



Penn State **Extension**

## BETTER · KID · CARE

# Online Training for School-Age and After School Professionals

More than 30 modules available online.

**Try this online module for FREE!**

***Resilient Caregivers: 'Bouncing Back' from Stress***

Feeling stressed at work? Learn how to deal with and “bounce back” from stress. Learn more about stress and resiliency, and identify your own strengths and ability to deal with or avoid stress.

Better Kid Care online modules are approved for professional development in 30+ states. Check for approval of modules in your state: <http://tinyurl.com/bkc-states>

## School-Age Online Modules include:

- Achieving 21st Century Skills through Project-Based Learning
- Building Community Support for Out-of-School Time Programs
- Building Relationships with Children and Youth Who Challenge Us
- Helping Youth with Autism to be Successful in After School Programs
- Keeping Families Engaged Through the School Age Years
- Positive Youth Development: Building a Culture of Belonging
- Tools of the Trade for School-Age Practitioners: Positive Guidance

## 20 Click2Science modules including:

- Click2Science: Asking Purposeful Questions
- Click2Science: Sparking Interest in STEM
- Click2Science: Testing-Testing-1-2-3

## Access Better Kid Care's On Demand Online Professional Development System to:

- Create a free account
- Read the research-based module content
- Watch videos highlighting best practices
- Complete reflection activities
- Take the assessment
- Print your certificate of completion  
*(Preview modules for free. \$5.00 fee for certificate of completion.)*

*Eligible for CEUs*

[extension.psu.edu/youth/betterkidcare](http://extension.psu.edu/youth/betterkidcare) • 800-452-9108



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This product is the result of a partnership funded by the Department of Defense between the Office of Military Community and Family Policy and the USDA's National Institute of Food and Agriculture through a grant/cooperative agreement with Penn State University and the University of Nebraska. Any opinions, findings, conclusions, or recommendations expressed herein are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.

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