



TOPIC DESCRIPTIONS

— “Active and Outdoor Play in Childcare Settings”

This presentation will highlight recent research on the long-term physical and mental health benefits of active and outdoor play in early childhood and provide practical started for increased opportunity and improving space for outdoor play in child settings. Attendees will have an opportunity to share some of their own successes and challenges.

—“Build Resilience to Bust Stress“ (for you and your students)

In this session, participants will learn to understand what stresses you, how much something stresses you, and how to deal with stress in real time. We will also learn how to help your students deal with stresses, and how to build resilience for you and your students against future stresses.

—“I’m Melting in Meltdowns”

Do you find yourself stuck in meltdowns not knowing what to do? In this short overview, providers will identify triggers, response options, and ways to decrease future meltdowns. Learners will explore the cycle of escalation and how the brain responds on high alert. Providers will identify what it takes for the brain to get back into thinking mode. Ideas will be shared on how to decrease it from happening again.

— “Facility Preparedness (Go Bags)”

Being prepared in an emergency is imperative and a Go Bag is a crucial component of emergency preparedness for childcare facilities. It ensures that staff can quickly and efficiently evacuate with essential supplies, maintaining the safety and well-being of the children in their care during an emergency. This presentation will provide an in-depth look at the key elements of a Go Bag, how to assemble one, and best practices for maintaining and utilizing it effectively. We aim to empower childcare providers with the tools and knowledge necessary to protect and care for children effectively in emergency situations.



TOPIC DESCRIPTIONS

— **“Conflict Management & Resolution: 5 Tips to Maintain Healthy Relationships”**

Conflicts are inevitable. How we manage and resolve conflicts can impact the outcomes and relationships of those who are involved. In this engaging presentation, we will explore the art of conflict management and resolution, and will provide five practical strategies and techniques to effectively navigate conflicts. You will leave this presentation with a better understanding of conflict dynamics, and gain confidence in your ability to navigate potentially difficult situations.

— **“Child Care Regulation Updates”**

Review child care regulation updates and standard changes in the Minimum Standards.

— **“Implementing Curriculum with Fidelity”**

The key points of the training will provide strategies to help you understand your curriculum, learn about individualization, and reflect on your successes and challenges - all key components of implementing a preschool curriculum with fidelity. Based on the Head Start Early Childhood Learning and Knowledge Center (ECLKC).

— **“Fostering Needs for Infant and Toddler Classrooms”**

During this presentation, you will learn about key components to lay a strong foundation for children’s learning in an early childhood classroom.

— **“Having Fun with Music and Movement”**

Fun ways to teach Music and Movement activities to promote physical, cognitive, social, and emotional development in children by incorporating music and movement into daily routines and lesson plans.