

## Upcoming Classes offered to Parents, Teachers, Grandparents, Caregivers, and Community Members through the White Earth Child Care/Early Childhood Programs

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**Title: Nurtured Heart Approach part II (must of attended part 1 of NHA class to attend)**

**When: Weds. January 25<sup>th</sup>**

**Time:** Class is offered two times this day - 12:00 to 2:00pm and 2:30 to 4:30 pm

**Where:** Ogimaawigamig – WETCC Administration Office – 102 3<sup>rd</sup> Street NE, Mahn. MN

**Registry Contact:** Sue Heisler 218-983-3285 ext. 1225 resister by Monday, January 23rd

**Trainer:** Sue Heisler

**Description:** Review of the 4 Steps Active, Experiential, Proactive and Creative Recognition. We will look at “Next Steps – Consequences, and Limit Settings. The NHA differs from other methods in that consequences are not about altering the child’s thinking by way of drastic matter but by building the child’s inner wealth. That’s where the awakening really occurs. Giving positive in the moment is what is powerful. The real power of the consequences is the momentary interruption that gives the child the impression that there has been a result of her action. It opens the door for the next real awakening that happens through the next series of successes that occur when the problem isn’t happening. We will discuss eliminating the warnings, time ins, consistency, and how to be creative with the “Time-Outs” – using language that work for you child such as “reset” – “pause” – remembering It’s about inserting a momentary break so the child can return to energizing success. We will also study how to present consequences.

**Title: Six Keys of Mental Health in Early Childhood Programs – 12 hours**

**When: Saturday January 28<sup>th</sup> and February 11, 2012 – must attend both classes for credit**

**Time:** 9:00 am to 3:00 pm

**Where:** Holiday Inn Express

2422 Ridgeway Avenue

Bemidji, MN 56601

**Registry Contact:** Sue Heisler 218-983-3285 ext. 1225 resister by Wednesday, January 25, 2012

Cost is \$57 – It is a CCRR Class out of NW District

**Trainer:** Sue Heisler

**Description: CDA Content Area: 3 & 8**

**Key #1: Early Childhood Mental Health: Why Your Role Matters!**

This workshop helps participants discover ways in which their early childhood role can nurture the emotional development of young children through interactions, practices, and modeling in order to build secure attachment relationships. Participants will examine what mental health means in young children and discuss specific strategies for providing consistency, responsiveness, and security in an emotionally healthy environment. *(From the Center for Inclusive Child Care)*

**Key #2: How Do We Give Children a Strong Start? Know the Key Emotional Milestones**

This workshop focuses on the important emotional milestones caregivers can help children achieve as the foundation for positive mental health. This class will discuss how to use social and emotional development checklists to identify where children are in their development and look at strategies to support them as they progress to the next social emotional milestone. *(From the Center for Inclusive Child Care)*

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### **Key #3: Why Do Children Act the Way They Do? Understanding How a Child is 'Wired'**

This workshop will examine how children are genetically 'wired' with temperament traits that make each child's reactions to the world unique and how these reactions impact their emotional development. Participants will also discuss their own temperaments and examine strategies for applying a 'goodness of fit' model that fosters positive mental health for all children. *(From the Center for Inclusive Child Care)*

### **Key #4: Teaching Children to Know Their Own Engines: A Look at Your Environment**

This course examines specific strategies for promoting self-regulation skills in young children through environmental supports in the early childhood setting and how impulse-control relates to their positive mental health. Participants will explore key characteristics of the physical and emotional environment that can encourage children to learn to identify and express their feelings through everyday activities. *(From the Center for Inclusive Child Care)*

### **Key #5: Supporting Resilience in Children: The Little Engine That Could**

This course examines characteristics of resiliency and its key relationship to children's mental health. Participants will explore the role resiliency plays as a critical factor in how children who are at risk will handle stress, react or adapt to negative situations, and overcome obstacles in their emotional growth. Participants will develop practical strategies for improving their environment and programming to enhance and support resiliency in young children. *(From the Center for Inclusive Child Care)*

### **Key #6: Making and Keeping Friends: The Importance of Friendship Skills**

This course examines the important relationship between mental health and social development. Participants will explore key friendship skills and social competencies needed for children to be successful in their social relationships. Strategies will include how to use activities to promote skills to avoid aggression and build self-esteem in all children. *(From the Center for Inclusive Child Care)*  
All participants will receive the book, *The Six Keys: Strategies for Promoting Children's Mental Health in Early Childhood Programs!* CEUs available for an additional charge.

### **Training: Autism: Including Children with Social, Communication, and Behavioral Needs**

**When:** Thursday, January 31, 2012

**Time:** 6:30 to 9:30 pm

**Where:** Bagley Elementary School

ECFE Wing- Community Room B

202 Bagley Avenue

Bagley, MN 56621

**Registry Contact:** Sue Heisler 218-983-3285 ext. 1225 **Cost: \$21 – Register by Thursday, January 26<sup>th</sup>**

**Instructor:** Sue Heisler - CCRR class out of NW District

**Description:** This workshop will explore the key characteristics of Autism Spectrum Disorder and give early childhood practitioners tools to more effectively include a child with Autism in their child care setting. Included in this interactive workshop are myths and facts about Autism as well as practical strategies and tips for inclusion. *(From the Center for Inclusive Child Care)*

#### **Learning Objectives:**

1. Participants will recognize some of the facts and misconceptions about Autism. 2. Participants will discuss strategies that facilitate inclusion of children with Autism in a child care setting. 3. Participants will explore strategies for helping families. 4. Participants will identify services in their community to which parents may be referred.

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### **Training: Autism: Including Children with Social, Communication, and Behavioral Needs**

**When: Tuesday, February 7, 2012**

**Time:** 6:30 to 9:30 pm

**Where:** Courtyard by Marriot

Red River Room

2018 28<sup>th</sup> Avenue South

Moorhead, MN 56560

**Registry Contact:** Sue Heisler 218-983-3285 ext. 1225 **Cost: \$21 – Register by Wednesday, February 1<sup>st</sup>, 2012**

**Instructor:** Sue Heisler – CCRR class out of NW District

**Description:** This workshop will explore the key characteristics of Autism Spectrum Disorder and give early childhood practitioners tools to more effectively include a child with Autism in their child care setting. Included in this interactive workshop are myths and facts about Autism as well as practical strategies and tips for inclusion. *(From the Center for Inclusive Child Care)*

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February 8<sup>st</sup> – Mahnomon - “Getting in Tune” – on Temperaments – same class offered twice this day - 12:00 to 2pm and 2:30 to 4:30 pm – location to be announced

February 9<sup>th</sup> – **Detroit Lakes** – Module 1 of Program for Infant and Toddlers - Lesson 6 “Ten Gifts,” Lesson 7 “Emotional Development in Infants and Toddlers” and Lesson 8 “Developing Emotional Strength in Children – Time 6:30pm to 9:00 pm – 2.5 hours at MN State Community Technical College in Detroit Lakes.

**February 9<sup>th</sup> – Elbow Lake Village** at the Community Center – Different Drummer: The Temperament Connection – 2 hours 6:30 to 8:30pm

### **Training: Autism: Including Children with Social, Communication, and Behavioral Needs**

**When: Thursday, February 16, 2012**

**Time:** 6:30 to 9:30 pm

**Where: Northland Technical College**

**Room 117**

**1101 Highway One East**

**Thief River Fall, MN 56701**

**Registry Contact:** Sue Heisler 218-983-3285 ext. 1225 **Cost: \$21 – Register by Feb. 10<sup>th</sup>, 2012**

**Instructor:** Sue Heisler – CCRR Class out of NW district

**Description:** This workshop will explore the key characteristics of Autism Spectrum Disorder and give early childhood practitioners tools to more effectively include a child with Autism in their child care setting. Included in this interactive workshop are myths and facts about Autism as well as practical strategies and tips for inclusion. *(From the Center for Inclusive Child Care)*

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February 21<sup>th</sup> – **Detroit Lakes – Module 2 of Program of Infant and Toddler lesson 1 “Together in Care: Crating Intimacy in Groups” and Lesson 2 “Together in Care: Primary Care” – 2.5 hours** at MN State Community Technical College in Detroit Lakes – Time 6:00 pm to 8:30 pm

**February 22<sup>nd</sup> – Mahnomen – PITC Class Lesson 7 – Emotional Development in Infants and Toddlers – same class offered 2 times – 12:00 to 2pm and 2:30 to 4:30pm**

February 25<sup>th</sup> – **White Earth** – TACSEI – Module 3 – 6 hours – must of attended TACSEI 1 and 2 to attend this class

February 28<sup>th</sup> and 29<sup>th</sup> –White Earth - Positive Indian Parenting – 14 hours – Education Conference Room at RTC

March 10<sup>th</sup> – **White Earth** – Part 1 of 10 Steps to Positive Discipline (**White Earth** – due to this is central for providers who have requested it) 5 hours

March 31<sup>st</sup> –**White Earth**– Part 2 of 10 Steps to Positive Discipline (**White Earth** – due to this is central for providers who have requested it)- 5 hours

March 20<sup>th</sup> – **Naytahwaush - Topic -TO BE ANNOUNCED** - will be visiting with the Parent Mentors on this – this one will be focused on parent education per their need – 2 hours

March 21<sup>st</sup> – 28<sup>th</sup> and April 4<sup>th</sup> –Location to be Announced - Tentative dates for **Community Touchpoints** training – all day trainings – must attend all 3 days

### **Training: Autism: Including Children with Social, Communication, and Behavioral Needs**

**When: Thursday, March 22, 2012**

**Time:** 6:30 to 9:30 pm

**Where:** Fergus Falls Library

Jean Dahling Meeting Room

205 East Hampden Avenue

Fergus, Falls, MN 56537

**Registry Contact:** Sue Heisler 218-983-3285 ext. 1225 **Cost: \$21 – Register by Friday, March 16, 2012**

**Instructor:** Sue Heisler

**Description:** This workshop will explore the key characteristics of Autism Spectrum Disorder and give early childhood practitioners tools to more effectively include a child with Autism in their child care setting. Included in this interactive workshop are myths and facts about Autism as well as practical strategies and tips for inclusion. (*From the Center for Inclusive Child Care*)

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March 27<sup>th</sup> – **Mahnomen** – SIDS/SBS – 2 hours – 6:30 to 8:30 – Shooting Star Casino 777 Casino Road, Mahnomen

April 17<sup>th</sup> – **Bemidji** – Emotional Development in Infants & Toddlers (PITC in Module 1, Lesson 7) -2 hours 6:30 – 8:30pm  
–Holiday Inn Express 2122 Ridgeway Avenue - Bemidji, MN