



Foundations for Families
ECE Professional Development

Training for Teachers

Workshops for Parents

Leadership Development and Support

Thank you for your interest in Foundations for Families. Founded in 2000, Foundations for Families is a mission-driven, woman-owned, small business serving families and early care and education programs.

Our mission is to support children, empower families and strengthen communities. We believe that an essential element in fulfilling this mission is supporting teachers and caregivers through high quality professional development opportunities.

Foundations for Families training is researched based, best practice while designed to be immediately implementable in all types of classroom settings. Training development is ongoing as new research emerges and needs arise. If you are interested in a training not found on the enclosed list, please contact us directly to see if we might have the materials to support your need.

Foundations for Families is interested in partnering with your program. Please contact us with questions or ideas on other ways in which Foundations for Families might support your program. We regularly partner with programs to provide:

- NAEYC and NAC accreditation or reaccreditation support
- Head Start and Early Head Start consulting and technical assistance
- Home visiting training and technical assistance
- Reflective supervision training and support
- Board of Directors orientation and training
- Center director search services
- Parenting workshops and facilitation

We hope to have the opportunity to spend time with your teaching staff and get to know you and your program soon.

Sincerely,

Julie Weatherington
Training Coordinator

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Catalog Contents

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12. Foundations for Families 120-hour CDA course

Health and Safety

Child Abuse and Neglect Prevention, Detection and Reporting, including Mandatory Reporting Requirements

Time: 3 hours

- Fulfills VA DHS continuing education requirement 338.2 (b)

Child Health and Safety

Time: 3 hours

CPR and First Aid

Time: 6 hours (3 hours/each)

Food Safety, Learning and Fun

Time: 3 hours

Medication Administration Training (MAT)

Time: 4 hours

- Meets VA requirements.

Playground Fun and Safety

Time: 3 hours

Reducing the Risk of SIDS in Child Care Settings

Time: 3 hours

Learning Environment

Creating the Best Environments for Infants, Toddlers and Preschoolers

Time: 3 hours

Environmental Rating Scales as a Tool for Designing High Quality Environments

Time: 2 hours

- Early Childhood Environmental Rating Scale, Revised
- Infant Toddler Environmental Rating Scale, Revised
- School-Age Child Care Environmental Rating Scale

High Quality and Appropriate Routines and Daily Activities for Infants and Toddlers

Target Audience: teachers and caregivers of infants and toddlers

Time: 2 hours

Cognitive Development

Early Numeracy and Early Literacy

Learn about the NAEYC's position on high-quality, challenging and accessible math and literacy experiences for young children in the classroom.

- Identify developmental milestones as they relate to numeracy and literacy learning
- Identify ways to support numeracy and literacy learning in your program

Target audience: teachers and caregivers of toddlers and preschoolers

Time: 2–3 hours

From Lullabies to Literacy

This training focuses on the kinds of experiences that help young children develop a positive attitude about literacy. It offers insights and strategies into emergent literacy in three areas: spoken language, reading and writing.

- Understand how to influence literacy by building caring, nurturing relationships
- Plan ordinary, everyday experiences that can make children want to learn to read and write

Target audience: teachers and caregivers of infants, toddlers and preschoolers

Time: 2 hours

Promoting Development in the Block Area

When children construct, create and represent their experiences through block play, they grow and develop in all areas (social/emotional, physical, cognitive and language).

- Learn about the many skills and concepts that are developed and enhanced through block play

Target audience: teachers and caregivers of toddlers and preschoolers

Time: 2 hours

Inspire Imagination through Art

When young children are exposed to a variety of sensory experiences and given the opportunity to explore with all their senses, the world around them, their mind grow and develop pathways necessary for all areas of learning (social/emotional, physical, cognitive and language).

- Learn about the many skills and concepts that are developed and enhanced through experiential art and music
- Participate in actual art project and learn music anyone can lead.

Target audience: teachers and caregivers of infants and toddlers.

Time: 2 hours

Guidance

Biting! Responding Appropriately to the Biter, the Victim and Both Families

Recognize developmental stages and environmental factors that impact biting behaviors.

- Generate strategies for supporting biters and victims in early childhood classrooms
- Learn ways to talk to families about biting

Target audience: teachers and caregivers of infants and toddlers or preschoolers

Time: 2 hours

Challenging Behavior – Setting Limits with Love

Early childhood educators and care providers will learn to understand challenging behaviors and the process of change so they can support children's self-regulation.

- Explore the power of positive relationships
- Identify strategies for engaging parents as partners in changing children's challenging behavior

Target audience: teachers and caregivers of toddlers and preschoolers

Time: 2 hours

Exploring Alternatives

Support children's problem solving abilities through intentional brainstorming and exploring alternatives to problems.

- Learn the five steps to guiding children through problem solving
- Understand how to support children's ability to problem solve independently
- Understand how these strategies contribute to increased self-esteem in children

Target audience: teachers and caregivers of toddlers and preschoolers

Time: 2–3 hours

Helping Children Make Transitions between Activities

Transitions can be frustrating for children and teachers. Teachers who plan for transition times between activities experience calmer, smoother classes.

- Develop strategies to support smooth transitions before, during and after activities
- Learn to promote children's independence during transitions

Target audience: teachers and caregivers of infants, toddlers and preschoolers

Time: 2 hours

Logical Consequences in Early Childhood Classrooms

Logical consequences as classroom management serve to teach children that they are responsible for their behavior.

- Understand the difference between logical consequences and punishment
- Learn how to effectively implement logical consequences
- Develop a plan for logical consequences in the classroom

Target audience: teachers and caregivers of toddlers and preschoolers

Time: 2 hours

Using Choice and Preference to Promote Improved Behaviors

When children have clear, appropriate choices available during routines and activities they demonstrate increased motivation, learning and socialization.

- Assess classroom environments for clarity and number of choices in daily routines and activities
- Evaluate children's skill levels and identify appropriate choice opportunities
- Identify strategies for effectively implementing classroom choices

Target audience: teachers and caregivers of toddlers and preschoolers

Time: 2 hours

Preventing Power Struggles

Early childhood educators learn Becky Bailey's indispensable strategies for working with young children.

- Explore significant developmental indicators and identify how they relate to state and early childhood standards
- Understand the different types of power involved in guiding young children
- Identify strategies for developmentally appropriate guiding behavior

Target audience: teachers and caregivers of toddlers and preschoolers

Time: 2 hours

Communication

Enhancing Oral Language Development in Infants and Toddlers

Learn the essentials of talkativeness and the invaluable role adults play in the exchange of spoken words with infants and toddlers.

- Understand the critical role of talkativeness in academic success and brain development
- Learn strategies to provide a rich language environment in the classroom
- Develop a plan to communicate the importance of talkativeness to families

Target audience: administrators, teachers and caregivers of infants and toddlers

Time: 2-3 hours

The Essentials of Literacy – Developing Children's Literacy Skills

Each of these 3-hour workshops provides early childhood teachers with numerous techniques and ideas to enhance literacy learning in the classroom. Workshops:

- Fostering Language Development
- Beyond Open and Closed Questions
- Supporting English Language Learners
- Phonological and Phonemic Awareness
- Supporting Children as Writers
- Using Music to Support Literacy
- Literacy to Support Diversity and Inclusion
- Literacy Across the Curriculum

Target audience: teachers and caregivers of toddlers, preschoolers and kindergarteners

Time: 3 hours each

Social and Emotional Development

Promoting Positive Peer Social Interactions

Children with positive peer social interactions tend to have positive social emotional development, stronger friendships and more opportunities for inclusion in the classroom.

- Understand positive peer interactions and positive social interactions in early childhood classrooms
- Learn direction teaching as a way to support children's development of positive social skills
- Create a plan to incorporate opportunities for positive social interactions into daily routines and activities

Target audience: teachers and caregivers of toddlers and preschoolers

Time: 2 hours

Raising Resilient Children

Resilient children overcome challenges in life and lead happy, successful lives.

- Learn how to promote characteristics of resiliency in the young children you teach

Target audience: teachers and caregivers of infants, toddlers and preschoolers

Time: 1.5 hours

Social and Emotional Development within the Context of Relationships (Parts I and II)

Caregivers promote healthy development by supporting social emotional wellness in young children.

- Understand the importance of relationships in early development of social and emotional development in infants and toddlers.
- Learn the key social and emotional needs of infants and toddlers
- Reflect on the importance of caregiver self-awareness to positive social and emotional development in infants and toddlers

Target audience: teachers and caregivers of infants and toddlers

Time: 3 hours each

Understand, Accept and ENJOY the Young Children in Your Classroom

Everyone in your classroom has a unique temperament – including you! Teachers who identify and understand temperament enjoy their children and feel successful.

- Learn about the nine temperament traits and three typical temperament types of infants, toddlers and preschoolers
- Learn to use practical tools to understand how temperament works

Target audience: teachers and caregivers of infants, toddlers and preschoolers

Time: 2 hours

Professionalism

Exploring the NAEYC Code of Ethical Conduct

Every professional early childhood educator needs an awareness of the NAEYC Code of Ethical Conduct.

- Learn about how the Code of Conduct is used and why
- Learn how to address common ethical dilemmas and solve them according to the values of the Code of Conduct

Target audience: directors, teachers and caregivers of infants, toddlers and preschoolers

Time: 2–3 hours

Professionalism – Where Are You in Your Early Childhood Career and What is the Next Step?

In the early childhood teaching profession there is always something new to learn, and there is a path of professional development.

- Learn about the four stages in early childhood professional development
- Identify your current career stage and learn how to grow to the next level

Target audience: directors, teachers and caregivers of infants, toddlers and preschoolers

Time: 1.5–2 hours

NAEYC Classroom Portfolios: Organizing the Evidence

Designed to support programs preparing for NAEYC accreditation, or programs responding to reaccreditation feedback.

- Understand relevant criteria
- Identify and address challenges and barriers
- Create a plan for portfolio improvement

Target audience: directors, teachers and caregivers of infants, toddlers and preschoolers

Time: 1.5–2 hours

Conflict Resolution and Teambuilding in Early Childhood Care and Education Environments

The benefits of a team oriented workplace include more productive employees and happier clients.

- Explore the difference between co-workers and teammates
- Understand why teamwork is important in early care and education
- Practice communication strategies for resolving conflict
- Identify strategies for creating a stronger team

Target audience: directors, teachers and caregivers of infants, toddlers and preschoolers

Time: 3 hours

The Six Cs of Communication

When teachers and caregivers have strong communication skills they are able to create a positive and productive environment for children, families and colleagues.

- Identify and use the three most important elements of good communication
- Understand how to avoid the three mistakes that can sabotage good communication
- Examine scenarios from multiple perspectives

Target audience: administrators, teachers and caregivers of children of any age

Time: 3 hours

Working with Families

Building Strong Family Partnerships

This workshop is designed to help caregivers / teachers define their role in working with families.

- Understand why you must know individual families in order to know each infant, toddler or preschooler in your care
- Learn which components of effective communication influence successful partnerships with families
- Identify methods of building rapport and connecting with families
- Recognize the importance of meeting families where they are

Target audience: directors, teachers and caregivers of infants, toddlers, preschoolers and elementary age children

Time: 3 hours

Program Management

Developmentally Appropriate Practice

Observation forms the basis of all developmentally appropriate programming.

- Learn about children in order to individualize your program
- Evaluate your program so you can adjust the environment, curriculum or both
- Learn to measure children's progress and their acquisition of skills

Target audience: directors, teachers of infants, toddlers and preschoolers

Time: 1.5–2 hours

Differentiating Instruction

Recognizing how to meet the needs of diverse learners is an essential component to being an effective teacher.

- Understand the rationale for differentiated instruction
- Learn more about accessing curriculum and content through universal design
- Explore differentiating the instructional process
- Use lesson planning cycles to create differentiated instruction

Target audience: teachers of elementary-age and middle school-age children

Time: 3 hrs. – 12 hrs.

Encouraging Diversity in the Classroom

Children learn to form attitudes about race, gender, ethnicity and ability through the messages they receive from adults.

- Understand the messages young children receive through their environments
- Explore attitudes related to diversity among people
- Practice selecting children's books that promote a positive view of diversity
- Learn to support children in growing beyond stereotypes

Target audience: directors, teachers of infants, toddlers and preschoolers

Time:
2 hours

Planning and Individualizing for Early Childhood Programs

Observation is helpful only if it is used for the purpose of planning a program that will nurture each child's growth and development.

- Learn how to use planning forms based on program goals and objectives
- Learn about working with families to set individual learning and development goals for children
- Apply what you have learned to create an appropriately challenging environment

Target audience: directors, teachers of infants, toddlers and preschoolers

Time: 2 hours

CDA Training

CDA Preparation Course (120 hours)

This training follows the Council for Professional Recognition's requirement, covering the following functional areas of content:

1. Safety
2. Health
3. Learning Environment
4. Physical Development
5. Cognitive Development
6. Communication
7. Creativity
8. Self
9. Social
10. Guidance
11. Families
12. Professionalism
13. Program Mgmt.

Foundations for Families hosts ongoing hybrid CDA classes. Participants combine self-study assignments and classroom time to earn the required 120 hours of training for their CDA application. Participants receive content instruction as well as support in competency statement development and professional resource file compilation. Participants pay month-to-month and only for the content areas they need.

Target audience: teachers and caregivers of infants, toddlers and preschoolers