

Statewide Courses Training Descriptions – **FY22**

Includes QRS, ExceleRate, Health & Safety, and ITN Trainings

General Courses

Quality Counts QRS Orientation for License-Exempt Family Child Care Providers:

Quality matters in child care. Learn about the statewide Quality Counts Quality Rating System (QRS) for license exempt family child care providers, a program to help improve quality of care. The Orientation covers QRS eligibility and training requirements, application process, and supports and resources available. Providers serving children on the State Child Care Assistance Program (CCAP) may also receive a bonus to the standard payment rate. A provider must attend this session prior to applying to Quality Counts QRS. **NOT ITN**

What is CCAP? for Family Child Care

The What is CCAP? for Family Child Care training reviews the Illinois Department of Human Service (IDHS) Child Care Assistance Program (CCAP). The IDHS CCAP helps pay for child care expenses for income-eligible families who work or participate in eligible activities. This training describes CCAP eligibility guidelines and application requirements for families and family child care homes. Payment determination and options for receiving payment are also explained along with additional information for both CCAP providers and families. **NOT ITN**

What is CCAP? for Child Care Centers

The What is CCAP? for Child Care Centers training reviews the Illinois Department of Human Service (IDHS) Child Care Assistance Program (CCAP). The IDHS CCAP helps pay for child care expenses for income-eligible families who work or participate in eligible activities. This training describes CCAP eligibility guidelines and application requirements for families and child care centers. Payment determination and options for receiving payment are also explained along with additional information for both CCAP providers and families. **NOT ITN**

Shaken Baby Syndrome and Traumatic Brain Injury

This training discusses the signs, symptoms, causes, triggers, prevention, and long-term effects of Shaken Baby Syndrome and Traumatic Brain Injury. The successful completion of this course meets DCFS pre-service licensing requirements for home care providers. Licensed providers will also receive training hours for license renewal. **NOT ITN**

Sudden Infant Death Syndrome (SIDS/SUID/AAP Safe Sleep)

This training discusses Sudden Infant Death Syndrome (SIDS/SUID/AAP Safe Sleep), including behaviors that increase the risk of SIDS, safe sleep habits, licensing standards, and resources for further information. The successful completion of this course meets DCFS pre-service licensing requirements for home care providers. Licensed providers will also receive training hours for license renewal. **NOT ITN**

Recognizing and Reporting Child Abuse: Training for Mandated Reporters

The purpose of this in-person training is to help all Illinois Mandated Reporters understand their critical role in protecting children by recognizing and reporting child abuse. Everyone who suspects child abuse or neglect

should call the Illinois Department of Children and Family Services Child Abuse Hotline to make a report, but Mandated Reporters are required by law to do so. **NOT ITN**

ExceleRate® Approved ITN Trainings

ExceleRate Illinois Orientation:

ExceleRate™ Illinois is the new quality rating and improvement system for licensed child care centers, Head Start, and Preschool for All programs. This orientation provides child care centers an overview of the goals, quality indicators, benefits of participation, application process, and the system supports available for success at reaching each Circle of Quality. **NOT ITN**

ExceleRate Illinois Orientation for Licensed Family Child Care:

ExceleRate™ Illinois is the quality rating and improvement system for licensed family child care, licensed child care centers, Head Start, and Preschool for All programs. This orientation provides family child care providers an overview of the goals, quality indicators, benefits of participation, application process, and the system supports available for success at reaching each Circle of Quality. **NOT ITN**

An Introduction to the Environment Rating Scales:

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.

Introduction to the Family Child Care Environment Rating Scale – Revised:

This training is for Family Child Care practitioners and provides an overview of the Family Child Care Environment Rating Scales Revised (FCCERS-R). FCCERS-R is a user-friendly assessment tool used to measure the quality of the learning environment. After completing this training, participants will be able to use the tool for program self-assessment and improvement planning. In addition, practitioners will be aware of FCCERS-R linkage to national accreditation, Illinois Early Learning and Development Standards (IELDS) and ExceleRate™ Illinois, Illinois' quality rating and improvement system.

An Introduction to Transitions:

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.

Basics of Culturally and Linguistically Appropriate Practice:

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.

Caring for Mixed Ages of Children

In this training, participants will define developmentally appropriate practice (DAP) as well as recognize the importance of DAP when caring for mixed ages of children. Components of a safe and healthy family child care

environment serving mixed ages of children will be discussed as well as identifying areas for program improvement.

Creating Individual Professional Development Plans:

Participants will define and explain the value of professional development. This training will assist in recognizing the relationship of staff development to Continuous Quality Improvement. Participants will also be able to identify the components of an effective professional development plan.

Early Childhood Developmental Screening:

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.

Family and Community - Partners in Learning:

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.

Finding a Curriculum that Works for You:

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.

Fundamentals of Child Assessment:

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.

Illinois Early Learning & Development Standards:

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.

Illinois Early Learning Guidelines:

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.

Introduction to Developmental Screening Tools:

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.

Off the Shelf and Into Practice: Using Your Curriculum Every Day:

This training gives participants an overview of important factors for implementing a curriculum as well as reviewing indicators of a high quality curriculum. Participants will identify strategies for using curriculum in

their program every day and produce an action plan for implementing curriculum with fidelity into their program.

Redleaf Family Child Care Curriculum: Teaching Through Quality Care

Family child care providers will explore key elements of curriculum that support children's development through all domains during the early years, infancy through kindergarten age. Five domains of development will be explored: physical, cognitive, communication and language, social and emotional, and approaches to learning. Necessary elements to support high quality family child care programs will be explored, including establishing a safe and supportive family child care program, partnering with families, and establishing program policies and practices.

Understanding and Planning for Continuous Quality Improvement:

One of the distinguishing characteristics of high-quality early childhood programs is their ability to adapt to change. This training will explore the concept of Continuous Quality Improvement (CQI) as an essential component of first-rate programs. Through discussion and group activities, participants will learn the key features of this leadership philosophy, the steps in the CQI process, and how to create a Continuous Quality Improvement Plan (CQIP) to guide change.

Welcoming Each & Every Child:

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.

Non-ExceleRate® ITN Trainings

Child Development, Health, and Safety Basics:

This training will provide participants an overview of child development, health, and safety issues for children birth through early school age. Emphasis will be on understanding patterns of development, developmental domains, and the role of nutrition in development. In addition, health and safety issues will address supporting the growth of healthy children - from the basics such as hand washing to more in-depth practices surrounding healthy procedures and disease prevention. Participants will learn more about emergency planning/preparedness and first aid as well as identify tips for maintaining safe indoor/outdoor environments.

Foundations of Family Child Care:

The Foundations for Family Child Care is a 15 hour training that is great for newer or potential family child care providers. During this training, participants will learn about licensing, setting up their program as a business, environments, parent communication, health and safety, nutrition, discipline and developmental activities.

Infant Toddler Pyramid Model – Module 1 Social Emotional Development Within the Context of Relationships

Discover how forming solid relationships can lead to healthy social-emotional development in infants and toddlers. This training will define social-emotional development and how infants and toddlers communicate

feelings, thoughts, and behaviors. Participants will walk away with best practices and strategies needed to begin implementing strong positive relationships with infants, toddlers, and families.

Infant Toddler Pyramid Model – Module 2 Responsive Routines, Environments, and Targeted Strategies to Support Social Emotional Development in Infants and Toddlers

How do you promote healthy social-emotional development in infants and toddlers? In this training, participants will learn how to develop strategies and create an environment that helps support social-emotional development when working with infants and toddlers. Participants will also learn the importance of emotional literacy and how to model these behaviors in the classroom.

Preschool Pyramid Model – Module 1: Creating a Win-Win: A Team Approach to Strengthening Young Children’s Social and Emotional Skills

Interested in a calmer learning environment filled with supported, engaged children? Learn more about the relationship between challenging behavior and social emotional development in young children and the role of your own attitude about challenging behavior. Gather tips and tricks on building important relationships with children, families and coworkers as well as designing an effective preschool environment. Need help with transitions? Learn more about developing consistent schedules and routines to assist in structuring transitions. Finally, guidance is provided for use of ongoing monitoring and positive attention to support children’s social/emotional behavior. Fill your toolbox today! A team of teacher(s) and administrator welcome.

Preschool Pyramid Model – Module 2: Social Emotional Teaching Strategies: Teach Child How to Resolve Conflict

How can we be more intentional about teaching social emotional skills at the preschool level? How can we identify strategies for supporting development of friendship skills in preschool? Workshop content will include the importance of emotional literacy and identifying strategies that build “feeling vocabularies.” Participants will deepen their understanding about the importance of providing children opportunities to begin to understand their own and others’ emotions.

Program for Infant Toddler Care (PITC) Module 1: Social-Emotional Growth & Socialization

Social-Emotional Growth and Socialization explores topics on social-emotional development in the first three years, temperaments of children and caregivers, socialization, guidance and discipline, environments, and gaining an understanding of children's behavior. Training will begin with an overview of the basic concepts of early social-emotional growth and socialization and their application to the group care context. An emphasis is placed on the development of a nurturing relationship between the infant and caregiver. The overview addresses the importance of responsive caregiving, the individualization of care through an understanding of infant temperament, the critical role of family and culture in early identity development, exploring developmentally appropriate play strategies with ages of infancy, creating supportive physical environments, and stages of emotional development.

Program for Infant Toddler Care (PITC) Module 2: Group Care

Group Care introduces special considerations in caring for infants and toddlers and six program policies that support the development of emotionally secure relationships and mental health in the group care setting. An overview of the content of Module 2 explores the ideas of primary care, well-designed learning environments,

positive impact of responsive caregiving routines, and individualized care on the well-being and development of children from birth to three. Attention is also given to how the policies of primary care, small groups, continuity of care, culturally responsive care, and inclusive care of children with special needs prove the foundation for high quality infant/toddler care. At the end of this module, participants will have the tools to use primary care in their home or classroom, make engaging environments, assist children in daily routines, and individualize care for all children.

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

This session explores brain development, early learning and language development, and appropriate curriculum planning for infants and toddlers. PITC's view of infants as active, self-motivated learners is explained and the role of the caregiver in supporting infants' desire for exploration is considered. 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 that supports all learners, including infants with special needs. Engaging discussion and activities support participant's learning.

Program for Infant Toddler Care (PITC) Module 4: Culture, Families, and Providers

This training focuses on culture and its implication for families and providers. Participants will learn how family experiences, knowledge, and childrearing beliefs and practices can be incorporated into early care and classroom settings. Cultural expectations and biases will be explored, and participants will have the opportunity to increase their cultural awareness in terms of how their assumptions may affect their interaction with young children and families. Participants will demonstrate their understanding of how family structures, diversity in social, cultural, linguistic, or religious backgrounds influence family approaches to parenting in children birth to three, each other, and the community. Participants will gain an understanding of how relationships among caregivers, infants/toddlers, and families can impact other child-family, child-practitioner, and practitioner-family relationships.

Strengthening Business Practice for Centers

The Strengthening Business Practices for Centers training addresses basic concepts in fiscal and operational management of child care programs. The purpose of this training is to strengthen childcare provider's foundational knowledge of fiscal terms, concepts, and practices. It encourages providers to realize the importance of fiscal planning to the sustainability of their business operations. It provides tips and best practices in fiscal, organizational, and financial goals and human resource documents in order to help break down the fiscal processes into manageable steps.

Strengthening Business Practice for Family Child Care

The Strengthening Business Practices for Family Child Care training addresses basic concepts in fiscal and operational management of family childcare programs. The purpose of this training is to strengthen childcare provider's foundational knowledge of fiscal terms, concepts, and practices. It encourages providers to realize the importance of fiscal planning to the sustainability of their business operations. It provides tips and best practices in fiscal, organizational, and financial goals and human resource documents in order to help break down the fiscal processes into manageable steps.

Gateways to Opportunity ECE Credential Level 1 Training

ECE Credential Level 1 Module 1: Child Development Overview

Participants receive an overview in child development for children birth through early school-age. Emphasis will be on understanding basic milestones in development as well as on strategies used to promote the healthy development of children.

ECE Credential Level 1 Module 2a: Health Issues for Children in Group Care

Ensuring a child's health and wellbeing requires more than basic first aid and emergency contacts. In this class, you will learn how to help the growth of healthy children—from the basics like hand washing to a more in-depth look at various practices surrounding health care.

ECE Credential Level 1 Module 2b: Nutrition Issues for Group Care

Whether you are responsible for providing a quick snack or a well-balanced meal, understanding children's dietary needs creates healthier and happier kids. Learn the basics of good nutrition, food safety, and various practices surrounding nutrition through this class that offers hands-on activities and practical discussions that will make science and good nutrition easy to understand.

ECE Credential Level 1 Module 2c: Safety Issues for Group Care

A child's safety is the number one concern for parents and child care providers alike. In this class, you will identify tips for creating a safer group care environment, confront the issue of abuse and neglect, and learn more about emergency preparedness and first aid.

ECE Credential Level 1 Module 3: Observation and Guidance

To know how to best help children in your care, it is important to observe them and identify their specific needs. This session will define the different kinds of observation you can use when caring for children and how to offer more effective guidance and discipline

ECE Credential Level 1 Module 4: Learning Happens in Relationships

Our kids are constantly responding to family members, teachers, and social relationships that help to shape their understanding of the world around them. This class explores how relationships between families, children, and teachers can help learning, and how crafting the environment around them can help children learn.

ECE Credential Level 1 Module 5: Family and Community Relationships

As our partner in child development, families—especially parents—directly affect a child's learning. In this class, 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.

ECE Credential Level 1 Module 6: Personal and Professional Development

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 final class, you will

learn about your own professional development and how to take care of yourself so you can continue to care for others.

ECE Credential Level 1 Module 7a: Child Development (Birth to 8 months)

Newborns and young babies are developing at an incredible rate, causing them to have special needs unlike older children. In this fourth class, you will understand how children from birth to 8 months learn and grow, and how to individualize their care accordingly.

ECE Credential Level 1 Module 7b: Child Development (8 to 18 months)

In this continuation of the first child development class, you will explore 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.

ECE Credential Level 1 Module 7c: Child Development (18 to 36 months)

Toddlers are an energetic bunch who requires plenty of stimulation and education. In this final section of child development training, you will explore how children age 18 to 36 months learn language, learn to think, learn to move, and learn feelings, so you can better nurture this often curious age group.

ECE Credential Level 1 Module 8a: Preschool Social and Emotional Development

As children approach preschool age, their needs begin to change. This is the first of four classes designed to better understand children as they approach school-age. You will identify characteristics of social and emotional development and learn techniques for promoting appropriate and effective discipline for preschool children.

ECE Credential Level 1 Module 8b: Preschool Physical Development

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.

ECE Credential Level 1 Module 8c: Preschool Language Development

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.

ECE Credential Level 1 Module 8d: Preschool Cognitive Development

In this final session on preschool development, you will dive deeper into how preschoolers learn and identify tips for making learning fun. With suggestions for activities that encourage your preschoolers to explore numbers, shapes, colors, and science, this class gives all the information you need to grow and stretch the ability of children to think and understand.

ECE Credential Level 1 Module 9: School-Age Development

Completing the important section on child development, this class looks at school-age children to uncover how their learning and growth differs. With tips on how to better care for school-aged youth, this class also offers you guidance on how to set rules and limits and to get your school-aged kids to appreciate safety and respect.

Gateways to Opportunity SAYD Credential Level 1 Training

Module 1: Introduction to Child and Youth Development

Description: Participants will receive a brief introduction to child and youth development from ages 5 – 21. They will be introduced to the stages of development, along with the physical, cognitive, language, and social/emotional characteristics of development that will be used throughout the entire training series.

Module 2a: School-Age Development (Ages 5 – 12)

Description: This session will explore the general characteristics and what to look for when work with children ages 5 – 12. It will also discuss what to do and how to address children or youth who may have special needs. Participants will also discuss protective factors and how to offer a safety net for children and youth who may be struggling. The session will also introduce five goals that will help guide your approach when working with children and youth.

Module 2b: Early Adolescent Development (Ages 11 – 16)

Description: This session will discuss developmental characteristics of early adolescents and recognize that those in this stage may appear more as a school-age child in some areas, and an adolescent in others. Other topics will include risk taking, looking into the teenage brain, moral development, and “productive engagement”.

Module 2c: Late Adolescent/Young Adult Development (Ages 15 – 21)

Description: This session will focus on supporting the needs of the late adolescents as they transition into adulthood. Topics will include peer leadership, life skill development, supporting their growing independence, and developmentally appropriate practices for young adults ages 15 – 21.

Module 3a: Infant/Toddler Development (Birth – 36 months)

Description: The goal of this session is to raise awareness and discuss this important stage of development, offer information, and point to resources for participants to use. One area that will be highlighted is discipline, as the concepts and approach can prove useful with all ages.

Module 3b: Preschool Development (Ages 3 – 5)

Description: Preschool children are developing quickly in all areas. This session will discuss how providers can support their development by helping them interact within their worlds on many levels: through their senses, through play, and through movement. Their experiences create a framework for learning that will carry them through later stages of development and into adulthood.

Module 4a: Health and Nutrition

Description: Throughout this module, focus will be on using the National Afterschool Association (NAA) Standards in addressing best practices in health and nutrition issues in school-age and youth.

Module 4b: Safety

Description: Using the National Afterschool Association (NAA) Standards, this session is designed to look at a provider's role and responsibilities when it comes to safety policies and procedures in working with school-age and youth.

Module 5a: Environment and Curriculum

Description: Environment and curriculum is central in working with school-age and youth. They set the stage for everything we do. This module will look at how to make environments comfortable for different ages, and how to plan in a way that is meaningful and interesting for a variety of ages. National Afterschool Association (NAA) Standards on environment and curriculum will be discussed.

Module 5b: Programming

Description: Programming is directly connected to environment and curriculum when involved with school-age and youth development. Programming is the bridge to the people – the schedule, actual activities, and facilitation of those activities. This session will visit the concepts of variety, being mission-driven, and child and youth centered from the perspective of programming. National Afterschool Association (NAA) Standards related to programming will be addressed.

Module 6: Observation and Assessment

Description: This session will explore the differences and connections between observation and assessment in working with school-age and youth. Using the National Afterschool Association (NAA) Standards, participants will look at types and purposes of observations and assessments and will examine how their own experiences and backgrounds can affect them.

Module 7a: Building Relationships with Children and Youth

Description: Using the National Afterschool Association (NAA) Standards, this session will address the ins-and-outs of relationship building with children and youth. Topics will include trust building and mutual respect, and what it means to be a role model. The ideas of mentorship and creating professional boundaries will also be explored.

Module 7b: Managing and Guiding Relationships

Description: 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.

Module 8a: Community Relationships

Description: 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.

Module 8b: Family Relationships

Description: 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.

Module 9: Personal and Professional Development

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