ONLINE TRAININGS: Through these initiatives, online trainings were provided at no or low cost to Colorado child care providers. Better Kid Care On Demand online training modules were completed by 632 providers, totaling 989 training hours as of Jan. 2013. Participants rated on a scale from 1 (Not much at all) to 4 (Quite a lot) how much they learned and were able to use in their work, resulting in averages of 3.42 and 3.32 (see chart to the right).

FACE-TO-FACE TRAININGS: CYTTAP sponsored 13 training events in Colorado between September 2011 and October 2012:

- Two trainers delivered two Preventing Child Abuse and Neglect (PCAN) workshops, attended by 56 child care providers.
- Two trainers delivered 11 face-to-face Rock Solid Foundation (RSF) trainings to child care providers. The RSF trainings were attended by 204 individuals; 41 training survey responses were received and are summarized in this report.

**Rock Solid Foundations Participants:** All of the RSF participants were women. They on average had approximately 12 years of experience working with children, and had been working in their current positions on average for about 8.8 years. There was much variation in the number of children their child care center serves in a typical year, ranging from 5-1000 with a median number of children cared for at 105. The number of military-connected children served ranged from 0-400, with a median number of children cared for at 17. All RSF participants reported learning a great deal during the training that applies to their work and felt that what they learned can be used in their childcare settings. All of the providers were satisfied or very satisfied with the program & instructors.

<table>
<thead>
<tr>
<th>Quality of RSF Trainings</th>
<th>Very little</th>
<th>Little</th>
<th>Much</th>
<th>Very much</th>
</tr>
</thead>
<tbody>
<tr>
<td>How much did you learn today that applies to your work in childcare</td>
<td>0%</td>
<td>0%</td>
<td>21.4%</td>
<td>78.6%</td>
</tr>
<tr>
<td>How much of what you learned will you be able to use in your work?</td>
<td>0%</td>
<td>0%</td>
<td>6.2%</td>
<td>73.8%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Very unsatisfied</th>
<th>Not satisfied</th>
<th>Satisfied</th>
<th>Very satisfied</th>
</tr>
</thead>
<tbody>
<tr>
<td>How satisfied were you with this program?</td>
<td>0%</td>
<td>0%</td>
<td>16.7%</td>
<td>83.3%</td>
</tr>
<tr>
<td>How satisfied were you with the on-site instructors?</td>
<td>0%</td>
<td>0%</td>
<td>9.5%</td>
<td>90.5%</td>
</tr>
</tbody>
</table>

When asked what they want to know more about, the areas they discussed include:

- Understanding children’s emotions and learning additional ways to help children express emotions appropriately
- Learning more about children’s temperament and strategies to support children with challenging behaviors
- More on discipline guidelines

**RSF Training Outcomes:** The providers who participated in the trainings were eager to do the following based on what they learned:

- Being more attentive to and validating children’s emotions, and helping them express emotions by using emotion pictures and “Tucker the Turtle”
- Focusing on the positives with children
- Applying activities and routines when working with children
- Sharing with co-workers handouts from the training

Statistically significant changes between retrospective pre- and post- training survey responses indicate the following:

**Improved Knowledge**

- The importance of being intentional about supporting children’s social emotional competency & building positive relationships with children
- The impact of the environment on helping children expand their social skills
- Strategies to promote children’s social emotional development and social skills, build positive relationships with children, and design classroom environments, schedules, and routines
- How to use positive feedback and encouragement to effectively support children’s positive social behaviors

**Improved Practice**

- Design environments to promote children’s social and emotional development and support young children
- Be intentional and implement strategies for preventing challenging behaviors and promoting social emotional development
- Develop a pattern of positive relationships with young children to enhance the attachment relationship
- Create classroom environments, schedules and routines that promote child engagement and success
- Encourage other adults and peers to use positive feedback