

2015



March



April

May



June



4-C: Community Coordinated Child Care

Carroll, DeKalb, Lee, Ogle &
Whiteside Counties
155 N. Third St., Suite 300
DeKalb, IL 60115
815-758-8149
FAX 815-758-5652

McHenry County
667 Ridgeview Dr.
McHenry, IL 60050
815-344-5510
FAX 815-344-5520

February 2015

Dear Child Care Providers,

Quality Improvement Funds (QIF) have replaced the Quality Counts Child Care Grants. 4-C will offer funds to support continued quality improvement for child care programs. Please see page 27 for more information.

Quality Improvement Funds are designed to assist child care programs to:

- Achieve or advance an ExceleRate Illinois Circle of Quality for centers
- Achieve an ExceleRate Illinois Circle of Quality for family child care
- Achieve or maintain an approved national accreditation

****QIF Spring Cohorts Application deadline: Monday, February 9, 2015****

Check out the following training events below!

- ◆ Put Google to Work for You!—Friday, 3/6/15, see page 9
- ◆ Child Care University—Saturday, 3/7/15, see page 9
- ◆ NIAEYC 2015 Spring Conference: Conscious Discipline—Saturday, 3/21/15, see page 12

Administrative/Directors' Trainings to note:

- ◇ Emergency Preparedness and Planning for Early Childhood Programs—Tuesday, 4/21/2015, see page 18
- ◇ Promoting Shared Visions to Inspire Collaboration Within Your Program—Saturday, 6/20/15, see page 26
- ◇ Are you ready to take that first step toward ExceleRate Illinois? For center-based programs, completing the **ExceleRate Illinois Orientation** is the first step towards your program making a commitment to quality. See the online trainings available on page 28 for more information.

The **Licensed Family Child Care ExceleRate Illinois Overview Chart** is now available. All FCC providers who are interested in applying for a Circle of Quality will be required to take the Licensed Family Child Care ExceleRate Orientation that will be available in Spring 2015.

More information and resources will be coming soon, so make sure to check the ExceleRate website (<http://www.exceleerateillinoisproviders.com/>) often.

Sincerely,

Kim Sciacero

Professional Development Coordinator
DeKalb Office (815) 758-8149 ext. 226
Sterling Office (815) 625-0333

Katrina Gofron-Ellison

Professional Development Coordinator
McHenry Office (815) 344-5510 ext. 16
katrinag@four-c.org

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Funding provided in whole or part by:



About 4-C...

4-C is a non-profit agency serving children, families, parents, child care providers, employers, and communities for 40 years.

Serving Carroll, DeKalb, Lee, McHenry, Ogle, and Whiteside Counties



Our Mission...

The 4-C mission is to promote children's well-being by advocating for quality, affordable, accessible child care. We support parents and those providing child care by offering information, education, resources, and services.

Membership...

4-C members include individuals, child care professionals, parents, businesses, industries, and community organizations who support the 4-C mission.

Membership dues are paid annually and are in effect for one calendar year.

Membership funds are used to maintain 4-C services.

Membership Benefits...

- Many free trainings that meet DCFS licensing requirements for pre-service training, in-service training, and CDA content area requirements. Training may also count toward other credentials.
- Free training through self study units
- Free use of the 4-C mobile and on-site resource libraries

4-C: Community Coordinated Child Care OPPORTUNITY FOR MEMBERSHIP & SUPPORT

Name _____ Phone _____

Name of Organization/Business _____

Address _____

City _____ State _____ Zip _____ County _____

YES! I/We want to join the 4-C team and help promote quality child care services in our community.

_____ Child Care Center/Preschool (\$30) _____ Family Child Care Provider (\$20)

YES! I/We wish to provide support to help the winning efforts of "Team 4-C."

_____ Platinum (\$500) _____ Gold (\$250) _____ Silver (\$100) _____ Bronze (\$50)

We plan to publicly thank our donors. May we include your name/business? _____ Yes _____ No

If you are interested in receiving advocacy alerts electronically, please notate email address.

(Please write clearly) _____

THANK YOU! Donations are tax deductible to the full extent allowed by law.

Make your check payable to **4-C** and mail to: 155 North Third Street, Suite 300, DeKalb, IL 60115

PRE-REGISTRATION IS REQUIRED FOR ALL 4-C TRAININGS—EACH PERSON ATTENDING A TRAINING MUST FILL OUT A FORM. DEMAND IS HIGH AND SPACE IS LIMITED. PLEASE REGISTER EARLY.

Name _____ Phone _____
Home _____
Address _____ City _____ State _____ Zip _____

Email Address _____ Cell Phone _____

Email notification is the preferred method for registration status.

Please provide cell # in case of last minute changes.

Employer _____ Phone _____

Address _____

City _____ County _____ State _____ Zip _____

Address Preference for postal mail: _____ Work _____ Home

Licensed Status: _____ DCFS Licensed _____ License-Exempt _____ I am in the process of licensing

Do you currently care for children on IDHS' Child Care Assistance Program (CCAP)? _____ Yes _____ No

Does your program have a current 4-C membership? _____ Yes _____ No

Membership allows for free registration for most 4-C trainings.*

Family Child Care (FCC) Providers ONLY

Position: _____ FCC Owner _____ FCC Staff _____ I am in the process of becoming licensed

Check ALL ages currently enrolled: _____ Infants _____ Toddlers _____ Twos _____ Preschoolers _____ School-agers

Child Care Centers (CCC) ONLY

Position: _____ Director _____ Assistant Director _____ Teacher _____ Assistant Teacher

Check the primary age with which you currently work (choose only one):

_____ Infants _____ Toddlers _____ Twos _____ Preschoolers _____ School-agers

***ALL PROVIDERS** The following trainings have a non-refundable & non-transferable fee due with registration:

CPR & First Aid classes-\$20

Various ExceleRate trainings when indicated in the training description. See a full listing on page 5, Registration and Training Policies under the deposits and fees section.

****Select trainings, when specified in the training description, may have a *deposit* required for registration.**

Training Title	Date	Time	Location	Fee*/ Deposit**	Office Use Only

Trainings without fees or deposits may be emailed, faxed or mailed.

Trainings with required fees or deposits must be mailed or dropped off at the office.

For trainings in Carroll, DeKalb, Lee, Ogle, or Whiteside Counties send registration forms with all required fees/deposits to: 4-C DeKalb, 155 N. Third St., Ste. 300, DeKalb, IL 60115 p. 815-758-8149 ext. 226 f. 815-758-5652

For trainings in McHenry County send registration forms with all required fees/deposits to: 4-C McHenry, 667 Ridgeview Dr., McHenry, IL 60050 p. 815-344-5510 ext.10 f. 815-344-5520

4-C Registration and Training Policies

Pre-registration is required for all trainings. Participants may only register themselves. Registration for other parties will not be accepted. Most trainings offered by 4-C are free of charge to 4-C provider members. Participants are registered on a first come, first served basis upon receipt of a completed registration form *and* all relevant fees/deposits, until all spaces are filled. Prior to trainings, an email or letter is sent notifying participants of their registration status. The letter will state whether the participant is registered or placed on the waiting list for a training. In the interest of timeliness, it may sometimes be necessary to notify providers via phone or fax. In addition to the confirmation letter, participants with an email address will receive a training reminder email within 1-2 weeks of the training. Please note: Checks held for waiting lists will be shredded at the end of the current calendar period.

Fees and Deposits

Select trainings, when specified in the training description, may have a deposit required for registration. Statewide fees have been set for the following trainings. These fees are non-refundable and non-transferable. 4-C membership not required for registration.

An Introduction to the Environment Rating Scales: \$10	Family and Community - Partners in Learning: \$10
All Creative Curriculums Training: \$20	An Introduction to Transitions: \$10
Introduction to Developmental Screening Tools: \$10	Getting Ready for the PAS: \$10
Early Childhood Developmental Screening:\$15	Understanding and Planning for Continuous Quality Improvement:\$10
Fundamentals of Child Assessment: \$10	Creating Individual Professional Development Plans: \$10
Welcoming Each and Every Child : \$15	Getting Ready for the BAS: \$10

CPR/First Aid Fees

There is a required non-refundable and non-transferable fee to register for CPR/First Aid trainings. Please do not combine CPR/First Aid fees with deposits for other trainings. CPR/First Aid trainings are open to provider members 18 years and older working in child care settings in Carroll, DeKalb, Lee, McHenry, Ogle, and Whiteside counties.

♥ CPR/First Aid—\$20

Non-member Fees

Child care providers who work outside the 4-C service delivery area may register for most 4-C trainings. *Please note: CPR and First Aid classes are reserved for providers in the 4-C service delivery area.* Statewide fees apply to ERS, FCCERS, PAS, and BAS trainings (see above). There is a \$10 non-refundable fee for other 4-C trainings.*

*The "What is CCAP?" training is offered free of charge to any interested provider, parent or social service agency staff who would like to learn more about the Illinois Department of Human Services Child Care Assistance Program.

Please note:

Limits: Many trainings have an enrollment limit. Additionally, at times it may be necessary for 4-C staff to limit the number of registered participants from a single child care program.

Arrival Time: Admittance is closed 15 minutes after the advertised start time of the training.

Participants are encouraged to arrive several minutes before the scheduled starting time.

Children: Out of respect for the presenter and other participants, and for the well being of the child, children are not to attend 4-C trainings.

Participant Cancellation: Registered participants who cannot attend a training are asked to please call 4-C as soon as possible. Many trainings have a waiting list, so early notification may allow someone else to participate. Individuals who do not attend, and who do not call to cancel before the specified timeframe for a training with a cancellation/registration deadline requiring a deposit, forfeit their deposit.

Postponement or Cancellation: 4-C may need to cancel or postpone a training due to low registration, trainer illness, weather, or other emergencies. Every effort is made to reschedule trainings.

Clock Hour Documentation: At the conclusion of each class, participants receive a certificate indicating the title of the training, the curriculum (CDA content area) and the number of clock hours earned. Only those who attend the entire training will receive a certificate of credit for the clock hours awarded for that training. Training may meet the requirements of other credentials.

Replacement Certificates: Certificates will be re-issued at the request of the individual participant who completed the training. There will be a \$5.00 fee for a replacement certificate. The request must be made to the Professional Development Coordinator in writing and will be mailed within 10 business days from the time the request and fee is received.

Training Key

This key will help you determine the meaning of the following symbols, acronyms, and terms used throughout the training calendar.



The ExceleRate logo within the training descriptions indicates that the trainings are ExceleRate approved. Refer to the ExceleRate links below to determine the required attendees for each ExceleRate training.

For center-based programs: find more information about the training requirements for ExceleRate Illinois by viewing the **ExceleRate Illinois Required Training Grid** available at this link: www.excelerateillinoisproviders.com/resources/helpful-links.

For family child care providers: view the **Licensed Family Child Care ExceleRate Illinois Overview Chart** at <http://www.excelerateillinoisproviders.com/>.

Audience—"All providers" includes: child care center/preschool staff and directors, family child care providers, and school-age providers.

4-C Membership: Membership dues are paid annually and are in effect for one calendar year. 4-C membership is open to child care providers working in one of the following counties: Carroll, DeKalb, Lee, McHenry, Ogle, or Whiteside. Use the form on page 3 to submit your membership fee. Benefits include: many free trainings that meet DCFS licensing requirements for pre-service training, in-service training, and CDA content area requirements, free training through self study units, and free use of the 4-C mobile and on-site resource libraries.

With a free **Gateways Registry Membership**, your education credentials, and all Registry trainings you have attended will be tracked in the Registry database. You can access this information at any time by viewing your Professional Development Record (PDR) online through a secure section of the website. All 4-C trainings are Registry Approved and will automatically show up on your PDR within 5-10 business days. DCFS requires that all licensed child care providers must be enrolled in the Gateways to Opportunity Registry.

CDA Content Areas, as defined below by the Council for Professional Recognition, are the breakdown of the number of hours spent per topic during the training. CDA content area hours are needed to obtain a Child Development Associate (CDA) Credential. Content areas are noted in the descriptions of each workshop and also on certificates given at the conclusion of each 4-C training.

Content Area 1- Planning a Safe & Healthy Learning Environment

Content Area 2- Steps to Advance Children's Physical & Intellectual Development

Content Area 3- Positive Ways to Support Children's Social & Emotional Development

Content Area 4- Strategies to Establish a Productive Relationship with Families

Content Area 5- Strategies to Manage an Effective Program Operation

Content Area 6- Maintaining a Commitment to Professionalism

Content Area 7- Observing & Recording Children's Behavior

Content Area 8- Principles of Growth & Development

Please note:

Trainings may meet the requirements of other credentials (including Gateways Credentials).

All 4-C trainings are Gateways Registry Approved.

Alternative CPR and First Aid Sites

4-C attempts to provide CPR and First Aid trainings on our training calendar to meet the needs of child care providers within our six county area. However, due to the increasing demand for these trainings, the following entities, as well as your local fire departments and park districts, may also offer CPR and/or First Aid trainings.

4-C trainings include CPR for infants, children and adults, First Aid, and AED and provide certification that is accepted by DCFS to meet licensing requirements.

Please note: It is the participant's responsibility to check the DCFS Licensing Regulations for CPR/FA requirements and verify that trainings offered by the entities listed below will cover all the components needed to meet DCFS Standards.

Carroll County Area

**Rock River
American Red Cross**
Rockford
(815) 963-8471

DeKalb County

American Red Cross
(815) 756-7339

Kishwaukee Community Hospital
(815) 756-1521 ext. 153618

Lee County

American Red Cross
Dixon
(815) 284-2829

Ogle County

Rochelle Community Hospital
(815) 562-2181

Whiteside County

American Red Cross
Rock Falls
(815) 625-0382

Lori Reubin
Lee, Ogle & Whiteside Counties
American Heart Association
815-288-5905

McHenry County Area

Jim Tomasek
AHA Instructor
(815) 404-8709

Ed Atkinson
Emergency Response
(815) 477-4819

Gary Salvador
Safety First
630-880-2083

Mark Dzwonkiewicz
CPR Works
American Heart Association
(815) 353-4528

Advocate Health Care
Good Shepherd Hospital
Barrington
(800) 323-8622

Mercy Harvard Hospital
Harvard
(815) 943-8356

Mercy Woodstock Hospital
Woodstock
(815) 337-7100

Sherman Health System
Sherman Hospital, Elgin
(847) 742-9800

4-C CPR and First Aid Classes

4-C trainings include CPR for infants, children and adults, First Aid, and AED and provides certification that is accepted by DCFS to meet licensing requirements.

Important Information

Please do not combine CPR/First Aid fees with deposits for other trainings. CPR/First Aid trainings are open to providers 18 years and older working in child care settings in Carroll, DeKalb, Lee, McHenry, Ogle and Whiteside counties.

American Heart Association CPR & First Aid (2 Year Certification)

\$20 non-refundable and non-transferable fee required to register

- ♥ Saturday, 4/11/2015 / Saturday, 5/9/2015 / Saturday, 6/13/2015
- **Time:** 8:00 AM-1:00 PM
- **Location:** 4-C DeKalb, 155 N. Third St., Suite 300, DeKalb, IL 60115
- **Instructor:** Steve Kimmel, Director of Kishwaukee College Child Care Center
- **5 Clock Hours** **CDA Content Area: 1**

American Heart Association CPR & First Aid (2 Year Certification)

\$20 non-refundable and non-transferable fee required to register

- ♥ Saturday, 3/14/2015 / Saturday, 5/2/2015
- **Time:** 9:00 AM-3:00 PM
- **Location:** Open Sesame Child Care Center, 1101 Middle Rd, Dixon, IL 61021
- **Instructor:** Lori Reubin, Director, Open Sesame Child Care Center or Monique Weidman, Teacher, Open Sesame Child Care Center, Dixon
- **6 Clock Hours** **CDA Content Area: 1**

American Heart Association CPR & First Aid (2 Year Certification)

\$20 non-refundable and non-transferable fee required to register

- ♥ Saturday, 3/21/2015 / Saturday, 4/18/2015 / Saturday, 5/9/2015 /
Saturday, 5/30/2015 / Saturday, 6/13/2015
- **Time:** 8:30 AM-1:30 PM
- **Location:** Baxter Credit Union (BCU), 415 S. Main St., Crystal Lake, IL 60014***
- **Instructor:** Jim Tomasek, Assistant Director, Friendship House
- **5 Clock Hours** **CDA Content Area: 1**

***Park at the employee/community room entrance which is located at the back of the building. Bank doors will open at 8:25 AM.

An Introduction to the Environment Rating Scales

Audience: Open to All Providers; Priority for programs within our counties pursuing ExceleRate IL
Cost: Statewide non-refundable fee of \$10.00 required for registration



This training is for center-based programs and family child care providers and offers an overview of the Environment Rating Scales. The Environment Rating Scales are user-friendly assessment tools that measure the quality of the learning environment for infants through school-age children. After completing this training, participants will be able to use the tool(s) for program self-assessment and improvement planning.

- **Date/Time:** Saturday, 2/14/2015, 8:30 AM-12:30 PM
- **Location:** 4-C Office, DeKalb, Basement Training Room, 155 N 3rd St., DeKalb, IL 60115
- **Instructor:** Barb Christmas, 4-C Quality Specialist
- **4 Clock Hours CDA Content Area: 5**

What is CCAP?

Audience: All Providers
Cost: Free

Join this informative session to become more familiar with the Illinois Child Care Assistance Program's (CCAP) policy and procedures, including the application process, provider qualifications, payment process and parent co-payments. The CCAP is funded by the IL Department of Human Services. 4-C MEMBERSHIP NOT REQUIRED. FREE FOR ALL PARTICIPANTS.

- **Date/Time:** Tuesday, 3/3/2015, 6:30 PM-8:30 PM
- **Location:** 4-C Office, DeKalb, 3rd Floor Conference Room, 155 N 3rd St., DeKalb, IL 60115
- **Instructor:** Tracy Carls, 4-C CCAP Manager
- **2 Clock Hours CDA Content Area: 5**

Put Google to Work for You!

Friday, March 6, 2015, 9:00am - 4:00pm

Kishwaukee College, Room A-1350, 21193 Malta Rd., Malta, IL 60150

Presented by: Giovanni Arroyo, Media Specialist, McCormick Center for Early Childhood Leadership at National Louis University

Audience: Center-based/Preschool Directors and Administrators

Cost: \$45

Learn how to use Google to organize, communicate, and make your program and life run more smoothly and efficiently. Learn how to put Google's tools to work for your program to ensure parents find you online. Turn the tech side of your program into a well-oiled machine using all of the many options Google has to offer. Register online at: <http://mccormickcenter.nl.edu/event/put-google-to-work-for-you/>.

Professional Development Funds may be used for this training. Access the application and guidelines online at: http://www.four-c.org/grants_and_scholarships.html.

Child Care University Early Childhood Conference 2015

Saturday, March 7, 2015

8:00 AM -3:15 PM

Packet pickup begins at 7:30 AM with a light breakfast.

Sauk Valley Community College, 173 IL Rt. 2, Dixon, IL 61021

Register online at: <http://web.extension.illinois.edu/clw> or call 815-772-4075 for more information.

Cost: \$30

Professional Development Funds may be used for this training. Access the application and guidelines online at: http://www.four-c.org/grants_and_scholarships.html.

Getting Ready for the BAS

Audience: Family Child Care Providers Only; Priority for programs within our counties pursuing ExceleRate IL

Cost: Statewide non-refundable fee of \$10.00 required for registration



Designed for family child care providers, this session provides an overview of the Business Administration Scale (BAS). The BAS is designed to assess the quality of administrative practices of family child businesses. After completing this training, providers will have a basic knowledge of the BAS, be able to use the tool for program improvement, and know how to prepare for the BAS assessment.

- **Date/Time:** Saturday, 3/7/2015, 9:00 AM-12:00 PM
- **Location:** Huntley Park District Rec Ctr, 12015 Mill St., Huntley, IL 60142
- **Instructor:** Linda Butkovich, Assessment Certification Specialist, McCormick Center for Early Childhood Leadership
- **3 Clock Hours CDA Content Area: 5**

An Introduction to the Environment Rating Scales

Audience: Open to All Providers; Priority for programs within our counties pursuing ExceleRate IL

Cost: Statewide non-refundable fee of \$10.00 required for registration



This training is for center-based programs and family child care providers and offers an overview of the Environment Rating Scales. The Environment Rating Scales are user-friendly assessment tools that measure the quality of the learning environment for infants through school-age children. After completing this training, participants will be able to use the tool(s) for program self-assessment and improvement planning.

- **Date/Time:** Saturday, 3/7/2015, 8:30 AM-12:30 PM
- **Location:** Shah Center, 4100 W. Shamrock Ln., McHenry, IL 60050
- **Instructor:** Jamie Johnson, 4-C Quality Specialist
- **4 Clock Hours CDA Content Area: 5**

Understanding Trauma and Children Exposed to Violence

Audience: All Providers

Cost: Free for 4-C Members

This training will explore trauma and its impact on children and families. Recognize the possible developmental concerns and behaviors that may arise from children affected by trauma. Explore techniques to support children, families and caregivers who have been exposed to violence and/or experienced trauma. Please be aware when enrolling in the training the content has some sensitive subject matter.

- **Date/Time:** Thursday, 3/12/2015, 6:30 PM-8:30 PM
- **Location:** 4-C Office, DeKalb, 3rd Floor Conference Room, 155 N 3rd St., DeKalb, IL 60115
- **Instructor:** Maggie Mosca, 4-C Mental Health Consultant
- **2 Clock Hours CDA Content Area: 3**

ECE Credential Level 1 Training: Module 8B: Preschool Physical Development

Audience: New Providers & Experienced Providers without Formal Coursework

Cost: Free for 4-C Members

As toddlers mature, their minds are not the only things growing at an incredible rate. You will understand the special areas of physical development in preschool-aged children. You also will learn about fine motor activities that will help preschoolers grow into their bodies while developing proper coordination and movement. Please note: If you are attending modules 8B and 8C there will be a 30 minute lunch break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

- **Date/Time:** Saturday, 3/14/2015, 8:30 AM-11:30 AM
- **Location:** 4-C Office, DeKalb, 3rd Floor Conference Room, 155 N 3rd St., DeKalb, IL 60115
- **Instructor:** Lanay Jacobs, Gateways to Opportunity ITN-Curricula Trainer
- **3 Clock Hours CDA Content Area:** 2 (3 hrs.)

ECE Credential Level 1 Training: Module 8C: Preschool Language Development

Audience: New Providers & Experienced Providers without Formal Coursework

Cost: Free for 4-C Members

Appropriate speech patterns and language skills are crucial to nurturing effective communications by preschoolers. In this third class on preschool development, you will explore how to use a picture and storybooks to lay the foundation for good reading and proper language use. This class comes complete with discussion on how to help children with special needs.

- **Date/Time:** Saturday, 3/14/2015, 12:00 PM-3:00 PM
- **Location:** 4-C Office, DeKalb, 3rd Floor Conference Room, 155 N 3rd St., DeKalb, IL 60115
- **Instructor:** Lanay Jacobs, Gateways to Opportunity ITN-Curricula Trainer
- **3 Clock Hours CDA Content Area:** 2 (3 hrs.)

We Choose Health

Audience: All Providers

Cost: Free for 4-C Members

Registration Deadline: Monday, 3/9/2015

The "We Choose Health" training offers child care providers instruction in using the Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) assessment tool to inform and implement program improvement. The NAP SACC program is a research-tested intervention designed to enhance policies, practices, and environments in child care by improving the nutritional quality of food served, amount and quality of physical activity, staff-child interactions, facility nutrition and physical activity policies and practices, and related environmental characteristics. There will be a 30 minute lunch break and lunch will be provided.

- **Date/Time:** Saturday, 3/14/2015, 8:00 AM-4:30 PM
- **Location:** NISRA, 285 Memorial Dr., Crystal Lake, IL 60014
- **Instructor:** Kathy Urbanus-Bernero, 4-C Child Care Nurse Consultant
- **8 Clock Hours CDA Content Area:** 1

NIAEYC 2015 Spring Conference

Teaching Loving Discipline

Presenter: Kay Zastrow
Conscious Discipline Certified Instructor

Saturday, March 21, 2015

Registration Deadline March 13, 2015

Registration begins 8:15 AM

Presentation 9:00 AM-3:30 PM

Kishwaukee College, 21193 Malta Rd., Malta, IL 60150

To register or for more information contact Lisa Schmidt at lschmidt@niu.edu or www.niaeYC.org.

This is a Gateways approved training.

Professional Development Funds may be used for this training. Access the application and guidelines online at: http://www.four-c.org/grants_and_scholarships.html.

SAYD Credential Level 1 Training: Module 7B: Managing and Guiding Relationships

Audience: All Providers Working with School-Agers and Youth

Cost: Free for 4-C Members

This session includes looking at how to help children and youth develop friendships and friendship skills. Discussion will include how to manage conflict as it plays a pivotal role in the development of relationship skills. Topics will also include bullying and harassment. National Afterschool Association (NAA) Standards on human relationships will be addressed. Please note: If you are attending modules 7B and 8A there will be a 45 minute lunch break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

- **Date/Time:** Saturday, 3/28/2015, 9:00 AM-12:00 PM
- **Location:** CGH Hospital, 100 E. LeFevre Rd., Sterling, IL 61081
- **Instructor:** Katie Zeman, Director, Kids Club District 200 and ITN Curricula Trainer
- **3 Clock Hours** **CDA Content Area:** 3 (.75 hr.), 4 (2.25 hrs.)

SAYD Credential Level 1 Training: Module 8A: Community Relationships

Audience: All Providers Working with School-Agers and Youth

Cost: Free for 4-C Members

Using the National Afterschool Association (NAA) Standards, this module will look at the differences between “community” and a “sense of community,” including ideas for creating and strengthening a sense of community. Participants will explore the ideas of the surrounding community as a resource and how to support children and youth engagement within it.

- **Date/Time:** Saturday, 3/28/2015, 12:45 PM-3:45 PM
 - **Location:** CGH Hospital, 100 E. LeFevre Rd., Sterling, IL 61081
 - **Instructor:** Katie Zeman, Director, Kids Club District 200 and ITN Curricula Trainer
 - **3 Clock Hours** **CDA Content Area:** 2 (.5 hr.), 3 (.5 hr.), 4 (2 hrs.)
-

The Creative Curriculum for Preschool - 5th Edition

Audience: Open to All Providers Caring for Preschool Age Children; Priority for programs within our counties pursuing ExceleRate IL

Cost: Statewide non-refundable fee of \$20.00 required for registration

Registration Deadline: Friday, 3/13/2015



The revised 5th edition for the Creative Curriculum for Preschool provides early childhood preschool programs information how to develop and utilize a comprehensive, developmentally appropriate curriculum for children who are 3 to age five. Included in the training is an overview of the framework, ten Interest Areas and assessment process designed to capture the development of children in a preschool program and create an engaging learning environment. Please note: There will be a 30 minute break and lunch will be provided. Attendance at both sessions is required. Partial credit cannot be given.

- **Date/Time:** Saturday, 3/28/2015 and 4/11/2015, 8:30 AM-4:30 PM
 - **Location:** McHenry County Mental Health Board, 620 Dakota St., Crystal Lake, IL 60012
 - **Instructor:** Stephanie Saville, ITN Curricula Trainer
 - **15 Clock Hours CDA Content Area:** 1 (1.5 hrs.), 2 (2.5 hrs.), 3 (3.5 hrs.), 4 (1.5 hrs.), 5 (1.5 hrs.), 6 (1.5 hrs.), 7 (1.5 hrs.), 8 (1.5 hrs.)
-

Observation: Putting the Puzzle Pieces Together

Audience: All Providers

Cost: Free for 4-C Members

Have you ever wondered what it would be like to get an outsider's perspective of your classroom/program or try to figure out what a child with a challenging behavior is trying to communicate? This training will explore the importance of observing, recording and sharing information with parents, families and colleagues. It will assist providers in planning activities that allow opportunities to be an "outside observer." Participants will also be able to practice using different strategies and tools in order to discover the behavior and its meaning through observation.

- **Date/Time:** Tuesday, 3/31/2015, 6:30 PM-8:30 PM
 - **Location:** Huntley Park District Rec Ctr, 12015 Mill St., Huntley, IL 60142
 - **Instructor:** Maggie Mosca, 4-C Mental Health Consultant
 - **2 Clock Hours CDA Content Area:** 3
-

Creating a Spending Plan for Your Family Child Care Business

Audience: Family Child Care Providers Only

Cost: Free for 4-C Members

This training will outline how to create an annual operating budget for family child care providers, including potential income and (at least 5) expense categories. The training will include calculations for projecting quarterly revenue and monthly reconciliation of accounting records as recommended in the BAS. Participants will leave the class with resources to create a budget and spending plan specific to their family child care business, with line-item breakdowns of revenue and expenditures.

- **Date/Time:** Wednesday, 4/1/2015, 6:30 PM-8:30 PM
 - **Location:** McHenry County Mental Health Board, 620 Dakota St., Crystal Lake, IL 60012
 - **Instructor:** Ruth Van Duzer, Owner of Van Duzer Family Child Care
 - **2 Clock Hours CDA Content Area:** 5
-

Welcoming LGBT Families and Staff in Early Childhood Programs

Audience: All Providers

Cost: Free for 4-C Members

As early childhood educators, we know the importance of welcoming all families and staff. There is, however, a societal tendency to overlook this particular population; they are present, but often treated as invisible. The presenters will talk about the importance of being intentional in welcoming members of the LGBT community into your programs and will include specific ideas related to curriculum and center practices.

- **Date/Time:** Tuesday, 4/7/2014, 6:30 PM-8:30 PM
 - **Location:** 4-C Office, DeKalb, Basement Training Room, 155 N 3rd St., DeKalb, IL 60115
 - **Instructor:** Diane Kubetz, Early Childhood Consultant and Chris Kipp, Director, Northern Illinois University Campus Child Care
 - **2 Clock Hours** **CDA Content Area:** 2 (1.5 hrs.), 3 (.5 hr.)
-

Introduction to Developmental Screening Tools

Audience: Open to All Providers; Priority for programs within our counties pursuing ExceleRate IL

Cost: Statewide non-refundable fee of \$10.00 required for registration



The process of developmental screening in the early childhood setting is introduced to practitioners. A review of several commercial screening tools is discussed to provide child care practitioners' options in monitoring a child's typical development.

- **Date/Time:** Thursday, 4/9/2015, 6:15 PM-9:15 PM
 - **Location:** CGH Hospital, 100 E. LeFevre Rd., Sterling, IL 61081
 - **Instructor:** Maggie Mosca, 4-C Mental Health Consultant
 - **3 Clock Hours** **CDA Content Area:** 7 (3 hrs.)
-

Welcoming Each and Every Child

Audience: Open to All Providers; Priority for programs within our counties pursuing ExceleRate IL

Cost: Statewide non-refundable fee of \$15.00 required for registration



This training provides information on caring for children with special needs in typical child care settings. The training helps increase the knowledge and comfort level of participants to enhance their ability to care for young children with disabilities in early childhood environments. Adaptations and modifications that will assist all children to participate in activities will be discussed. This meets the DCFS requirement for early childhood providers in special care inclusion training.

- **Date/Time:** Saturday, 4/11/2015, 8:30 AM-4:30 PM
 - **Location:** 4-C Office, DeKalb, Basement Training Room, 155 N 3rd St., DeKalb, IL 60115
 - **Instructor:** Lanay Jacobs, ITN Curricula Trainer
 - **7.5 Clock Hours** **CDA Content Area:** 8
-

SAYD Credential Level 1 Training: Module 8B - Family Relationships

Audience: All Providers Working with School-Agers and Youth

Cost: Free for 4-C Members

Families are central to the lives of children and youth. It is essential that all school-age and youth programs be “family friendly” and inviting so that families feel welcomed and valued. Using the National Afterschool Association (NAA) Standards, this session will explore ways to partner with families to enhance the experience of children and youth. Please note: If you are attending modules 8B and 9 there will be a 45 minute lunch break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

- **Date/Time:** Saturday, 4/11/2015, 9:00 AM-12:00 PM
- **Location:** CGH Hospital, 100 E. LeFevre Rd., Sterling, IL 61081
- **Instructor:** Katie Zeman, Director, Kids Club District 200 and ITN Curricula Trainer
- **3 Clock Hours CDA Content Area: 6**

SAYD Credential Level 1 Training: Module 9 - Personal and Professional Development

Audience: All Providers Working with School-Agers and Youth

Cost: Free for 4-C Members

This module will focus on how the personal and professional development of school-age and youth providers profoundly impacts the children, youth, families and colleagues they work with. National Afterschool Association (NAA) Standards in human relationships and administration will be discussed.

- **Date/Time:** Saturday, 4/11/2015, 12:45 PM-3:45 PM
- **Location:** CGH Hospital, 100 E. LeFevre Rd., Sterling, IL 61081
- **Instructor:** Katie Zeman, Director, Kids Club District 200 and ITN Curricula Trainer
- **3 Clock Hours CDA Content Area: 6**

Family and Community - Partners in Learning

Audience: Administrators; Priority for programs within our counties pursuing ExceleRate IL

Cost: Statewide non-refundable fee of \$10.00 required for registration



The benefits of strong family and community engagement practices in the child care setting will be the basis of discussion. Participants will identify the strengths of current family and parent policies, as well as discuss strategies to develop a strengths-based family and community engagement plan.

- **Date/Time:** Monday, 4/13/2015, 1:00PM-4:00 PM (**Rescheduled**)
- **Location:** United Way of Greater McHenry County, 4508 Prime Parkway, McHenry, IL 60050
- **Instructor:** Diane Kubetz, Early Childhood Consultant and ITN Curricula Trainer
- **3 Clock Hours CDA Content Area: 4**

ExceleRate Illinois and Gateways: Making the Connection

Audience: All Providers

Cost: Free for 4-C Members

Quality care for children has always been your goal. ExceleRate Illinois and Gateways can help you get to the next level. Join us to hear a program specialist from INCCRRA highlight the connections between credentials, scholarships, the Gateways Registry, and ExceleRate Illinois.

- **Date/Time:** Tuesday, 4/14/2015, 6:30 PM-8:30 PM
 - **Location:** 4-C Office, DeKalb, Basement Training Room, 155 N 3rd St., DeKalb, IL 60115
 - **Instructor:** Mark Obuchowski, INCCRRA Program Specialist - Marketing and Career Applications
 - **2 Clock Hours CDA Content Area: 6**
-

Keeping Children Safe and Families Strong

Audience: All Providers

Cost: Free for 4-C Members

By recognizing and responding to early signs of abuse, early childhood staff can help families get the kind of support that helps keep children safe and promotes their healthy development. Learn signs of domestic abuse and the impacts on children. Participants will walk away with resources and information to connect families with local community services.

- **Date/Time:** Thursday, 4/16/2015, 6:30 PM-8:30 PM
 - **Location:** McHenry County Mental Health Board, 620 Dakota St., Crystal Lake, IL 60012
 - **Instructor:** Jessica Culbertson, Prevention and Education Advocate, Turning Point
 - **2 Clock Hours CDA Content Area: 1**
-

Illinois Early Learning & Development Standards

Audience: Open to All Providers; Priority for programs within our counties pursuing ExceleRate IL

Cost: Free



This training gives early childhood practitioners an overview of the revised learning and development standards for preschool children ages three to five. Through discussion and small group activities, training participants will learn how to connect the standards with daily practice in their programs. There will be a 30 minute break and lunch will be provided.

- **Date/Time:** Saturday, 4/18/2015, 8:30 AM-3:00 PM
 - **Location:** CGH Hospital, 100 E. LeFevre Rd., Sterling, IL 61081
 - **Instructor:** Gloria Davis, Owner of Quality Child Care, Mt Carroll and ITN Curricula Trainer
 - **6 Clock Hours CDA Content Area: 5 (2 hrs.), 7 (4 hrs.)**
-

Program for Infant Toddler Care (PITC): Learning and Development - Module 3

Audience: All Providers Caring for Infants, Toddlers, and Twos

Cost: Free for 4-C Members

This session introduces Module 3 by giving an overview of brain development, early learning, and appropriate curriculum planning for infants and toddlers. Participants watch the DVD "The Next Step: Including the Infant in the Curriculum," which presents four domains of the infant's curriculum: physical development, social relationships, language development, and intellectual development. The PITC's view of infants as active, self-motivated learners is explained. The perspective that is presented can be summed up in the following way: "All children are born wired for feelings and ready to learn" when provided nurturing relationships and a peaceful but engaging environment. In addition to focusing on the infant's curriculum, the DVD illustrates three strategies that infant care teachers can use to support early learning: adapt, support practice and repetition, and expand learning. There will be a 30 minute break and lunch will be provided.

- **Date/Time:** Saturday, 4/18/2015, 8:00 AM-4:30 PM
 - **Location:** 4-C Office, DeKalb, Basement Training Room, 155 N 3rd St., DeKalb, IL 60115
 - **Instructor:** Melissa Veljasevic, 4-C Infant Toddler Specialist
 - **8 Clock Hours** **CDA Content Area:** 2 (2 hrs.), 3 (1 hr.), 4 (1 hr.), 7 (1 hr.), 8 (3 hrs.)
-

ECE Credential Level 1 Training: Module 8D: Preschool Cognitive Development

Audience: New Providers & Experienced Providers without Formal Coursework

Cost: Free for 4-C Members

This module dives deeper into how preschoolers learn, and you will identify tips for making learning fun. With suggestions for activities that encourage your preschoolers to explore numbers, shapes, colors, and science, this session gives all the information you need to grow and stretch the ability of children to think and understand. Please note: If you are attending modules 8D and 9 there will be a 30 minute lunch break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

- **Date/Time:** Saturday, 4/18/2015, 8:30 AM-11:30 AM
 - **Location:** 4-C Office, DeKalb, 3rd Floor Conference Room, 155 N 3rd St., DeKalb, IL 60115
 - **Instructor:** Lanay Jacobs, ITN Curricula Trainer
 - **3 Clock Hours** **CDA Content Area:** 2 (3 hrs.)
-

ECE Credential Level 1 Training: Module 9: School-Age Development

Audience: New Providers & Experienced Providers without Formal Coursework

Cost: Free for 4-C Members

This module looks at school-age children to uncover how their learning and growth differs from younger children. With tips on how to better care for school-aged youth, this module also offers you guidance on how to set rules and limits and to get your school-aged children to appreciate safety and respect.

- **Date/Time:** Saturday, 4/18/2015, 12:00 PM-3:00 PM
 - **Location:** 4-C Office, DeKalb, 3rd Floor Conference Room, 155 N 3rd St., DeKalb, IL 60115
 - **Instructor:** Lanay Jacobs, ITN Curricula Trainer
 - **3 Clock Hours** **CDA Content Area:** 2 (2 hrs.), 8 (1 hr.)
-

The Creative Curriculum for Infant, Toddlers and Twos

Audience: Open to All Providers Caring for Infants, Toddlers, and Twos; Priority for programs within our counties pursuing ExceleRate IL

Cost: Statewide non-refundable fee of \$20.00 required for registration

Registration Deadline: Friday, 4/3/2015



The Creative Curriculum for Infants, Toddlers and Twos training focuses on how to develop a comprehensive, developmentally appropriate curriculum for children birth to age three. Included in the training is an overview of the assessment process designed to capture the development of children birth to age three at four points during the calendar year. The assessment process includes developmental goals and objectives for children's learning in all areas of development. Please note: There will be a 30 minute break and lunch will be provided. Attendance at both sessions is required. Partial credit cannot be given.

- **Date/Time:** Saturday, 4/18/2015 and 5/2/2015, 9:00 AM-5:00 PM
- **Location:** Huntley Park District Rec Ctr, 12015 Mill St., Huntley, IL 60142
- **Instructor:** Jill McNiff, ITN Curricula Trainer
- **15 Clock Hours CDA Content Area:** 1 (4hrs.), 2 (2 hrs.), 3 (1 hr.), 4 (2 hr.), 5 (1 hr.), 7 (2 hrs.), 8 (3 hrs.)

Basics of Culturally and Linguistically Appropriate Practice

Audience: Open to All Providers; Priority for programs within our counties pursuing ExceleRate IL

Cost: Free for 4-C Members



In this training, participants will learn about the complexities of culture and how culture impacts interactions with families and other professionals. Through discussion and group activities, participants will explore their own cultural competence and awareness.

- **Date/Time:** Monday, 4/20/2015, 6:15 PM-9:15 PM
- **Location:** Shah Center, 4100 W. Shamrock Ln., McHenry, IL 60050
- **Instructor:** Stephanie Saville, ITN Curricula Trainer
- **3 Clock Hours CDA Content Area:** 4 (2 hrs.), 6 (1 hr.)

Emergency Preparedness and Planning for Early Childhood Programs

Audience: Center-based Directors & Administrators Only

Cost: Free to 4-C Members

Registration Deadline: Friday, 4/17/2015

The emergency preparedness and planning training aims to provide child care facility directors with the information needed to plan for and respond to emergencies. Emergency planning and drills are required by the State of Illinois. The training will provide an overview of the legal requirements in place for childcare facilities; discuss the specific challenges faced in emergency response at child care facilities; review the components of the emergency operations plan; identify multiple methods of communication used during emergencies; and provide guidance on how to prepare for unwanted persons, medical emergencies and active shooters in a child care setting. Participants will leave the training ready to make their facility a safer place for staff, children and visitors. Lunch will be provided after the training.

- **Date/Time:** Tuesday, April 21, 2015, 8:30 AM-12:30 PM
- **Location:** 4-C Office DeKalb, 155 N 3rd St., Suite 300, DeKalb, IL 60115
- **Instructor:** Tamara Habib, Cofounder at Firelily and Emergency Management Consultant
- **4 Clock Hours CDA Content Area:** 1 (1.5 hrs.), 4 (1 hr.), 5 (1.5 hrs.)

—Save the date—

4-C Annual Provider Appreciation and Recognition Event

Escape Adulthood: Living and Working with Less Stress and More Fun
Presenter and author: Jason Kotecki

Jason Kotecki says: "We've come to the conclusion that kids have more answers than the rest of us."

Come hear Jason present on the traits that all children possess and discuss ways to bring those traits back into our busy lives in order to make life less stressful and more fun.

Please join us for practical information coated in humor and fun. Leave refreshed and filled with passion to continue your very important work.



Saturday April 25, 2015

Boulder Ridge Country Club
350 Boulder Drive
Lake in the Hills, IL 60156

Watch for your mailed invitation and registration form coming soon. Registration will be open at that time.

Reaching Children Through Themes

Audience: All Providers

Cost: Free for 4-C Members

Do you use themes in your program? Themes can be incredibly useful in planning purposes and in creating an inclusive environment. Participants attending this training will find ways to strengthen learning through the use of themes. Topics will cover interest based themes, planning objectives around themes, and how to use themes to reach all the children in your program. We will also cover a brief how-to on anecdotal writing.

- **Date/Time:** Tuesday, 4/27/2015, 6:30 PM-8:30 PM
- **Location:** YWCA of The Sauk Valley, 412 First Ave., Sterling, IL 61081
- **Instructor:** Jenni Hunter, Early Childhood Consultant
- **2 Clock Hours CDA Content Area: 2**

Communicating with Families

Audience: All Providers

Cost: Free for 4-C Members

Once we recognize that a family needs support, approaching the topic in a respectful way is essential to building a partnership with them. This interactive training helps participants understand their own communication style, covering active listening as well as filters and barriers to effective communication. Participants will explore valuable insights about communicating with parents, practice effective communication skills, and develop action plans for communicating effectively with the families they work with.

- **Date/Time:** Thursday, 4/30/2015, 6:15 PM-9:15 PM
- **Location:** McHenry County Mental Health Board, 620 Dakota St., Crystal Lake, IL 60012
- **Instructor:** Kathy Urbanus-Bernero, 4-C Child Care Nurse Consultant
- **3 Clock Hours CDA Content Area: 4 (1 hr.), 6 (1 hr.), 7 (1 hr.)**

In-Depth Look at the Illinois Early Learning Standards

Audience: All Providers

Cost: Free for 4-C Members

The Illinois Early Learning Standards help providers plan activities for young children that will help them prepare for kindergarten. This training will explore ways to use the standards in developing preschool curriculum that includes planning, documentation and evaluations. Providers who would like to take this in-depth training should have prior knowledge of the Illinois Early Learning Standards and are encouraged to bring samples of assessments, children's portfolios, and photos of their environment.

- **Date/Time:** Tuesday, 5/5/2015, 6:30 PM-8:30 PM
- **Location:** YWCA of The Sauk Valley, 412 First Ave., Sterling, IL 61081
- **Instructor:** Gloria Davis, Owner of Quality Child Care, Mt Carroll and ITN Curricula Trainer
- **2 Clock Hours CDA Content Area: 2**

What is CCAP?

Audience: All Providers

Cost: Free

Join this informative session to become more familiar with the Illinois Child Care Assistance Program's (CCAP) policy and procedures, including the application process, provider qualifications, payment process and parent co-payments. The CCAP is funded by the IL Department of Human Services. 4-C MEMBERSHIP NOT REQUIRED. FREE FOR ALL PARTICIPANTS.

- **Date/Time:** Tuesday, 5/5/2015, 6:30 PM-8:30 PM
- **Location:** 4-C McHenry, 667 Ridgeview Dr., McHenry, IL 60050
- **Instructor:** Tracy Carls, 4-C CCAP Manager
- **2 Clock Hours CDA Content Area: 5**

Diapering and Hand Washing for Child Care Providers

Audience: All Providers

Cost: Free for 4-C Members

Participants will gain knowledge regarding diapering, hand washing procedures, as well as cleaning, sanitizing, and disinfecting processes per the Department of Children and Family Services (DCFS) regulations. Instruction will be given on the importance of having written hand washing and diaper changing policies in the child care setting.

- **Date/Time:** Thursday, 5/7/2015, 6:30 PM-8:30 PM
- **Location:** MCDH—McHenry County Health Clinics/Animal Control Ctr., 100 N. Virginia St. (Rt. 14), Crystal Lake, IL 60014
- **Instructor:** Kathy Urbanus-Bernero, 4-C Child Care Nurse Consultant
- **2 Clock Hours CDA Content Area: 1**

Keeping Our Kids Safe - Child Sexual and Domestic Abuse

Audience: All Providers

Cost: Free for 4-C Members

This presentation will increase participants' awareness of sexual and domestic violence. The different types of abuse will be defined and discussed. Participants will learn about the cycle of violence and how to recognize warning signs. Handling disclosures of abuse will also be discussed. Community resources will be identified.

- **Date/Time:** Saturday, 5/9/2015, 9:00 AM- 10:30 AM
- **Location:** Naaman Diehl Auditorium, 811 S Clay St., Mount Carroll, Illinois 61053
- **Instructor:** Lorie Bumphrey Kaatz, M.A.C. Violence Prevention Educator Riverview Center
- **1.5 Clock Hours CDA Content Area: 1**

Keeping Our Kids Safe – Internet Safety

Audience: All Providers

Cost: Free for 4-C Members

This presentation will focus on online safety for children. Risks include predators, cyberbullying, sexting, exposure to inappropriate material, and stolen personal information. Participants will learn about the ways children are exposed to these risks, as well as warning signs that a child is in danger online. Safety measures and ways to protect children online will be identified.

- **Date/Time:** Saturday, 5/9/2015, 10:45 AM-12:00 PM
- **Location:** Naaman Diehl Auditorium, 811 S Clay St., Mount Carroll, Illinois 61053
- **Instructor:** Lorie Bumphrey Kaatz, M.A.C. Violence Prevention Educator, Riverview Center
- **1.25 Clock Hours CDA Content Area: 1**

Welcoming Each and Every Child

Audience: Open to All Providers; Priority for programs within our counties pursuing ExceleRate IL

Cost: Statewide non-refundable fee of \$15.00 required for registration

Registration Deadline: Monday, 5/4/2015



This training provides information on caring for children with special needs in typical child care settings. The training helps increase the knowledge and comfort level of participants to enhance their ability to care for young children with disabilities in early childhood environments. Adaptations and modifications that will assist all children to participate in activities will be discussed. This meets the DCFS requirement for early childhood providers in special care inclusion training.

- **Date/Time:** Saturday, 5/9/2015, 8:30 AM-4:30 PM
- **Location:** McHenry County Mental Health Board, 620 Dakota St., Crystal Lake, IL 60012
- **Instructor:** Stephanie Saville, ITN Curricula Trainer
- **7.5 Clock Hours CDA Content Area: 8**

An Introduction to Transitions

Audience: Administrators; Priority for programs within our counties pursuing ExceleRate IL

Cost: Statewide non-refundable fee of \$10.00 required for registration



Participants will recognize the effects of various types of transitions – including activity, classroom, program, family and community – on families and a child's learning and development. Participants will be provided with strategies to assist families in times of transition, as well as identify specific types of transitions that impact children and families.

- **Date/Time:** Monday, 5/11/2015, 1:00 PM-4:00 PM (**Rescheduled**)
- **Location:** United Way of Greater McHenry County, 4508 Prime Parkway, McHenry, IL 60050
- **Instructor:** Diane Kubetz, Early Childhood Consultant and ITN Curricula Trainer
- **3 Clock Hours CDA Content Area: 3 (1 hr.), 4 (1 hr.), 5 (1hr.)**

Program for Infant Toddler Care (PITC): Culture, Family and Provider - Module 4

Audience: All Providers Caring for Infants, Toddlers, and Twos

Cost: Free for 4-C Members

Through viewing and discussing DVDs, personal reflection, and large and small group discussions, participants explore their cultural expectations and biases and have an opportunity to learn about alternative perspectives and realities through the cultural lenses and experiences of others. Throughout these sessions, participants will increase their awareness of their own cultural assumptions and how these assumptions may affect their interaction with families from cultures different from their own. Participants will also explore the different emotions parents often feel when bringing their infants to infant/toddler care programs. This type of exploration is designed to help participants increase their capacity for becoming culturally aware and responsive to families with children in infant/toddler care. There will be a 30 minute break and lunch will be provided.

- **Date/Time:** Saturday, 5/16/2014, 8:00 AM-4:30 PM
- **Location:** 4-C Office, DeKalb, Basement Training Room, 155 N 3rd St., DeKalb, IL 60115
- **Instructor:** Melissa Veljasevic, 4-C Infant Toddler Specialist
- **8 Clock Hours** **CDA Content Area:** 3 (2 hrs.), 4 (3 hrs.), 5 (2 hrs.), 6 (1 hr.)

Fundamentals of Child Assessment

Audience: Open to All Providers; Priority for programs within our counties pursuing ExceleRate IL

Cost: Statewide non-refundable fee of \$10.00 required for registration



Participants will be introduced to the essentials and importance of conducting child assessments in early childhood programs. Through discussion and group activities practitioners will learn the different types of assessments, why assessments are needed, and how assessments are used to plan for children's learning.

- **Date/Time:** Tuesday, 5/19/2015, 6:15 PM-9:15 PM
- **Location:** 4-C Office, DeKalb, 3rd Floor Conference Room, 155 N 3rd St., DeKalb, IL 60115
- **Instructor:** Lisa Schmidt, Co-Director for Operations, Child Development Laboratory, School of FCNS, Northern Illinois University
- **3 Clock Hours** **CDA Content Area:** 7 (2 hrs.), 8 (1 hr.)

Reducing the Risk of SIDS in Child Care

Audience: All Providers

Cost: Free for 4-C Members

This training will define Sudden Infant Death Syndrome (SIDS). Participants will identify factors that place an infant at risk for SIDS and learn how to modify the risk of SIDS. Tummy Time for infants and Safe Sleep practices will be covered as well as DCFS standards in Illinois. Reasons for having a Safe Sleep policy will be discussed.

- **Date/Time:** Tuesday, 5/19/2015, 6:30 PM-8:30 PM
- **Location:** MCDH—McHenry County Health Clinics/Animal Control Ctr., 100 N. Virginia St. (Rt. 14), Crystal Lake, IL 60014
- **Instructor:** Kathy Urbanus-Bernero, 4-C Child Care Nurse Consultant
- **2 Clock Hours** **CDA Content Area:** 1

Exploring Nature with Infants and Toddlers

Audience: All Providers Caring for Infants, Toddlers, and Twos

Cost: Free for 4-C Members

Discover valuable ways to support infant and toddler learning experiences while outdoors. Participants will explore meaningful ways to facilitate infants and toddlers interaction with nature and ways to bring the outdoors inside. We will also address some of the barriers that prevent children from connecting with nature.

- **Date/Time:** Wednesday, 5/27/2015, 6:30 PM-8:30 PM
- **Location:** 4-C Office, DeKalb, Basement Training Room, 155 N 3rd St., DeKalb, IL 60115
- **Instructor:** Melissa Veljasevic, 4-C Infant Toddler Specialist
- **2 Clock Hours CDA Content Area: 2**

A Recipe for Co-Regulation

Audience: All Providers

Cost: Free for 4-C Members

Co-regulation is the ability to form close secure relationships and to regulate emotions in a socially appropriate way. Social-emotional regulation is a vital part of a child's development. First, we'll look deeper into what is co-regulation, which will include key players in the relationship and what each person brings to that connection. Next, we'll explore skills on how to develop social-emotional abilities to improve relationships and interactions in your program. Finally, we'll explore barriers to those abilities and how to look closer at how your interactions affect children's social-emotional development.

- **Date/Time:** Thursday, 5/28/2015, 6:30 PM-8:30 PM
- **Location:** Huntley Park District Rec Ctr, 12015 Mill St., Huntley, IL 60142
- **Instructor:** Maggie Mosca, 4-C Mental Health Consultant
- **2 Clock Hours CDA Content Area: 3**

Illinois Early Learning Guidelines Birth to Age Three

Audience: Open to All Providers Caring for Children Birth to Age Three; Priority for programs within our counties pursuing ExceleRate IL

Cost: Free



This training gives early childhood practitioners an overview of program guidelines for children birth to age three. The training creates a foundational understanding for providers and practitioners in the field of what children birth to age three are expected to know and do across multiple domains.

- **Date/Time:** Saturday, 5/30/2015, 8:30 AM-12:30 PM
- **Location:** Shah Center, 4100 W. Shamrock Ln., McHenry, IL 60050
- **Instructor:** Emily Reilly, Early Childhood Resource Specialist, STARnet, and ITN Curricula Trainer
- **4 Clock Hours CDA Content Area: 3 (1 hr.), 7 (1.5 hrs.), 8 (1.5 hrs.)**

ECE Credential Level 1 Training: Module 5: Family and Community Relationships

Audience: New Providers & Experienced Providers without Formal Coursework

Cost: Free for 4-C Members

As our partner in child development, families—especially parents—directly affect a child's learning. In this session, you will learn new ways of working with parents to help their children enjoy learning. You also will explore the social world of a family to be sure that the learning that takes place in your care is consistent with learning done at home. Please note: If you are attending modules 5 and 6 there will be a 30 minute lunch break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

- **Date/Time:** Saturday, 5/30/2015, 8:30 AM-11:30 AM (**Rescheduled**)
- **Location:** 4-C Office, DeKalb, 3rd Floor Conference Room, 155 N 3rd St., DeKalb, IL 60115
- **Instructor:** Lanay Jacobs, ITN Curricula Trainer
- **3 Clock Hours** **CDA Content Area:** 8 (3 hrs.)

ECE Credential Level 1 Training: Module 6: Personal and Professional

Audience: New Providers & Experienced Providers without Formal Coursework

Cost: Free for 4-C Members

What does it mean to be a child care professional? How can you be sure you are getting the support and supplies you need? How can you set effective limits with parents and children alike? In this module, you will learn about your own professional development and how to take care of yourself so you can continue to care for others.

- **Date/Time:** Saturday, 5/30/2015, 12:00 PM-3:00 PM (**Rescheduled**)
- **Location:** 4-C Office, DeKalb, 3rd Floor Conference Room, 155 N 3rd St., DeKalb, IL 60115
- **Instructor:** Lanay Jacobs, ITN Curricula Trainer
- **3 Clock Hours** **CDA Content Area:** 8 (3 hrs.)

Early Childhood Developmental Screening

Audience: Open to All Providers; Priority for programs within our counties pursuing ExceleRate IL

Cost: Statewide non-refundable fee of \$15.00 required for registration



This training reviews child growth and development in early childhood environments. A review of several commercial screening tools is discussed to allow child care practitioners more options on monitoring a child's typical development. Case studies provide hands-on learning for the participant on use of a developmental screening tool and guidelines for referral to an early intervention program. There will be a 30 minute break and lunch will be provided.

- **Date/Time:** Saturday, 5/30/2015, 8:00 AM-4:00 PM
- **Location:** CGH Hospital, 100 E. LeFevre Rd., Sterling, IL 61081
- **Instructor:** Kim Sciacero, 4-C Professional Development Coordinator
- **7.5 Clock Hours** **CDA Content Area:** 7

Basics of Culturally and Linguistically Appropriate Practice

Audience: Open to All Providers; Priority for programs within our counties pursuing ExceleRate IL

Cost: Free for 4-C Members



In this training, participants will learn about the complexities of culture and how culture impacts interactions with families and other professionals. Through discussion and group activities, participants will explore their own cultural competence and awareness.

- **Date/Time:** Thursday, 6/4/2015, 6:15 PM-9:15 PM
- **Location:** 4-C Office, DeKalb, 3rd Floor Conference Room, 155 N 3rd St., DeKalb, IL 60115
- **Instructor:** Maggie Mosca, 4-C Mental Health Consultant
- **3 Clock Hours** **CDA Content Area:** 4 (2 hrs.), 6 (1 hr.)

ECE Credential Level 1 Training: Module 7A: Child Development (Birth to 8 Months)

Audience: New Providers & Experienced Providers without Formal Coursework

Cost: Free for 4-C Members

Newborns and young babies are developing at an incredible rate, causing them to have special needs unlike older children. In this session, you will understand how children from birth to 8 months learn and grow and how to individualize their care accordingly. Please note: If you are attending modules 7A and 7B there will be a 30 minute lunch break. Please bring a sack lunch or plan to purchase lunch at a nearby restaurant.

- **Date/Time:** Saturday, 6/6/2015, 8:30 AM-11:30 AM (*Rescheduled*)
- **Location:** 4-C Office, DeKalb, 3rd Floor Conference Room, 155 N 3rd St., DeKalb, IL 60115
- **Instructor:** Lanay Jacobs, ITN Curricula Trainer
- **3 Clock Hours** **CDA Content Area:** 3 (1 hr.), 8 (2 hr.)

ECE Credential Level 1 Training: Module 7B: Child Development (8 to 18 Months)

Audience: New Providers & Experienced Providers without Formal Coursework

Cost: Free for 4-C Members

This module explores development among children 8 to 18 months old. You will identify how this age group differs in growth and their approach to learning, and you will discover toys, games, and songs that are helpful and just right for their development.

- **Date/Time:** Saturday, 6/6/2015, 12:00 PM-3:00 PM (*Rescheduled*)
- **Location:** 4-C Office, DeKalb, 3rd Floor Conference Room, 155 N 3rd St., DeKalb, IL 60115
- **Instructor:** Lanay Jacobs, ITN Curricula Trainer
- **3 Clock Hours** **CDA Content Area:** 3 (1 hr.), 8 (2 hr.)

Finding a Curriculum that Works for You

Audience: Open to All Providers; Priority for programs within our counties pursuing ExceleRate IL

Cost: Free for 4-C Members



Participants will define developmentally appropriate practice and review the benefits of various curricula approaches. Through group activities and discussion on the use of effective curriculum, participants will be able to determine which curriculum approach best fits their program.

- **Date/Time:** Saturday, 6/6/2015, 8:30 AM-12:00 PM
- **Location:** 4-C Office, DeKalb, 3rd Floor Conference Room, 155 N 3rd St., DeKalb, IL 60115
- **Instructor:** Lisa Schmidt, Co-Director for Operations
Child Development Laboratory, School of FCNS, Northern Illinois University
- **4 Clock Hours CDA Content Area: 5**

Promoting Shared Visions to Inspire Collaboration Within Your Program

Audience: Center-based Directors & Administrators Only

Cost: Free to 4-C Members

Registration Deadline: Monday, 6/15/2015

Building a spirit of collaboration in early care and education programs is central to achieving high-performing work teams. Meaningful involvement in decision making is one way that trust and commitment to organizational goals can be achieved. This session presents a framework for analyzing different types of decisions in program management and how administrators can move to a more participatory process in achieving improvement plans. Lunch will be provided.

- **Date/Time:** Saturday, 6/20/2015, 9:00 AM-4:00 PM
- **Location:** McHenry County Mental Health Board, 620 Dakota St., Crystal Lake, IL 60012
- **Instructor:** Safiyah Jackson, Director of Training, McCormick Center for Early Childhood Leadership
- **6 Clock Hours CDA Content Area: 5**

The Creative Curriculum for Preschool - 5th Edition

Audience: Open to All Providers Caring for Preschool Age Children; Priority for programs within our counties pursuing ExceleRate IL

Cost: Statewide non-refundable fee of \$20.00 required for registration

Registration Deadline: Friday, 6/5/2015



The revised 5th edition for the Creative Curriculum for Preschool provides early childhood preschool programs information how to develop and utilize a comprehensive, developmentally appropriate curriculum for children who are 3 to age five. Included in the training is an overview of the framework, ten Interest Areas and assessment process designed to capture the development of children in a preschool program and create an engaging learning environment. Please note: There will be a 30 minute break and lunch will be provided. Attendance at both sessions is required. Partial credit cannot be given.

- **Date/Time:** Saturday, 6/20/2015 and 6/27/2015, 8:30 AM-4:30 PM
- **Location:** CGH Hospital, 100 E. LeFevre Rd., Sterling, IL 61081
- **Instructor:** Stephanie Saville, ITN Curricula Trainer
- **15 Clock Hours CDA Content Area:** 1 (1.5 hrs.), 2 (2.5 hrs.), 3 (3.5 hrs.), 4 (1.5 hrs.), 5 (1.5 hrs.), 6 (1.5 hrs.), 7 (1.5 hrs.), 8 (1.5 hrs.)

Quality Improvement Funds!

The Quality Counts Child Care Competitive Grants are now a thing of the past. The QCCCG have been replaced with the new Quality Improvement Funds (QI Funds). The QI Funds will include three funding components:

- Cohorts
- Training stipends
- Accreditation funds

Check out the 4-C website at www.four-c.org for the Guidelines and Application to apply for a Cohort. Applications for the Quality Improvement Funds (QI Funds) spring cohorts will be accepted between January 1 and February 9, 2015.

To access funding for equipment and/or materials you will need to apply for one of the cohorts. A family child care owner, center director, or administrator must attend all sessions, within their chosen cohort, to be eligible for funding. See topic and dates for the cohorts below. An online tutorial which reviews the guidelines and application for the Quality Improvement Funds applications is now available at <http://ilearning.inccrra.org/qifunds-tutorial>

Spring Cohorts

Dates	Cohort Focus	Audience	Prerequisite	Location
Saturday, 3/14 and 3/28 Full day sessions	In-depth Review of the Infant and Toddler Environment Rating Scale	Center Administrators, with infant and/or toddler classrooms	An Introduction to the Environment Rating Scale (ERS) training completed in the last six months	DeKalb
Saturday, 3/28 and 4/11 Full day sessions	Business Administration Scale (BAS) and ExceleRate Illinois for Family Child Care Providers	Family Child Care	Getting Ready for the Business Administration Scale training completed in the last six months	Huntley
Saturday, 5/2 and 5/9 Full day sessions	Program Administration Scale (PAS)	Center Administrators	Getting Ready for the Program Administration Scale training completed in the last six months	DeKalb

Available Online Trainings:

ilearning: <http://ilearning.inccrra.org>



Trainings for Illinois DCFS Licensing

- A Preventable Tragedy: Shaken Baby Syndrome (SBS)*
- Sudden Infant Death Syndrome (SIDS) and the Child Care Profession*
- Welcoming Each & Every Child
- Day Care Home Licensing Orientation Course
- DCFS Mandated Reporter Training Course*

Gateways to Opportunity Trainings

- ECE Credential Level 1 Online Orientation and Training Modules
- Gateways Registry Membership "Are you Lost in the Missing Zone?" Online Training
- How to Become a Gateways to Opportunity Registry Member
- We Choose Health NAP SACC Training

ExceleRate Illinois Trainings

- ExceleRate Illinois Orientation for Child Care Centers
- See the full list online; additional trainings are continually being added.

***Courses are required for IL DCFS Family Child Care pre-service licensing.**

Successful completion of these trainings meets Illinois DCFS pre-service requirements for Licensed Family Child Care applicants. Current providers may take these trainings for credit towards in-service training with the exception of the Day Care Home Licensing Orientation Course.

If you are unsure if online learning is the right option, you may find it helpful to complete the Online Readiness Survey found at <http://surveys.inccrra.org/onlinereadiness.survey>.

If you have any questions, contact ilearning@inccrra.org or 866-697-8278.

Other online training options:

IL STARnet, Regions I & III

<http://www.starnet.org/training/index.php>

Live webinars and Apples Video Magazines as webcasts that can be viewed online or via DVD loans.

National Food Service Management Institute

<http://www.nfsmi.org/>

Child care courses to learn more about the Child and Adult Care Food Program.

The Center's IRC: Early Childhood Professional Development

<http://ec.thecenterweb.org/site/services-we-provide/workshops-webinars>

View the Professional Development Workshops Monthly Calendar to find trainings offered via webinar.

McCormick Center for Early Childhood Leadership

<http://mccormickcenter.nl.edu/professional-development/online-professional-development/>

Getting Ready for the Program Administration Scale (PAS)

AIM4EXCELLENCE™ Online: National Director Credential



Get on track with a **Registry** membership!

The Gateways to Opportunity Registry is designed for you! It provides a Professional Development Record to track your education and trainings.

Membership Benefits:

- Professional Development Record (PDR)
- DCFS will accept your PDR as documentation of completion of pre-service and in-service training hour requirement for licensing.
- Registry Membership Card
- Special resources available to members only on the Gateways website

For more information about **getting on track with a Registry membership** visit **www.ilgateways.com** or call **866.697.8278**.



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- ECE Credential*
- Illinois Director Credential (IDC)*
- Infant Toddler Credential (ITC)*

Lets talk about a credential today!

Call Gateways to Opportunity at **866.697.8278** or visit **www.ilgateways.com**

*Visit www.ilgateways.com/en/credentials for full descriptions of the credentials.



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Gateways to Opportunity is administered through INCCRRA and funded by the Illinois Department of Human Services Bureau of Child Care and Development, the McCormick Foundation, and Grand Victoria Foundation. Previous private/public partnerships have included the W. Clement and Jessie V. Stone Foundation and the Joyce Foundation.

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Soaring with Opportunity



Gateways to Opportunity Scholarship Program

- Gateways offers scholarships to help early care and education and school-age care practitioners obtain college credit and earn a degree or Credential.
- A Gateways Scholarship can help pay up to 90% of the cost of tuition and fees.
- Continuing education in early care and education can help you earn a Gateways Credential.

"I would not have gone back to school if it weren't for the Gateways Scholarship. I know I am a better mother, teacher, and advocate for children because of this scholarship."

- Child Care Practitioner

For more information on eligibility and to apply for the Gateways Scholarship Program:

Visit www.ilgateways.com/soaringwithopportunity



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As your program is preparing for an ExceleRate™ Illinois Circle of Quality follow these tips below in planning for the application process.

Licensed Child Care Centers Can:

- Attend an ExceleRate™ Illinois Orientation (Required for Program Administrators).
- Contact your local CCR&R Quality or Infant Toddler Specialist for technical assistance and consultation. They are available to provide services related to ERS and PAS, as well as assistance with developing CQIPS.
- Ask each of your teaching staff to print a copy of their Gateways Registry Professional Development Record (PDR) for the time frame they have worked in child care.
- Use the Required Training Grid (<http://www.excelerateillinois.com/how-it-works/licensed-child-care>) to track which training(s) your staff have completed that will count towards ExceleRate™ requirements. Trainings reported in sections 3, 4 and 5 on the PDR are accepted.
- View the online tutorial about Gateways Credentials at <http://www.ilgateways.com/en/credentials>.
- Determine the number of your staff that have achieved a Gateways Credential on their Gateways Registry PDR in section 1.
- Use the ExceleRate™ Illinois and Gateways to Opportunity® Credentials Frequently Asked Questions (FAQ) at www.excelerateillinois.com/resources/helpful-links to help calculate the number of teaching staff that need a Credential, for the Circle of Quality you are applying.
- Help staff attain Credentials and trainings your program needs for the Circle of Quality you are seeking.

Visit www.excelerateillinois.com for more information.



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Preparing Children for Success



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ExceleRate™ Illinois is administered through INCCPRA under the joint direction of the Governor's Office of Early Childhood Development, the Illinois Department of Human Services, and the Illinois State Board of Education.

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Contact our Quality Specialists at 815-758-8149 or 800-848-8727.

Center Programs contact: Jamie Johnson (jamiej@four-c.org) at ext. 223 or Barb Christmas (barbc@four-c.org) at ext. 296.

Family Child Care Providers contact: Barb Christmas (barbc@four-c.org) at ext. 296.

Contact our Infant/Toddler Specialist, Melissa Veljasevic (melissav@four-c.org) or at 815-758-8149 or 800-848-8727, ext. 222.