



## Course Library

### Zero to Three Trainings

- **45 Hour Zero to Three Critical Competencies for Infant-Toddler Educators 45 HR (CURR) – *Inf/Tod***

The 45 hour Zero to Three Critical Competencies training will:

- Support educators who work in childcare centers and family child care homes with infants, toddlers, or both.
- Focus on pedagogy – the method and practice of teaching.
- Detail essential and observational skill sets that effective early educators use to optimize babies' and toddlers' social-emotional, cognitive, and language and literacy development.
- Feature considerations for supporting high-needs populations and multi-language learners.

#### ***The Training is also available in 3 separate areas:***

- Zero to Three Critical Competencies for Infant-Toddler Educators: Supporting Social-Emotional Development 18 HR (CURR)
- Zero to Three Critical Competencies for Infant-Toddler Educators: Supporting Cognitive Development 12 HR (CURR)
- Zero to Three Critical Competencies for Infant-Toddler Educators: Supporting Language & Literacy Development 9 HR (CURR)

### Zero to Three – The Growing Brain

The 21 hour Zero to Three Growing Brain training can be taken as a 7-class series or as 7 independent trainings. The trainings can be taken in any order.

- **The Growing Brain- The Basics 3 HR (CD) – *Inf/Tod/Preschool***

*Participants will understand how the brain grows and develops from conception through 5 years old. Participants will learn the names of different parts or regions of the brain and their functions; gain an understanding of how nerve cells communicate and connect; learn about neuroplasticity; and the role of early experiences in making connections between areas of the brain.*

- **The Growing Brain- Factors Affecting Brain Growth and Development 3 HR (CD) – *Inf/Tod/Preschool***

*Participants will understand the key factors that affect brain development and how to support health brain development overall. Participants will identify factors that affect brain growth and development; understand how stress can affect brain development; and learn strategies (the 5 R's) for supporting healthy brain development.*

- **The Growing Brain- Communication and Language Development 3 HR (1.5 CD/1.5 CURR) – Inf/Tod/Preschool**

*Participants will understand how communication and language skills develop in the first 5 years, the brain’s role in the development of these skills, and how to support them. Participants will learn about specific communication milestones and when they typically emerge and how this relates to brain development; learn strategies for supporting early communication skills; and gain an understanding of how Multilanguage learning occurs.*

- **The Growing Brain- Cognition and Executive Function 3HR (CD) – Inf/Tod/Preschool**

*Participants will understand how young children develop cognitive and executive functions in relation to the developing brain. Participants will learn how cognitive development unfolds; ways to support cognitive development in young children; above executive functioning and its critical role in cognitive and overall development; and how to support the development of executive functions.*

- **The Growing Brain- Social-Emotional Development 3 HR (CD) – Inf/Tod/Preschool**

*Participants will gain an understanding of how social–emotional development unfolds in the first 5 years and how to support it in young children as well as the areas of the brain involved in social interactions and emotional reactions. Participants will also explore the role of relationships and attachment in social-emotional development; the effect of stress on social-emotional development; and the development of empathy in very young children.*

- **The Growing Brain- Understanding Behavior 3 HR (CD) – Inf/Tod/Preschool**

*Participants will learn about basic brain anatomy; connections between areas of the brain and how these connections are expressed through behavior; key factors that influence behavior; root causes of challenging behavior and effective strategies for helping children with these difficulties.*

- **The Growing Brain- Play 3 HR (2 CD/1 CURR) – Inf/Tod/Preschool**

*Participants will understand the stages and types of play that unfold in early childhood, the role of the brain in this process, and how to maximize children’s learning through play. Participants will learn about the development of play, the differences between free and guided play, and core skills children develop through play and how to promote these skills.*

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- **Power of Playful Learning 3 HR (2/CD-1/CURR) – Preschool, School Age - **NEW!!****

Play is the work of children, and it is the most effective way for children to learn. Early childhood educators have always known this, but they have not always been supported in putting this in practice. This training reviews the research that supports playful learning, the skills that are developed during playful learning, and key strategies that ensure that playful learning meets learning standards. Come explore the power of playful learning!

- **Challenging Behaviors Come from Challenged Children: How Can We Help?** 3 HR (CD) – **ALL - NEW!!**

In this interactive training participants will have the opportunity to discover a new lens to view mistaken behaviors, to explore the factors that influence challenging behaviors, and to investigate tools and strategies that will support children as they develop social-emotional regulation skills. This training combines the work of Dan Gartrell, the Pyramid Model, and current brain research from Zero to Three.

- **STEM Through Stories: Creating Design Challenges** 3 HR (CURR) – **Preschool, School Age - NEW!!**

Helping children develop problem solving and critical thinking skills are some of the greatest benefits of STEM learning. In this training you will learn how to use children’s stories to introduce and support STEM learning and to create design challenges based on stories that inspire children to create, make, and engineer solutions to real life issues and problems.

- **Observation in Early Childhood: Just the Facts** 3 HR (CD) – **Preschool**

Early childhood educators are constant child watchers, but are they intentional and careful observers and documenters? This highly interactive training will explore the value of documentation and the characteristics of objective observations. Participants will also have opportunities to practice the skills discussed.

- **Guidance: The Power of Language** 3 HR (CD) – **Preschool, School Age**

Language is powerful. In this interactive training we will explore how to use the power of language to support our children as they gain developmental and academic skills, develop self-control, and build a sense of community. Participants will explore “teacher language” and specific strategies that create more positive experiences in our programs.

- **Making Circle Time Meaningful** 2 or 3 HR (CURR) – **Inf/Tod/Preschool**

Circle Time is done each day, but have you ever asked yourself if what you are doing is effective in advancing the development of your children. Is doing the calendar, weather, job chart, and story-time all in one sitting the most effective use of time?

Are we doing this because this is what we have always done or are we doing because it meaningful for our children? What do we really want to accomplish in our class meeting and what is the best way to make that happen? Let’s examine circle time and free ourselves from the “We have always done it this way” mindset. In this session participants will explore opportunities to incorporate skills such as higher order thinking, problem solving, and reflection in order to increase critical thinking, literacy, language, and social development. Join us and learn strategies to make your circle time meaningful and developmentally appropriate.

- **Mathematize My Day: Making Math Simple** 2 HR (CURR) – **Preschool**

Math is a foundational skill, but teachers continue to struggle with how to effectively teach math skills and concepts to students of all ages. We will explore math stories, math thinking, problem solving, and critical thinking as tools for supporting math instruction. This interactive training will focus on importance of math learning for our youngest learners as well as developmentally appropriate and effective strategies for incorporating math vocabulary and concepts throughout the day.

- **Basic Health and Safety and Breastfeeding Awareness** 3 HR (HSN) – **ALL** – Fulfills MSDE/OCC requirement.

Revised 2020, this workshop has been required as pre-service training for all childcare center staff, since 2017 including directors, teachers and aides, as well as home day care providers. Learn about basic safety and health guidelines for both indoor and outdoor areas. It now also includes the OCC required **Breastfeeding Awareness** requirement.

- **Including All Children and the Americans with Disabilities Act** 3 HR (SN) – **ALL** – Fulfills MSDE/OCC requirement.

As of January 2016, this training has been required for all licensed programs and providers. Childcare professionals will be presented with information, strategies, and resources on how to develop and implement an ECE environment that is inclusive to all children and families. Participants will also receive an overview of the requirements of the Americans with Disabilities Act.

- **Early Learning Assessment Training (ELA)** 12 HR (8 HR PRF/4 HR CD) – **Preschool**

This training will provide teachers with the skills needed to use the ELA tool. Participants must attend all 12 hours of in class training and pass a Simulator and Content Assessment in order to use the tool. If you are interested in the ELA training you must first complete the ELA Interest form at <http://bit.ly/elainterest>

- **Making Access Happen – Developmentally Appropriate Practice** 6 HR (3HR CURR, 2 HR CD, 1 HR COM) – **All**

Discover ways to create a learning environment which supports developmentally appropriate practices. Participants will explore ways that our settings support DAP, understand how we can use activity centers to enhance children’s learning, and recognize how building relationships with the children in our care and their families helps promote and strengthen learning and development.

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### **Pyramid Model for Preschool Children – (SEFEL)**

The Pyramid Model promotes healthy social-emotional development for children birth through age 5 years. These training provides teachers with illustrations and tools for implementing practices for promoting children’s social emotional competence and early literacy skills. The Pyramid Model framework promotes strategies to help teaching staff build positive relationships with and among children by creating supportive learning environments, teaching children to understand and express their emotions, and use problem solving skills. In addition, these trainings will guide teachers in providing targeted and individualized interventions to children with more intensive support needs.

- **Pyramid Module for Preschool Classrooms Mod 1** 6 HR (CD) – **Preschool**

Building Relationships & Creating Supportive Environments

- **Pyramid Module for Preschool Classrooms Mod 2** 6 HR (CD) – **Preschool**

Social Emotional Assessment & Targeted Social Emotional Strategies

- **Pyramid Module for Preschool Classrooms Mod 3 6 HR (CD) – *Preschool***

Intensive Interventions

**Pyramid Model for Preschool Infants and Toddlers – (SEFEL)**

Pyramid Model training is designed to support young children’s social and emotional development through a culturally sensitive approach that is responsive to the unique needs of programs, families, professionals and communities. These training focuses on promoting children’s social emotional competence, preventing challenging behaviors and strategies for addressing challenging behaviors. This training will prepare early education professional caring for infants and toddlers in the social emotional domain be embedding practices into already established schedules and routines.

- **Pyramid Module for Infants and Toddlers Mod 1 6 HR (CD) – *Inf/Tod***

Building Relationships & Creating Positive Environments

- **Pyramid Module for Infants and Toddlers Mod 2 6 HR (CD) – *Inf/Tod***

Targeted Social Emotional Strategies

- **Pyramid Module for Infants and Toddlers Mod 3 6 HR (CD) – *Inf/Tod***

Intensive Interventions

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**Screening Tools**

- **An Introduction to ASQ-3 and ASQ Online 3 HR (COM) – *Inf/Tod /Preschool***

This training will provide a basic overview on how to use the screening tools. The training is appropriate for those who are new users, those who are considering adopting the tool for use in their program or for individuals or groups in need of a refresher. Participants will learn the purpose of developmental screening, each tool’s features and how to introduce, administer, score and interpret results of the screening tool.

- **An Introduction to Brigance Screens III 3 HR (COM) – *Inf/Tod /Preschool***

This training will provide a basic overview on how to use the specific screening tool. The training is appropriate for those who are new users, those who are considering adopting the tool for use in their program, or for individuals or groups in need of a refresher. Participants will learn the purpose of developmental screening, the tool’s features, and, how to introduce, administer, score, and interpret results of the screening tool.

- **Best Beginnings Developmental Screen 3 HR (COM) – *Inf/Tod***

This training will provide a basic overview on how to use the specific screening tool. The training is appropriate for those who are new users, those who are considering adopting the tool for use in their program, or for individuals or groups in need of a refresher. Participants will learn the purpose of developmental screening, the tool’s features, and, how to introduce, administer, score, and interpret results of the screening tool.

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## I am Moving, I am Learning

These are a collection of fun-filled, hands-on, interactive workshops focused on increasing physical activity and promoting healthy nutrition choices for children birth to 5. Participants will get ideas for increasing activity in their program while having fun! The I am Moving, I am Learning program was developed in partnership with Head Start, University of Nebraska-Lincoln Extension, and Pennsylvania State University Extension.

- **IMIL: Opportunity Knocks 2 HR (HSN) – *Preschool***

This high energy, hands on training is full of ideas and resources on physical activity and healthy food choices that you can include in your early childhood programs. Opportunity Knocks shares childhood obesity trends which set the stage for the opportunities that providers have for helping children as well as staff and families increase their daily physical activity while making healthier food choices.

- **IMIL: Birth to Five: Introduction to Motor Development 2 HR (CD) – *Inf/Tod /Preschool***

This high energy, hands on training is full of ideas and resources on physical activity and healthy food choices that you can include in your early childhood programs. This workshop shares background information regarding motor development from birth to five. This information sets the stage for caregivers to build physical activity into their daily routines.

- **IMIL: Child Assessment: Observing and Evaluating Motor Skills of Young Children 2 HR (1 HR CD/1 HR CURR) – *Preschool***

This high energy, hands on training is full of ideas and resources on physical activity and healthy food choices that you can include in your early childhood programs. What is the difference between maturation and development? Learn how this relates to motor skill development in young children. Recognize that every motor skill has its own developmental progression and learn how to use a developmental continuum to assess children's motor skill development.

- **IMIL: Making the Most of your Music 2 HR (CURR) – *Preschool***

This high energy, hands on training is full of ideas and resources on physical activity and healthy food choices that you can include in your early childhood programs. Moving to music is a fun and healthy way to encourage movement and physical activity. This workshop helps us understand how music helps with physical development and ways to incorporate new vocabulary and actions into children's music.

- **IMIL: Body Language: A Movement Vocabulary of Young Children 2 HR (1 HR CURR/1 HR CD) – *Preschool***

This high energy, hands on training is full of ideas and resources on physical activity and healthy food choices that you can include in your early childhood programs. The use of words and verbal cues can be very important in engaging and encouraging children to learn a wide variety of movement. This workshop share strategies to help children “tell your muscles what to do” in motor skill development.

- **IMIL: Moving With the Brain in Mind 2 HR (CD) – *Preschool***

This high energy, hands on training is full of ideas and resources on physical activity and healthy food choices that you can include in your early childhood programs. The development of the brain in a child’s first five years of life clearly shapes the learning capacity they have for the rest of their life. Learn how early brain structure and functioning can be enhanced through movement and physical activity.

- **IMIL: Nutrition Building Blocks 2 HR (HSN) – *Preschool***

This high energy, hands on training is full of ideas and resources on physical activity and healthy food choices that you can include in your early childhood programs. Early childhood is an optimal time of growth and development. Healthy nutrition is a key for growth and also is a foundation for success in school and life. Learn more about ways to promote healthy lifestyles by establishing healthy preferences early in life.

- **IMIL: MVPA (Moderate to Vigorous Physical Activity) Every Day! 2 HR (HSN) – *Preschool***

This high energy, hands on training is full of ideas and resources on physical activity and healthy food choices that you can include in your early childhood programs. Do the children in your care get at least 60 minutes of structured MVPA every day? You will experience MVPA activities that can be replicated with pre-school children.

- **IMIL: Activities for All 2 HR (SN) – *Preschool***

This high energy, hands on training is full of ideas and resources on physical activity and healthy food choices that you can include in your early childhood programs. Children are unique in development and skill ability. Learn strategies of modifying and adapting to reach and teach all children in physical activity and motor skill development.

- **IMIL: Move, Play, and Learn at Home 2 HR (COM) – *Preschool***

This high energy, hands on training is full of ideas and resources on physical activity and healthy food choices that you can include in your early childhood programs. Help parents learn the importance of movement for young children and understand their role in modeling an active lifestyle. This session will include how to incorporate movement opportunities at home, using materials on-hand, creative time management techniques, and limited space.

- **IMIL: Take It Outside 2 HR (HSN) – *Preschool***

This high energy, hands on training is full of ideas and resources on physical activity and healthy food choices that you can include in your early childhood programs. “Go outside and play!” Learn about the benefits for children of playing outdoors and spending time in nature and its role in motor skill development. This session will include understanding the adult role in facilitating outdoor play and preparing outdoor play space.

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**Tools of the Trade II: Inspiring young minds to be SET\* ready for life!**<sup>®</sup> (*\*Science, Engineering & Technology*)  
– *School Age*

Tools of the Trade II is a staff-development guide that uses a “train-the-trainer” approach to deliver a comprehensive training for **afterschool program** frontline staff and youth workers on incorporating science, engineering, and technology (SET) into afterschool programming. Using a hands-on, interactive skill-building approach, it provides tools drawn from research and best practices to help afterschool staff enhance communication, management, and educational delivery of afterschool programs. Each session provides complete instructions, readily available supplies and session evaluations.

- **Session 1: Inspiring Young Minds...The Scientist in All of Us** – 2 HR (CURR) – *School Age*

Science is everywhere! Kids are curious and love to learn about the world around them. Afterschool staff can play an important role in facilitating youth’s learning about science, engineering, and technology (SET). This session provides an introduction to the Afterschool SET Ready for Life Checklist and elements for high quality SET programming in afterschool settings.

- **Session 2: Explore It! (Science) Design It! (Engineering) Use It! (Technology)** - 2 HR (CURR) – *School Age*

What does it mean to be scientifically literate? The American Association for the Advancement of Science describes a scientifically literate person as one who is aware that science, engineering, and technology are human enterprises and applies scientific content and abilities in meaningful ways. Understanding the relevance of science, engineering, and technology and the language of math in afterschool settings and how these complement each other is the focus of this session.

- **Session 3: SET Abilities for the 21st Century** – 2 HR (CURR) – *School Age*

Hearing a lot about science, engineering, and technology (SET) these days? In a fun and hands-on way, learn which SET abilities 21st century kids need for success and how your program can support the development of these skills and abilities in fun and interactive ways. Special emphasis is given to fostering observation skills, one of the most critical SET abilities.

- **Session 4: Hands On! Minds On! ... Inquiry and Experiential Learning** - 2 HR (CURR) – *School Age*

Inquiry and experiential learning are natural ways to learn. This session introduces youth workers to the concepts of experiential learning and science inquiry. Understanding these concepts helps youth workers capitalize on kid’s interests, assure better learning outcomes and provide exciting learning opportunities for acquisition of science, engineering, and technology knowledge and skills.

**Coming Soon**

- Big Questions Lead to Better Thinking
- Make Math Happen Every Day!
- Project-Based Learning - The Basics
- Supporting Maryland’s Multilingual Learners: WIDA Early Years
- Supporting Equity in Early Childhood Settings