**2016-2017 Workshop Descriptions**

Welcome to the Enlightened Interventions, LLC 2016-2017 Professional Development Training Offerings. We pride ourselves on offering customized professional development options for agencies, schools, early childcare centers, and families. Please contact us if you are interested in any trainings for your site.

All trainings are $250 per training

**Professional Development Key**

**Key: I – Infant**

**T – Toddler**

**PS – Preschool**

**SA – School-age**

**All – All Ages**

**DL: Diverse Learners**

**Motor Minds: The Connection Between Movement and Development (PS, early SA)**

*EEC Core Competency: Learning Environments and Curriculum*

* Examine how children's gross motor skills connect to and help support development in other domains (cognitive, language, social-emotional)
* Learn a variety of new games and transition activities, and how to incorporate other active experiences throughout the day
* Discover how to modify activities to accommodate children with differing abilities and learning styles

**Gender Blunders: Avoiding Gender Bias in your Program (All, DL)**

*EEC Core Competency: Guiding and Interacting with Children and Youth*

* Examine how young children learn gender stereotypes, and reflect on your role in their understanding
* Learn how to answer children's questions honestly and in age appropriate ways
* Discover culturally-based gender stereotypes and develop activities that promote tolerance, respect and appreciation of differences

**The WRAP Model: Building Positive Parent Partnerships (All)**

*EEC Core Competency: Partnering with Families and Communities*

* Identify the elements in developing trusting, productive relationships with parents
* Learn strategies to enhance your communication skills
* Gain confidence in your ability to communicate effectively with parents

**Classroom Calmers: Challenging Behavior in School-Age Children (SA)**

*EEC Core Competency: Guiding and Interacting with Children and Youth*

* Explore how children's individual temperaments and learning styles affect their behavior
* Learn and share approaches and specific strategies to help you deal with challenging behaviors in your program

**The SAIL approach: Conducting Meaningful Parent-Teacher Conferences (I, T, PS)**

*EEC Core Competency: Partnering with Families and Community*

* Learn how to prepare for a meaningful conference with parents
* Discover how to create a welcoming environment and conduct a two-way conversation grounded on mutual respect and active listening
* Gain strategies for engaging parents, collaborative problem-solving and developing an action plan

**Play and Grow: Cooperative Games for School-Age Children (SA)***EEC Core Competency: Learning Environments and Curriculum*

* Learn simple and adaptable games, ideas and activities that require children to work and cooperate with one another in order to solve a problem or succeed as a team
* Receive step-by-step instructions for each activity, including variations for different age groups and abilities
* Wear comfortable clothes and be ready to play!

**Logic and Learning: Creating an Environment to Promote Positive Behavior (T, PS)**

*EEC Core Competency: Learning Environments and Curriculum*

* Identify some common classroom difficulties and challenges
* Examine elements and benefits of a “yes” environment
* Learn strategies to create a “yes” environment

**Beyond Baby Talk: Creating Conversations with Young Children (I, T, PS)**

*EEC Core Competency: Learning Environments and Curriculum*

* Discover the importance of engaging in real conversations with young children
* Examine how conversations help support literacy and language skills as well as social-emotional development
* Learn new strategies to increase rich conversations throughout the day

**The Mindful Classroom: Cultivating Mindfulness (All)**

*EEC Core Competency: Professionalism and Leadership*

* Discover the meaning and benefits of Mindfulness
* Explore a variety of strategies to cultivate Mindfulness into your everyday life

**Engaging Families as Partners (All)**

*EEC Core Competency: Partnering with Families and Communities*

* Understand the value and contributions of families and reflect on your practices
* Explore strategies to reach out to, communicate with, and engage families as partners in their children's development and education
* Discover community resources to foster and support family involvement

**Fostering and Facilitating Friendships in Inclusive Programs (T, PS)**

*EEC Core Competency: Guiding and interacting with Children and Youth*

* Examine the importance of helping all children build friendships
* Share strategies for creating a friendship-friendly environment and partnering with families
* Explore ways to help children connect through play, humor, and mutual interests
* Develop activities that facilitate communication, interaction, and joy of learning together

**Tough Talks: Having Difficult Conversations with Parents (All)**

*EEC Core Competency: Partnering Families and Communities*

* Examine the steps to take when preparing to approach parents with concerns about a child
* Learn the skills needed to be successfully convey your message, and how to deal with parental responses
* Explore influences that affect parental reactions, and how to meet the parent “where they are”

**Little Feet, Little Shoes: Helping Young Children Develop Empathy (T, PS)**

*EEC Core Competency: Guiding and Interaction with Children and Youth*

* Determine a definition of empathy and its importance in the young child's environment
* Explore how you can nurture empathy in young children and help them identify emotions in themselves and others
* Learn how to connect empathy to children's activities and incorporate it into your curriculum

**Cool Off: Hot Button Issue for Toddlers (T)**

*EEC Core Competency: Guiding and Interacting with Children and Youth*

* Examine the developmental expectations for issues such as biting, toilet-training, sharing and tantrums
* Discover effective strategies to deal with these issues in a positive, developmentally appropriate way
* Explore how to best communicate with parents about these issues

**Early Warnings: Identifying Mental Health Issues in Young Children (I, T, PS)**

*EEC Core Competency: Health, Safety and Nutrition*

* Learn about common mental health issues in young children and how to differentiate between developmentally appropriate behaviors and atypical presentations
* Learn about the diagnostic process and how to develop next steps

**Spectrum Sense: Introduction to Autism Spectrum Disorders (ASD) (I, T, PS)**

*EEC Core Competency: Understanding the Growth and Development of Children and Youth*

* Learn the basics of Autism Spectrum Disorder (ASD) and its impact on young children's learning
* Examine the benefits of inclusion and supports that assist children in inclusive settings
* Explore ways to engage children with ASD through play and playful interactions
* Share strategies for creating predictable environments and accommodations that help children with ASD participate effectively in their learning environment

**Mental Health Issues in Infants and Toddlers (I, T)**

*EEC Core Competency: Health, Safety and Nutrition*

* Examine symptoms and signs of possible mental health issues
* Explore appropriate practical strategies for dealing with behaviors
* Learn how to approach parents with concerns

**Expressive Learning: Music and Movement for Young Children (I, T, PS)**

*EEC Core Competency: Learning Environments and Curriculum*

* Discover how to utilize music and movement to enhance comprehensive development, support creative expression, build confidence and self-esteem, and foster teamwork in diverse learners
* Identify benefits of using music and movement with young children
* Learn new ways to incorporate music and movement in everyday activities and routines

**Positive Approaches to Discipline Young Children (T, PS)**

*EEC Core Competency: Guiding and Interacting with Children and Youth*

* Understand children's development and expectations of children's behavior at different ages
* Learn about the purposes of limit setting and how to design positive, respectful limit setting strategies for the early childhood years
* Examine the reasons behind behavioral outbursts/tantrums, and how to help children manage their anger

**Critical Critters: Promoting Children's Higher Order Thinking and Understanding (PS)**

*EEC Core Competency: Learning Environments and Curriculum*

* Explore how to use discussions and questions to help children generate and evaluate possible solutions to problems
* Learn how to use questions to stimulate children's thinking and assess what they are learning
* Engage in activities that will help you facilitate children's learning and build their vocabulary

**Focus on Staff Relationships Matter (All)**

*EEC Core Competency: Professionalism and Leadership*

* Explore how differences in communication styles can cause misunderstandings or difficulties in collaborations
* Learn how to empower yourself to reduce tension, minimize confrontation and conflict, restore relationships, enhance communication and manage team dynamics

**The Importance of Routines and Rituals (PS)***EEC Core Competency: Learning Environments and Curriculum*

* Discover why routines and rituals are important components of a quality early childhood program
* Explore strategies to establish a variety of routines and rituals throughout your daily schedule
* Share ideas to engage children and parents in planning special events

**Tools for Calming Children (All)**

*EEC Core Competency: Guiding and Interacting with Children and Youth*

* Understand why behavioral outbursts/tantrums occur and how to handle them
* Learn techniques to teach children anger management and skills for self-soothing

**Understanding and Dealing with Challenging Behavior (PS)**

*EEC Core Competency: Guiding and Interacting with Children and Youth*

* Discover how observing children can help you better Children and Youth
* Examine how a child's background and learning style can impact and influence his/her behavior
* Learn hoe to develop and implement an effective plan, in partnership with parents

**Mom, Don’t Leave: Understanding and Dealing with Separation Anxiety (I, T, PS)**

*EEC Core Competency: Understanding the Growth and Development of Children and Youth*

* Explore the developmental foundations of separation anxiety
* Discover strategies that will help the child, parents and teachers all successfully navigate through this difficult period.

**See and Learn: Visual Intervention Strategies for Young Children (T, PS, Early SA)**

*EEC Core Competency: Learning Environments and Curriculum*

* Explore the use of visual strategies and pictorial prompts as an effective tool in the development of functional communication and pre-literacy and social skills
* Develop social stories to address strengthening social and communication skills
* Acquire resources and materials needed to construct social stories and visual intervention strategies

**Working with a Young Child with an IEP (Individual Education Plan) (PS)**

*EEC Core Competency: Understanding the Growth and Development of Children and Youth*

* Identify the various types of social needs
* Examine what is in an IEP (Individual Education Plan)
* Explore specific strategies for adapting activities for children on IEP's with physical, occupational, speech and language, or cognitive goals

**Working with At-Risk Families and Children (All)**

*EEC Core Competency: Partnering with Families and Community*

* Learn what defines an at-risk family, and the value of establishing a relationship in order to support them
* Examine the importance of cultural awareness in providing support, and how to learn about individual families based on a relationship rather than assumptions

**A Look at Gender Identity in Early Childhood (PS, Early SA)**

*EEC Core Competency: Understanding the Growth and Development of Children and Youth*

* Examine how boys and girls are socialized in common stereotypical behavior
* Examine some of the unique characteristics/behaviors of boys and girls, and how they get played out in the classroom
* Learn how to modify activities to support both boys and girls in your program

**All Kinds of Families: Supporting LGBTQ Children and Families through Story, Art and Conversation (T, PS)**

*EEC Core Competency: Partnering with Families and Communities*

* Broaden your understanding of basic terms, concepts, and issues relevant to LGBTQ children and families
* Learn how to integrate positive, non-threatening LGBTQ topics into your program
* Explore Concrete strategies, including storybooks and art activities, to support LGBTQ children and families

**Comfort and Conditions: Bottles, Blankies and Binkies – Oh No! (I, T)**

*EEC Core Competency: Understanding the Growth and Development of Children and Youth*

* Explore the truths and myths of the effects – both physical and emotional – of the use of bottles, blankies and lovey items
* Reflect on your own feelings regarding the use of these items, and ways to support children and families in breaking the habit

**Better Behavior Management (PS)**

*EEC Core Competency: Guiding and Interacting with Children and Youth*

* Learn how to adapt behavior management strategies to reflect current research regarding the increasing complexity of young children's behaviors
* Examine the full spectrum of effective approaches to children's behavior – from developmental to challenging, and from prevention through crisis intervention
* Develop the structure's and supports to help all children thrive

**Beyond Power Point: Effective Training Strategies (All)**

*EEC Core Competency: Professionalism and Leadership*

* Discover the difference between a presentation and an interactive workshop
* Explore the universal elements of effective workshops
* Examine diverse adult learning needs and styles and develop a variety of methods to engage workshop participants
* Gain confidence in your ability to plan, prepare, implement, and assess your own workshops

**Building Positive Relationships with Young Children (T, PS)**

*EEC Core Competency: Guiding and Interacting with Children and Youth*

* Gain an understanding of the importance of positive relationship and how relationship impact children's growth and development
* Learn how positive relationships promote children's language, social-emotional, and cognitive development
* Discover and practice strategies to incorporate positive relationships throughout your program environment and daily routines

**Brainstorming on Bullies (SA)**

*EEC Core Competency: Guiding and interacting with Children and Youth*

* Explore types of bullying and identify signs/risk factors
* Examine the effects of bullying and learn appropriate intervention strategies

**Natural Kids: Connecting with Nature in the City (All)**

*EEC Core Competency: Learning Environments and Curriculum*

* Learn how connections with nature support all areas of development
* Explore ways to bring nature to any environment
* Share how to enhance your current environment and develop natural spaces

**Cooking up a Nutritious Storm: Tasting and Cooking with Young Children (T, PS, Early SA)**

*EEC Core Competency: Health, Safety and Nutrition*

* Discover how to incorporate tasting and cooking experiences into your program throughout the year
* Explore economical and healthy cooking tasting activities

**Stress Busters for Teachers: Coping with Everyday Stress in the Classroom (All)**

*EEC Core Competency: Professionalism and Leadership*

* Learn the warning signs of stress, and how it affects us (both postiviley and negatively)
* Examine how to develop resiliency
* Discover the benefits of Minfulness, and practical techniques to practice it

**Values and Vision: Creating and Sustaining a Vision for your Program (All)**

*EEC Core Competency: Professionalism and Leadership*

* Identify how to create a vision for your program that reflects your beliefs and values
* Develop strategies to weave a vision through all the components of your program
* Discover how to get your staff invested and engaged in implementing a common vision that supports developmentally appropriate practice

**Gardening with Young Children – Inside and Out (T, PS Early SA)**

*EEC Core Competency: Learning Environments and Curriculum*

* Learn how to create and environment that facilitates childrens love of plants, gardens and the outdoors
* Explore special features in a Children's Garden like the Touch and Smell Garden, Butterfly Garden and Tee Pee Garden
* Discover how to develop exciting activities and experiences in gardening to support children's learning in all areas

**Getting Dad's Involved: Building the Connection between Dads and their Children (All)**

*EEC Core Competency: Partnering with Families and communities*

* Discuss practical strategies, interventions and exercises to better engage dads with their families
* Determine best practice approaches to hot-button issues in father-involvement such as dealing with difficult dads and absence of a father-figure
* Obtain tools to start or enhance a father-involvement program

**Self-Care for the Caregiver (All)**

*EEC Core Competency: Guiding and Interacting with Children and Youth*

* Examine the reasons that children act out, and why you react to their behavior
* Learn strategies to care for yourself so you can respond to children's behavior with compassion and understanding

**Helping Young Children Develop Self-Esteem and Resiliency (I, T, PS)**

*EEC Core Competency: Guiding and Interacting with Children and Youth*

* Determine a common definition for self-esteem
* Explore strategies and activities to help children develop confidence and motivation
* Learn how to promote optimism and resiliency

**Helping your Children Develop Friendships (T, PS)**

*EEC Core Competency: Guiding and Interacting with Children and Youth*

* Learn how young children develop the capacity for developing friendships
* Examine the role of caring adults in helping children make more satisfactory connections with their peers
* Explore how to help children navigate the ups and downs of peer relationships

**How to Handle Vicarious Trauma (All)**

*EEC Core Competency: Professionalism and Leadership*

* Gain an understanding and assess the effects of vicarious. Or secondary trauma – the effect working with individuals who have experienced trauma themselves – on you as an educator
* Explore the supports you need to do this type of work and discover resources that you can use to reduce the effects of vicarious trauma

**How Temperament Impacts Behavior and Learning (T, PS, Early SA)**

*EEC Core Competency: Guiding and Interacting with Children and Youth*

* Develop an understanding of your own temperament as well as the children you care for
* Learn language and skills to work with individual temperaments
* Explore how to create environments to support children's individual temperaments and where they can be successful

**Incorporating Diversity Into Your Environment and Curriculum (All)**

*EEC Core Competency: Learning Environments and Curriculum*

* Discover and reflect on how culture, values and beliefs impact our work with children and families
* Identify strategies to weave diversity throughout the curriculum
* Learn how to choose and use appropriate materials and activities to support diversity

**Mandated Reporters (All)**

*EEC Core Competency: Professionalism and Leadership*

* Examine the signs of possible abuse and neglect
* Learn the requirements of reporting to DCF and how reports are handled
* Discover strategies to provide support to young children in your program

**Not Just Child's Play: The Influence of the Media on the Lives of Young Children (All)**

*EEC Core Competency: Health, Safety and Nutrition*

* Examine the profound influence that the media has on young children's development, learning and behavior
* Explore the challenges faced by all of us who care for children
* Learn how to counteract the negative effects of the media

**Nutrition and Fitness with Kids (T, PS, Early SA)**

*EEC Core Competency: Health, Safety and Nutrition*

* Explore the causes of childhood obesity
* Learn appropriate nutrition and how to support health eating habits
* Develop creative ideas for picky eaters
* Learn strategies to incorporate fitness into your daily schedule

**Outdoor Classrooms and Curriculum (T, PS)**

*EEC Core Competency: Learning Environments and Curriculum*

* Define outdoor curriculum and explore opportunities for observation and assessment
* Evaluate your outdoor space for learning opportunities and develop strategies for planning intentional curriculum
* Design recognizable learning centers outside to create a variety of rich learning experiences

**Playing with Puppets (T, PS)**

*EEC Core Competency: Learning Environments and Curriculum*

* Discover how puppets can unlock a journey of imagination or help you address challenging topics
* Explore the benefits of using puppets with young children and how to choose puppets that are appropriate to a variety of situations
* Make your own puppet!!

**Preventing Challenging Behavior and Mental Health Issues (T, PS, Early SA)**

*EEC Core Competency: Guiding and Interacting with Children and Youth*

* Learn to identify the reasons behind childrens challenging behaviors
* Examine how social skills impact the social/emotional/academic well-being of children
* Determine what skills need to be learned, and a variety of strategies to teach them

**Stop Ripping Your Hair Out: Creative Strategies for Engaging Hard to Reach Children (PS, SA)**

*EEC Core Competency: Guiding and Interacting*

* Gain a better understanding of “hard to engage” children
* Identify and practice strategies to use in your program
* Learn trouble shooting strategies and how to determine if a referral is needed

**Storytelling with Nature (PS, Early SA)**

*EEC Core competency: Learning Environments and Curriculum*

* Explore the impact or oral language development to literacy learning
* Discover techniques for learning and sharing oral stories that contain environmental messages
* Link literacy to outdoor experiences through a variety of hands-on strategies

**Transitions to Kindergarten (PS)**

*EEC Core Competency: Partnering with Families and Communities*

* Explore the social-emotional, developmental, and practical challenges presented by the transition from preschool to kindergarten
* Develop strategies to help children prepare for this transition, including how to help them say goodbye to their current program
* Learn how to provide the extra support to parents that will help everyone get off to the best possible start

**Understanding and Dealing with ADHD (T, PS, Early SA)**

*EEC Core Competency: Understanding the Growth and Development of Children*

* Learn how to recognize the core symptoms that might indicate ADHD  
  Explore strength-based classroom interventions
* Discover strategies to facilitate bridging school to home

**Understanding and Helping Children Cope with Emotional Stress (T, PS, SA)**

*EEC Core Competency: Guiding and Interacting with Children and youth*

* Learn the physical cost of children's emotional stress
* Explore a variety of strategies and techniques to help children cope with stress and adapt to life's obstacles
* Dress comfortably and bring a preferred drawing medium (crayon, marker, pen etc.) with you

**Understanding Gender Identity Issues (PS, Early SA)**

*EEC Core Competency: Guiding and Interacting with Children and Youth*

* Explore how gender identity becomes established
* Gain an understanding of strategies for working with children who do not seem to fall within the norm and our role in supporting them
* Learn practical techniques on how to respond to parents and how to counter potential bias by other children or staff

**Using Children's Books to Explore Sensitive Issues (T, PS)**

*EEC Core Competency: Learning Environments and Curriculum*

* Explore a variety of quality children's books that involve characters who have successfully resolved dilemmas that many children face today, including safety, separation, illness, death, special needs, disasters and sibling issues
* Learn how to use these books with individual children and with a group, and how to share them with families

**Working with Families of Diverse Backgrounds (All)**

*EEC Core Competency: Partnering with Families and Communities*

* Reflect on how we define and experience culture (our own and others)
* Examine the links between values, beliefs and practices, how they differ among various cultures
* Create a cultural lens that allows for openness, understanding and acceptance
* Gain confidence and competence in forging positive relationships with families from many diverse cultures

**Working with Young Children Who Have Experienced Trauma (All)**

*EEC Core Competency: Guiding and Interacting*

* Examine the variety of situations that young children face that cause them stress and anxiety (for example, divorce, homelessness, loss, parent in the military, etc.)
* Learn strategies that you can use to help children experiencing trauma more fully live their lives