

2009 CHILD CARE WORKSHOP SERIES SCHEDULE

S.A.F.E. Outdoor Play Areas (\$12) - Wednesday, April 29 (7 - 9 p.m.)

As a result of this workshop, families and child care professionals will:

Understand the ABC's of supervision.
Be able to describe the factors to consider in selecting and installing surfacing materials in outdoor play areas.

Be able to develop age appropriate activities for outdoor play areas.
Be able to develop a maintenance plan for outdoor play areas.
Be able to develop a supervision plan for outdoor play areas.
Be able to assess outdoor play areas using a checklist for safety.

Eating for the Health of It (\$12) - Thursday, May 7 (7 - 9 p.m.)

This program will train providers to take charge of their food program and to help children eat well. At the end of the session each participant will be able to identify new ideas to:

Create healthier meals and snacks based on MyPyramid guidelines.
Promote positive meal environments and eating attitudes in children.
Enhance efficiency, organization and safety of meal preparation.

Increase movement activities with preschool children.
Foster social and emotional development in children through learning activities.

Wiring Infants and Toddlers for Success (\$12) - Thursday, June 25 (7 - 9 p.m.)

As a result of this workshop, families and child care professionals will:

Understand how the brain develops and is "wired".
Be able to foster a child's early competency in ways associated with later academic achievement, work performance and social adaptation.
Facilitate activities with children to enhance their brain development.

Provide a developmentally appropriate, stimulating environment for children to maximize their brain development.
Understand the importance of environmental influences on brain development.

* The book, *Fun to Play, Ready to Learn*, which provides additional activities will be available for purchase for \$11.77 (tax included) if desired.

Shaken Baby Syndrome/Nothin' But Baby Safe Sleep for Infants (\$10) - Thur. July 23 (7 - 9 p.m.)

As a result of this workshop, families and child care professionals will:

Define Shaken Baby Syndrome.
Understand the consequences of shaking a baby.
List different reasons a baby may be crying.
Create a personal plan to prevent Shaken Baby Syndrome.

Define SIDS and accidental suffocation.
Recite the four components of Safe Sleep.
Review a sample Safe Sleep Policy for an early childhood program.

* This two hour workshop was developed by the ECTC and meets the requirements of Nebraska State Statute 43-2606.

Don't Give Kids A Tummyache (\$12) - Thursday, August 20 (7 - 9 p.m.)

This is a food safety training program covering the basics of:

Handling and cooking food safely.
Food poisoning symptoms.

How to avoid food poisoning.
How food poisoning is transmitted.

Be Safe, Play Safe -Fire Safety (Oct. is Ntl. Fire Safety Month) (\$12) - Wed., Sept. 23 (7 - 9 p.m.)

As a result of this workshop, families and child care professionals will:

Be able to understand children's perception of fire and a child's limited ability to understand the dangers of fire.
Be able to teach fire safety and how to provide a fire safe environment.

Be able to teach children 4 lessons: my friend the firefighter; stop, drop, and roll; crawl low under smoke; Safe for Play! Keep Away!
(Participants will each receive a kit of materials to teach these lessons.)

Child Abuse and Neglect - It Could Happen to You (\$10) - Tuesday, October 27 (7 - 9 p.m.)

As a result of this workshop, families and child care professionals will:

Learn signs of abuse and neglect.
Know the process of reporting all suspected child abuse and neglect.
Understand the Nebraska law for mandatory reporting.
Learn ways to support and strengthen families.

Comprehend the process when a provider/teacher is reported to the Child Abuse Neglect Hotline.
Identify ways providers/teachers could be at risk of being perpetrators of abuse and neglect.
Create a Personal Prevention Plan.

* This two hour workshop was developed by the ECTC and meets the requirements of Nebraska State Statute 43-2606.

Strengthening Your Core - Core Competencies Overview (\$12) - Thursday, Nov. 5 (7 - 9 p.m.)

As a result of this workshop, families and child care professionals will:

Learn about the nine knowledge and skill areas of the *Nebraska Core Competencies for Early Childhood Professionals*.
Assess current skills in one of the core competency knowledge and skills areas.

Learn to identify strengths and areas where you would like to improve skills.
Be able to identify a variety of resources that can help improve current knowledge and skills in early childhood care and education.

* * * * * **Detach and Return the Lower Portion to Register** * * * * *

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ E-Mail: _____

Please register me for the following sessions:

- | | |
|--|---|
| <input type="checkbox"/> S.A.F.E. Outdoor Play Areas (4-29-09) | <input type="checkbox"/> Don't Give Kids a Tummyache (8-20-09) |
| <input type="checkbox"/> Creating A Healthy and Safe Eating Environment (5-7-09) | <input type="checkbox"/> Be Safe, Play Safe - Fire Safety (9-23-09) |
| <input type="checkbox"/> Wiring Infants and Toddlers for Success (6-25-09) | <input type="checkbox"/> Child Abuse and Neglect (10-27-09) |
| <input type="checkbox"/> Shaken Baby Syndrome/Nothin' But Baby (7-23-09) | <input type="checkbox"/> Strengthening Your Core (11-5-09) |

Enclosed is my check for _____ sessions x \$12.00 =

Enclosed is my check for _____ sessions x \$10.00 =

Total Payment Enclosed = _____

Make Checks Payable To: Douglas/Sarpy Extension

Mail To: UNL Extension Douglas/Sarpy, 8015 West Center Road, Omaha NE 68124

Attn: Mary Nelson

2009 CHILD CARE WORKSHOP SERIES

Designed for Early Childhood Professionals, Parents, and Foster Parents

Sponsored by University of Nebraska – Lincoln Extension

In Douglas/Sarpy Counties



UNIVERSITY OF NEBRASKA - LINCOLN EXTENSION
educational programs abide with the non-discrimination policies of the
University of Nebraska-Lincoln and the United States Department of Agriculture

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8015 West Center Road
Omaha NE 68124

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RETURN SERVICE REQUESTED

Child Care Workshop Series

Dates: 4/29, 5/7, 6/25, 7/23, 8/20, 9/23, 10/27, 11/5

Location: UNL Douglas/Sarpy Extension
Central Office
8015 West Center Road
Omaha, NE 68124

Time: 7:00 - 9:00 p.m.



Format: These presentations will be live and will incorporate many teaching tools: powerpoints, videos, hands-on activities and plenty of handouts. Mary Nelson, extension educator trained in child development, will present six of the programs. Nancy Urbanec, extension associate trained in nutrition and food safety, will share her expertise in the two food programs. Betty Neil, early childhood professional, will join Mary as trainer for both the July and October programs. You may choose to attend one, all, or any combination of these programs.

Certification: Each participant will receive a certificate at the end of each session, verifying attendance and 2-hours of in-service credit towards licensing.

Registration: Pre-register by sending in your registration and payment to:

University of Nebraska Extension Douglas/Sarpy Central Office
Attn. Mary Nelson
8015 West Center Road
Omaha NE 68124

A minimum of 10, pre-registered paid participants are required for each session. Packets will be prepared for each registered participant. For more information call 444-7804.

Cost: \$10 OR \$12 Per person, per program. This Series is being sponsored by the University of Nebraska - Lincoln Extension in Douglas/Sarpy Counties.

These programs are not developmentally appropriate for children to attend.