**CYTTAP Workshops/Training Titles and Descriptions**

**Better Kid Care Instructor Modules**

**Art Appreciation 101 for Young Children**

Believe it or not, even infants can begin to appreciate art. Learn how to introduce and talk with children of all ages about art made by them and others. Try creative ways to react to art.

**Building Relationships with Children and Youth Who Challenge Us**

Have you ever been secretly pleased when one of the children in your group is absent? Some children are more difficult to work with than others. This professional development program will help you to take an honest look at children and your feelings about them. Explore what professionals can do to build positive relationships with all children – even the ones who challenge us.

**Childhood Obesity Prevention: Inspiring Physical Activity**

Physical activity provides health benefits for children and adults. Overcoming barriers to getting enough physical activity can be challenging. Parents and caregivers are important role models for children for developing positive health habits. This instructor module provides activity ideas and encourages participants to strategize ways to increase physical activity and limit screen time in the child care setting.

**Childhood Obesity Prevention: Promoting Healthy Eating**

Establishing healthy eating behaviors in childhood is essential for developing habits that will promote lifelong health. Child care programs have an important role in promoting healthy eating in young children. This instructor module is based on the Let’s Move! Child Care training developed by the Centers for Disease Control and Prevention and offers guidance for best practices related to serving healthy food, offering healthy beverages and supporting infant feeding in the child care setting.

**Creating Special Moments with Infants and Toddlers**

Special moments should occur more often than celebrating children’s birthdays or developmental milestones. This professional development program will help you discover how to create special moments with infants and toddlers every day. Learn how to turn diaper changing and other routine tasks into special moments that you share with each child.

**Emergency Preparedness in Child Care Centers: Developing the Plan**

Fire, flood, bomb threat, missing child, utility disruption, tornadoes… No one likes to think of all the possible emergencies that can occur. But that’s no excuse for not being prepared. This professional development program will help child care program directors and administrators to develop an emergency preparedness plan for their facility to help staff, children, and families to be prepared for any type of emergency situation.

**Every Child Counts: Building Community**

Jamal seems different from the rest of the children in your group. He usually plays by himself and when he asks to join others in play, they usually say, “No.” This professional development program will help you learn how to bring out nurturing, caring behaviors in children to create a community where children support each other. You’ll learn ways to help Jamal and others like him to rise from being loners in the group to being leaders.

**Family Child Care: Getting Started**

This workshop is an overview of key points to think about before opening a family child care home, including personal and family considerations, state regulations, and business aspects of this occupation. The DVD segments accompanying this workshop contain interviews with experienced family child care providers discussing the advantages and disadvantages of family child care as a profession.

**Getting Ready to Read and Write**

Should we teach young children to read and write before they go to school? Before learning to read and write, children need to learn a variety of skills. Learn easy age appropriate ways to teach children the pre-reading and pre-writing skills needed to help them to become successful readers and writers when they go to school.

**Giving Your Best: Making Secure Attachments**

If you make a list of qualities of successful adults it will likely include: confidence, independence, strong social skills, resilience, cooperation, etc. The foundation for these traits is built on the relationships that infants and toddlers form with the adults in their world. Learn what you can provide for children today to help prepare them to be successful adults tomorrow.

**Healthy Air + Healthy Spaces = Healthy Children**

Have you ever considered that a child care home or center could be making children sick? This workshop will help participants explore the connections between children's health and indoor environments of child care facilities. Participants will learn safer practices to help assure that indoor environments are safe for children.

**How to Turn Good Play into GREAT Play**

Learn the secrets of how to help children expand their play: when to step in, when to step out, what questions to ask, how to get them to think. AND find out how great play reduces discipline problems.

**Improving Transition Times**

Moving from place to place, activity to activity, is often filled with tears, screaming, and tantrums. Learn how you can smooth transitions to make them productive, fun times for children and stress free for adults.

**Math for Every Age**

If you're able to add 1 + 1 and get 2, you can do math with children. Learn what young children understand about math at each age and simple math activities to do with infants, toddlers, and preschoolers.

**Music for the Non-Musical**

Need new ideas and inspiration for including music in your child care program? Learn songs for the non-singer, how to make simple musical instruments, and lots of music and movement activities to do with the children.

**Obese Kids: They Are What They Eat**

Childhood obesity is a national problem. What children eat is critically important. It doesn't matter if you care for children in a center or a home, every adult that works with young children needs to be aware of what children are eating. This workshop will have lots of ideas to get children to eat healthy snacks and lunches and tips to share with parents.

**Parents: Friends or Foes**

How do you feel about parents who work? What do parents think about child care providers? This workshop will examine the mixed feelings from both sides and give strategies for bridging the gap.

**Problem Solving with Children**

Hitting, grabbing, pushing, and biting: how do children learn to play nicely? Children can learn to solve their own problems, but they need adults to teach them how to do it.

**The Ins and Outs of Good Circle Times**

The real goal of circle time is far more than teaching children to sit and listen — it is to help children join together and form a community. Learn what makes circle and group times successful. This lesson offers tips and ideas for gathering children together and keeping them involved.

**Your #1 Priority: Keeping Children Healthy and Safe**

Keeping children healthy and safe should be the top priority for all child care providers. No one wants to see children get sick or hurt. How do you know that the germs are gone or that play equipment is safe? You'll learn the latest and best ways to keep the children in your care healthy and safe.

**I am Moving, I am Learning**

Two hour offerings

(Always include this as the first line of the workshop description then add the pieces below for more detailed information.)

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.

**IMIL: Opportunity Knocks**

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**

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: Teaching across Cultural Horizons**

Teaching across Cultural Horizons helps providers look at the broad definition of culture and how this impacts interactions with the children, families, and staff. Providers look at their own culture and learn why they might do what they do.

**IMIL: Child Assessment: Observing and Evaluating Motor Skills of Young Children**

What is the difference between maturation and development? Learn how does this relates to motor skill development in young children. Recognize the every motor skill has its own developmental progression and learn how to use a developmental continuum to assess children's motor skill development.

**IMIL: Engaging Families and Staff in MVPA**

Learn about research regarding the health benefits associated with short bursts of physical activity (MVPA – moderate to vigorous physical activity) in your life, in the life of others, and in the life of your early childhood program. Ways to integrate these short bursts into daily structured physical activity will be shared.

**IMIL: Making the Most of your Music**

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**

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**

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**

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 in early in life.

**IMIL: MVPA (Moderate to Vigorous Physical Activity) Every Day!**

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**

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**

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**

“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.

**IMIL Train the Trainer**

(2 day workshop) Childhood obesity has become a national health threat. Prevention begins early in life when preferences are being formed. This 2 day train the trainer workshop provides fun-filled, hands-on, interactive ways that child care providers can use to increase physical activity and promote healthy nutrition choices for children birth to 5.

**PCAN**

**PCAN: TOT**

ZERO TO THREE is pleased to invite you to attend a special Training for Trainers: Promoting Responsive Relationships among Child Care Providers, Parents and their Very Young Children. Participants become familiar with ZERO TO THREE's training curriculum Preventing Child Abuse and Neglect: Parent -Provider Partnerships in Child Care (PCAN). PCAN provides the knowledge, skills, and strategies child care providers need to partner with parents in order to help prevent child maltreatment**.**

**PCAN -** **Building Collaborative Relationships with Families**

Building partnerships with families is an important strategy to promote healthy child development. Learn how to build relationships with families with such strategies as practicing active listening skills, understanding the parallel process, and using reflection in relationships.

**PCAN -** **Building a Healthy Brain**

The development of the brain begins at conception and continues across the life span. In this session, identify strategies to purposefully support and promote very young children’s healthy brain development with the “5 R’s” - relationships, respect, repetition, routines, and responsive interactions

**PCAN - Social-Emotional Development for Infants, Toddlers, and Their Families**

A healthy social-emotional development foundation is established in the first three years of a young child’s life. Learn and practice skills that assist children and their families in building effective relationships with parents, caregivers, and peers that will support success in learning and social development.

**PCAN - Helping Parents and Providers Understand Temperament**

Temperament influences a child’s style of interaction and the way in which he/she understands and experiences the world and the people in it. Learn about temperament types and the five key temperament traits. Examine the interaction between a child’s and a parent’s temperament and learn how to assist parents in understanding a “good fit” with the child’s environment and caregivers.

**PCAN -** **The Influence of Culture on Caregiving**

Understand cultural diversity and the importance to collaborate effectively with children and families from diverse backgrounds. Learn how one’s own culture influences routines, caregiving style, and parenting choices. Participants will also learn and practice an approach (“cultural reciprocity”) for resolving culturally based dilemmas with families.

**PCAN -** **Understanding & Responding to Abuse and Neglect of Infants & Toddlers**

Infants and toddlers are disproportionately affected by abuse and neglect. Define child abuse and neglect, learn the prevalence of abuse/neglect in the infant-toddler population, and examine the impact of maltreatment on a young child’s development. Participants will strategize how best to respond to suspected abuse/neglect and discuss these issues with parents.

**PCAN - Supportive Responses to Troubled Parent-Child Interactions**

In witnessing troubled parent-child interactions, caregivers may not be sure how best to help build family capacity, strengthen the connection between parent and child, and ensure the child’s safety. This session presents strategies that child care providers can use to support positive parenting and to intervene when providers witness a troubled interaction between the parent and child.

**PCAN - Challenging Behaviors in Infants and Toddlers**

Encountering challenging behavior in infant-toddler child care is inevitable. This training session provides participant’s opportunities to reflect on their own beliefs and feelings regarding challenging behavior, learn more about the antecedents of challenging behavior, and practice discussing such challenges with parents in an effective and supportive manner.

**PCAN - Relationship-Based and Reflective Organizations**

Program leaders can make significant progress toward programmatic goals such as providing high quality care and hiring and retaining skilled professionals by establishing a relationship-based reflective workplace. Learn the tools to begin building an organization characterized by collaborative relationships and where staff members have the opportunity to learn from one another, families, and their work.

**PCAN -** Supporting **Staff in Their Work with Parents**

Center directors and other program leaders have an important role in the prevention of abuse and neglect among the families they serve. This unit provides center directors and program leaders an opportunity to learn about and practice relationship-based supervisory approaches and to explore how best to respond when staff members have concerns about suspected abuse or neglect.

**Rock Solid Foundations**

(These are the two hour workshops. If trainers offer a longer workshop that is fine but it must be at least two hours long.)

**Rock Solid Foundations: Building Relationships**

This interactive training will invite you to consider ways to build positive, nurturing, responsive and dependable relationships with the young children in your care.

**Rock Solid Foundations: Emotional Literacy**

It's time to explore the true value of emotional literacy in supporting young children's emotional development! This training will increase your awareness of the kinds of interactions between adults and young children that support enhancing children’s emotional competency.

**Rock Solid Foundations: Friendship and Play Skills**

Do you know that when children are successful at making friends, they have opportunities to learn and practice many social skills such as cooperation, sharing, turn taking, problem solving, and conflict resolution? This training explores how you could help set the stage for friendship.

**Rock Solid Foundations: Responsive Environments**

Have you taken a close look at the environments and routines you’ve created for young children? This engaging training will provide specific strategies and resources on how to design a responsive environment that promotes children's social and emotional growth.

**Rock Solid Foundations: Direct Care Training**

(This is the 6 hour provider training.)

Want the children in your care to get along with others, feel secure, and be confident, engaged learners? This 6 hour interactive training will teach you strategies for enhancing the social emotional growth, competency and success of the young children in your care.

**Rock Solid Foundations: Train the Trainer**

(This is the 16 hour training.)

This 16 hour training will help you become ‘rock solid’ on training strategies, resources and ways to enhance child care providers’ understanding of how to support young children’s social and emotional development and school readiness.

**SCHOOL AGE CURRICULUM**

**Tools of the Trade II**

**Inspiring Young Minds – The Scientist in All of Us**

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 afterschools.

**Explore It! (Science) Design It! (Engineering) Use It! (Technology)**

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.” Understand the relevance of science, engineering, and technology and the language of math in afterschool settings and how these complement each other.

**SET Abilities for the 21st Century**

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 to 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.

**Hands On! Minds On!...Inquiry and Experiential Learning**

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.

**How Kids Learn Science and What It Means to Afterschool**

Thanks to science research and technologies, we know more about how kids learn and how educators can facilitate enhanced learning. This session will focus on three fundamental principles for learning as identified by the National Academics of Science: 1) attention to prior knowledge; 2) foundation of factual knowledge and understanding; and 3) learner self-regulation. This session builds on Session 4 which introduces inquiry and experiential learning as important strategies for effective learning.

**Creating SET-Rich Environments**

Science is everywhere! Learn to develop SET learning opportunities, increasing youth’s natural interest, promoting learner-centered science and integrating science throughout the afterschool hours. This session uses a carousel of group-directed, mini-centers that feature ways to create SET-rich environments.

**SET Everyday...Using Centers in Afterschool**

Learn knowledge-centered, learner-driven activities that can be easily delivered through centers in your afterschool program. Eleven elements of effective SET (science, engineering, and technology) learning centers are discussed. Tips for facilitating and managing centers are also covered.

**Tools of the Trade II Train the Trainer**

Tools of the Trade II is a “train‐the‐trainer”, 16-hour training for CYTTAP instructors to provide training to school age care providers that focus on incorporating science, engineering, and technology into after-school programming. Using a hands‐on, interactive skill-building approach, it provides the latest tools to help afterschool staff enhance communication, management, and educational delivery of afterschool programs.

**Reading Makes Sense**

**Reading Makes Sense - TOT**

This train the ½ day trainer event will enable instructors to teach financial literacy through of a collection of activities developed around exemplary children’s literature that has money as a theme. The selected children's literature explores ideas, activities, and strategies that help children learn how to earn, save, share, and spend money.

**Reading Makes Sense**

Reading Makes Cents is comprised of a collection of activities developed around exemplary children’s literature that has money as a theme. The selected children's literature explores ideas, activities, and strategies that help children learn how to earn, save, share, and spend money. Children's literature provides a rich diversity of settings, people, income levels, relationships, ethnic backgrounds, cultures, religions, holidays, intergenerational friendships all related to money messages and learning

**Power of the Wind**

**Power of the Wind - TOT**

The Power of the Wind curriculum is about the wind and its uses. This session will provide instructors with information and materials to assist school age care professionals work with youth to design, create, build, and test a wind powered devices and provide opportunities to explore wind as a potential energy source in their communities

**Power of the Wind**

Learn about the power of wind and its uses. This session will provides with information and materials for school age care professionals to teach youth about wind energy and to design, create, build, and test a wind powered devices and provide opportunities to explore wind as a potential energy source in their communities

**Click2Science**

**Click2Science - TOT**

Click2Science provides resources that front-line staff can use to increase their skills in engaging youth in STEM. Click is based on 20 skills related to Planning STEM Experiences, Interacting with youth during STEM, and Building STEM skills in Youth. This ½ day training will provide instructors with information and materials to assist school age care professionals in using Click2Science.

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**Junk Drawer Robotics**

**Junk Drawer Robotics – TOT**

This 6-hour Junk Drawer Robotics TOT is designed to provide trainers both knowledge and resources to train front-line school age staff to engage youth in building their robots by using scientific and engineering processes, and using the application or technology.

**Junk Drawer Robotics**

Guide school age youth through the circuitry and wiring of their very own robots! Youth can build skill through the activities of Junk Drawer Robotics in science, engineering, and technology by engaging youth to use the processes and approaches of science; the planning and conceptual design of engineering; and the application of technology.

**Essential Elements**

**Essential Elements TOT**

Trainers will learn in this ½ day TOT to teach youth workers in facilitating positive youth development through understanding the eight ‘essential’ elements that are vital to the development of youth.

**Essential Elements**

What is positive youth development? How can adults facilitate positive youth development in children and youth? Learn about and understand the importance of positive development by presenting the eight elements that are vital to the development of youth. Included will be discussion and hands-on activities to help create the combination of the elements that creates a positive environment for youth development.

**Learn, Grow, Eat, and Go (LGEG) Junior Master Gardener**

**Learn, Grow, Eat, and Go TOT**

Trainers will learn in this 6-hour TOT to teach youth workers in facilitating this gardening, nutrition, and physical activities curriculum in school age child care environments, based upon the research-based curriculum of the International Junior Master Gardener Program.

**Learn, Grow, Eat, and Go**

Learn, Grow, Eat & GO! is the new research-based curriculum of the International Junior Master Gardener® Program.  This multifaceted garden, nutrition, and physical activities curriculum is features 20 hands-on lessons for a 10-week program. Students will learn and understand how plants provide for people’s needs. In addition to gardening, fresh vegetable tasting/evaluation, simple recipe demos, and physical activities that research shows can improve on-task behavior and academic performance are included.