances, Growing Vegetable Soup, Pancakes, Pancakes, No More Germs Please, Everyone Brings Noodles, Apples, Apples, Apples, and Everyone Cooks Rice (NAC approved)	FACE TO FACE
5/16/2023	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. (IQ4K approved)	FACE TO FACE
5/17/2023	Literacy As A Foundation For Future Learning (Statewide)	6:30 – 8:30 PM	ONLINE	Learning literacy is a process that takes many years. Early Childhood professionals can provide children with a strong foundation for reading comprehension and writing when we understand that process and intentionally select books that are diverse in scope and content. Our approach to teaching both reading and writing can help children feel capable and instill joy in literacy that they will carry with them for years to come.	VIRTUAL

June

Date	Name of Training	Time	Location	Description	FACE TO FACE OR VIRTUAL
6/6/2023	Meal Planning Magic	6:30 – 8:30 PM	Deery Center 3675 University Ave. Waterloo	Processed foods are commonly used and consumed because of their convenience. Meal planning magic provides a framework to plan and serve nutritious, convenient meals. Meals planned using My Plate are also likely to meet Child and Adult Care Food Program criteria. Meal and snack planning is discussed, demonstrated and sampled.	FACE TO FACE
6/8/2023	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. (IQ4K approved)	FACE TO FACE

Environmental Rating Scale Trainings for Spring:

ALL are Virtual and times are 6:30-8:30 pm

ECERS3: March 2, 9, 16, & 23

Virtual Director's Symposium

March 8

12:30-2:30 pm

When Families and Schools Partner Everyone Wins (NAC APPROVED)

NAC Series

One a week for 5 weeks

March 28, April 4, April 11, April 18, April 25

8 AM - 4:30 PM

Deery Center 3675 University Ave. Waterloo, IA

****Free to Directors or Assistant Directors who have no previously taken ****



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.