



CHILD CARE RESOURCE & REFERRAL TRAINING CALENDAR

January - June 2025

Below you will find the training descriptions, dates, and times. Please sign up one week prior to the date the training is being held. Information on CPR and First Aid trainings and reimbursements, as well as our training policies, can be found on pages 7-9.

Please contact Presley Green, Training Coordinator, to register and to ask any questions. You can reach her at pagreen3@eiu.edu or **217-581-6699**. All in-person trainings will be held at EIU Ninth St. Hall (2201 9th St., Charleston, IL. 61920).

OFFICE HOURS & INFORMATION

CHILD CARE RESOURCE & REFERRAL
3015 NINTH ST. HALL
2201 9TH ST. CHARLESTON, IL. 61920

OFFICE PHONE: **217-581-6698**
OFFICE FAX: **217-581-7084**

MONDAY - FRIDAY
8:00AM - 4:30PM

OFFICE CLOSURES

NEW YEAR HOLIDAY: **JANUARY 1**

MLK BIRTHDAY: **JANUARY 20**

LINCOLN'S BIRTHDAY: **FEBRUARY 14**

MEMORIAL DAY: **MAY 26**

JUNETEENTH: **JUNE 19**

Pyramid Model: Preschool Module 1: Nurturing and Responsive Relationships

January 25

8-3pm (lunch break included) | 6.5 hours | CDA: 3 | Gateways: E

Establishing nurturing and responsive relationships within a caring community is the foundation of the Pyramid Model. This training focuses on practices for building relationships with children, promoting relationships between children, relationships with families that affirm family culture and identity, and relationships with team members

Trainer: Lori Rothrock, Quality Specialist

Early Childhood Credential Options

January 28

6-8pm via ZOOM | 2 hours | CDA: 6

Credentials are a great way to prove that you are a professional in the Early Childhood system and funding is attached to these in the ExceleRate IL and Great START programs. This training will go over the credentialing options to become teacher qualified in childcare centers. Detailed information on the process of attaining the Child Development Associate (CDA) or the Child Care Professional (CCP) will be presented. Also, information and resources on how to achieve the Illinois Gateways to Opportunity credentials will also be covered. These include the Infant Toddler Credential, Early Childhood Education Credential, Illinois Director Credential, School Age and Youth Development Credential, and Family Child Care Credential.

Trainer: Melissa Coleman, Child Care Resource Specialist

Program for Infant Toddler Care Module 1: Social Emotional Growth & Socialization

February 1

8-2:30pm (lunch break included) | 6 hours + 2 hours for Online Assessment | CDA: 3 & 8 | Gateways:

A

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.

Trainer: Vicky Foster, Infant Toddler Child Care Specialist

Social Emotional Development and Positive Behavior Outcomes

February 4 & 18

6-9:30pm & 6-9pm via ZOOM | 6.5 hours | CDA: 3 & 8 | Gateways: E

When it comes to behaviors, it's all about social emotional development. During this training, we will reflect on the use of developmentally appropriate social and emotional techniques, how they impact and reinforce positive attachment relationships, and how they lead to changes in behavior. Caregiving relationships will be shown to support emotional regulation and social skills by modeling and encouraging positive behaviors in young children. By using visuals, group discussions, and case studies, you will be able to support meaningful social and emotional growth within your childcare program. Through examining your own beliefs, reflecting on various theoretical perspectives, and considering the realities of childcare programs, we can share tools that support culturally relevant ways to implement social and emotional learning.

Trainer: Carrol Tiggelaar, Mental Health Consultant

An Introduction to the Environment Rating Scales

February 8

\$10 | 8-12pm | 4 hours | CDA: 5 | Gateways: C & E

This training is for center-based programs and family childcare 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.

Trainer: Vicky Foster, Infant Toddler Child Care Specialist

I Love You Rituals

February 20

6-8pm | 2 hours | CDA: 3

I Love You Rituals Training is based on the book by Becky Bailey PhD. I Love You Rituals are playful, one-on-one interactions that build loving bonds while increasing attention span, decreasing power struggles and promoting language and literacy at school or at home. These brain-building interactions facilitate optimal development for young children and create lifelong bonds between children and adults.

Trainer: Bea Sawyer, Mental Health Consultant

Pyramid Model: Preschool Module 2: High-Quality, Supportive Environments

February 22

8-2:30pm (lunch break included) | 6 hours | CDA: 3 | Gateways: E

This module focuses on the practices for establishing high-quality supportive classroom environments that promote social-emotional skill development and prevent challenging behavior. Practices related to schedules, routines, transitions, promoting engagement, expectations, and rules are addressed in the workshop.

Trainer: Lori Rothrock, Quality Specialist

Illinois Early Learning & Development Standards

February 25 & 27

6-9pm via ZOOM | 6 hours | CDA: 5 & 7 | Gateways: A, E & C

When it comes to behaviors, it's all about social emotional development. During this training, we will reflect on the use of developmentally appropriate social and emotional techniques, how they impact and reinforce positive attachment relationships, and how they lead to changes in behavior. Caregiving relationships will be shown to support emotional regulation and social skills by modeling and encouraging positive behaviors in young children. By using visuals, group discussions, and case studies, you will be able to support meaningful social and emotional growth within your childcare program. Through examining your own beliefs, reflecting on various theoretical perspectives, and considering the realities of childcare programs, we can share tools that support culturally relevant ways to implement social and emotional learning.

Trainer: Paula Schnicker-Johnson, Training Coordinator

Program for Infant Toddler Care Module 3: Learning & Development

April 5 **8-3:30pm (lunch break included) | 6 In-Service Hours + 2 Hours for Online Assessment | CDA: 8 | Gateways: A**

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.

Trainer: Vicky Foster, Infant Toddler Child Care Specialist

Secondhand Trauma and Compassion Fatigue - Caring for Yourself While Caring for Others

April 10 **6-8pm | 2 hours | CDA: 6**

This will be an interactive training where we will learn about secondhand trauma and compassion fatigue, symptoms, and incorporate some strategies for developing compassion fatigue resilience. We discuss trauma informed care in the workplace and with children, learn some techniques that work with children such as Brain Dance, and Mindfulness in letting go, as well as compassion satisfaction, tips for transitioning from work to home and home to work to leave compassion fatigue behind, and many ideas for self-care. This training will leave you informed and inspired.

Trainer: Bea Sawyer, Mental Health Consultant

How Trauma Impacts Young Children

April 22 & 23 **5:45-9:15pm & 5:45-8:45pm via ZOOM | 6.5 hours | CDA: 3 & 8 | Gateways A**

Children's lives are directly impacted by exposure to traumatic events. By using a diversity, equity, inclusion, and belonging (DEIB) lens, we can consider how these traumas are felt unequally across the diverse communities that childcare providers serve. We will examine trauma and resilience, screening tools, look at the research on the impacts of trauma, review a case study, and consider the ongoing traumatic impacts of COVID. We will consider the important roles that childcare providers play in recognizing the signs of traumatic exposure, promoting infant mental health, supporting young children and their families, and creating caregiving environments that support resilience. Understanding the ways that individual's family history, cultural backgrounds, language, home environment, community supports, and heredity play in their development, resilience, and response to trauma will support providers in understanding the strengths of the children and families they serve. We will also reflect on our own responses to trauma, the importance of resilience, the challenges of vicarious trauma, and resources that can support the work of childcare providers. Using discussions, videos, data, and reflective moments, we will examine the impact of trauma through multiple perspectives and learning styles.

Trainer: Paula Schnicker-Johnson, Training Coordinator

Pyramid Model: Preschool Module 4: Individualized Teaching of Social-Emotional Skills

April 30 **6-8:30pm | 2.5 hours | CDA: 3 | Gateways: E**

This module guide practitioners in how to individualize instruction on social-emotional skills for children who need more targeted support. Practices that are taught include: teaching systematically, peer-mediated intervention, planning for embedded instruction, and progress monitoring.

Trainer: Lori Rothrock, Quality Specialist



CHILD CARE RESOURCE & REFERRAL TRAINING POLICIES

Registration Fees & Cancellations:

- Registration fees are non-refundable.
- If a participant withdraws at least 3 days prior to the training date, you will receive a training voucher for a future training.
- If a participant withdraws less than 3 days prior to the training date OR does not contact CCR&R and does not show up to the training, you will **NOT** receive a training voucher.
- No-show registrants will not be denied access to future training as long as they follow the other training policies and procedures.
- Registrants are not charged or billed fees for non-attendance after training has occurred.
- It is preferred that all training fees are paid a week prior to the training, although fees can be collected at the training.
- **Cash is not accepted.** Checks and money orders can be made payable to Eastern Illinois University.
 - Mail to:
 - 600 Lincoln Ave, Charleston, IL. 61920
 - Drop off at:
 - EIU CCR&R - 2201 9th St., Charleston, IL. 61920
- We will notify you via email or phone if a training has been cancelled. CCR&R will either reschedule the training or provide you with a training voucher.
- Most trainings have a minimum number of registrants. Some trainings have a maximum number of registrants. Once max capacity has been reached registrants will be put on a waiting list.
- If a training is virtual, a Zoom link will be sent out 2-3 days before the training is held.

Training Registration:

- Registrations are on a first come, first served basis. Some training sessions have limited enrollment. If a session is full when we receive your registration you will be contacted and placed on a waiting list.
- Please register at least 1 week prior to the selected training date.
- Online registration is available at ilgateways.com using your Gateways Registry Membership and the statewide Training Calendar.
- Walk-in registrations are not preferred as training materials are prepared in advance.
- CCR&R staff reserve the rights to limit the number of participants from a child care center to no more than half of the total capacity.

Participation & Attendance:

- **Professional and courteous behavior is expected at all training sessions.**
- Cell phones should be placed on vibrate or mute.
- Children may not attend CCR&R trainings.
- A 15 minute grace period will be given at all training sessions (face-to-face and virtual). Participants will not be allowed into the training after the 15 minute grace period ends.
- Participants must attend the entire training in order to receive credit. Early departures will not be awarded a certificate.

Certificates:

- Training certificates will be issued at the completion of the training session. To receive the certificate participants must stay until the trainer is finished.
- Replacement certificates will only be released to the individual who participated in the training. Replacement certificates will cost \$3.00.



CPR & FIRST AID TRAININGS & REIMBURSEMENT FUNDS

SARAH BUSH LINCOLN HEALTH CARE CENTER

CLASSES

CPR

**DATES: JANUARY 7, MARCH 4, MAY 6, JULY 1
5:30 - 9:30PM**

\$50 REGISTRATION FEE

LOCATION: 104 PROFESSIONAL PLAZA MATTOON, IL

CPR/FIRST AID COMBO

DATES: FEBRUARY 4, APRIL 1, JUNE 3

CPR: 5:30PM | FIRST AID: 6:45PM

\$100 REGISTRATION FEE

LOCATION: 104 PROFESSIONAL PLAZA MATTOON, IL

ONLINE COURSE OPTION

American Heart Association course: <https://www.onlineaha.org/courses>

CPR/First-Aid Test Out..... **\$45 PER CERTIFICATION (\$90 FOR FIRST AID & CPR)**

Complete the Heartsaver Pediatric First Aid/CPR/AED online..... **\$21.50 FEE**

CONTACT SBLHC EMS OFFICE AT 217-258-2403 TO REQUEST A TEST OUT

YMCA OPTIONS

CLASSES

ADULT, CHILD & INFANT

FIRST AID/CPR/AED

DATES: FEBRUARY 6, APRIL 3

5:45 - 9:45PM

\$75 REGISTRATION FEE

217-234-9494

LOCATION:

NEAL CENTER YMCA, 130
COURTHOUSE SQ, TOLEDO, IL

ADULT, CHILD & INFANT

FIRST AID/CPR/AED

**DATES: JANUARY 6, MARCH 3, MAY 15,
JUNE 9**

5:30 - 9:30PM

\$75 REGISTRATION FEE

217-234-9494

LOCATION:

MATTOON AREA FAMILY YMCA,
221 N 16TH ST, MATTOON, IL

Must be from one of the following approved entities:

- American Heart Association
- American Safety & Health Institute (AHSI)
- American Red Cross American
- Trauma Event Management (ATEM)
- Emergency Care and Safety Institute (ECSI)
- Edward Atkinson/Emergency Response Health Network
- Ellis & Associates, Inc.-Orlando, FL
- EMS Safety Service
- Know CPR
- MEDIC FIRST AID
- National Safety Council
- Pacific Medical Training
- Pro=Trainings, LLC
- R.H. Sanders & Associates/Titan CPR Associates

Funds do not cover:

- Incomplete or failed training/certification
- Adult only FA/CPR
- Travel to/from training
- Out of state training
- Purchase of CPR manikins, lungs, valves, DVDS, masks, shields, kneeling pads, gloves, or training kits
- Cost of meals or refreshments
- Fee for a replacement certification card
- FA/CPR registration fee for volunteers at a child care program
- No show and/or penalty fees

Steps to receive reimbursement for CPR & First Aid

1. Schedule training
2. Keep your payment receipt
3. Attend the training
4. Receive your CPR/FA certificate/card
5. Complete our reimbursement application

Scan the QR code or follow this link to the application:

<https://www.eiu.edu/ccrr/FY25%20FA-CPR%20-APP-FINAL.pdf>

Local Health Departments that might offer or know of other options:

CLARK: 217-382-4207

COLES: 217-348-0530

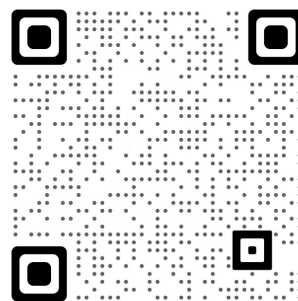
CUMBERLAND: 217-849-3211

EDGAR: 217-465-2212

MOULTRIE: 217-728-4114

SHELBY: 217-774-9555

RATES VARY



All paperwork should be sent to Presley Green

Office Fax: 217-581-7084

Email: pagreen@eiu.edu