SW Iowa Child Care Provider Training

Early 2019

Feb. 6, 13 & 20 **Eco-Healthy Child Care® ONLINE evening**
- 1.5 hours each week for a total of 4.5 hours; $45  *National Program*
Emerging science is telling us much about the links between environmental exposures and a child’s health and ability to learn. Discover free or low cost steps that help you make safer choices for children.

February 7, 14, 21 & 28 **Infant/Toddler Environment Rating Scale-3rd edition**
- Atlantic; 8 hours; no cost
Four-part series for center staff who work with children under 3 years old. Snow date is March 7.

February 26 **Don’t Give Kids a Tummy Ache!**
- Osceola; 2 hours; no cost
Learn how to protect the children in your care from food borne illness. Practice activities that teach the basics of preventing food borne illness.

March 4 **Preschoolers & Pennies: Read, Talk, Learn and Play**
- Council Bluffs; 2 hours; $15
Explore a way to read with children that gives them an opportunity to become storytellers of books with a money theme. Learn how to introduce and reinforce money-related words and concepts throughout the day. **BONUS FREE** books included if payment is received by 2/15! Snow date is March 18.

March 7 **MyPlate for My Childcare: Four Easy Steps**
- Corning; 2 hours; $15
Learn the key points from MyPlate and use them in planning meals and snacks. You will practice revising menus that follow MyPlate recommendations.

March 19 **Just a Bite: Managing Food Allergies in Child Care**
- Greenfield; 2 hours; no cost
What are the signs and symptoms of food allergies and common food allergens for children? You will practice altering menus and reading labels to avoid food allergens.

March 26 **Don’t Give Kids a Tummy Ache!**
- Council Bluffs; 2 hours; $15
Learn how to protect the children in your care from food borne illness. Practice activities that teach the basics of preventing food borne illness.

March 28 **Self-Care is Not Selfish:**
*It is Essential for Early Childhood Professionals*
- Shenandoah; 1.5 hours; $15
How do you care for yourself while caring for children? Do you want to find your smile or joy again in your work life? Learn techniques to handle stress, tension, anxiety or burnout.

April 4, 11, 18 & 25 **Infant/Toddler Environment Rating Scale-3rd edition**
- Lamoni; 8 hours; no cost
Four-part series for center staff who work with children under 3 years old. Weather date is May 2.

1. **Registration** is required through the Iowa Child Care Provider Training Registry https://ccmis.dhs.state.ia.us/TrainingRegistry/

2. **Submit fee before** the deadline to complete your enrollment; no fees will be taken the day of class; no refunds after the deadline. Credit cards now accepted!

Note: all classes are DHS approved, plus nutrition-related classes are also CACFP approved.

**Questions?** Refer to the instructor listed in the Training Registry for each class.

*The fees for service will be used to off-set direct expenses and to support ISU Human Sciences Extension Programs.*
Learn from the comfort of your own home! Check out our online classes at https://www.extension.iastate.edu/humansciences/child-care-education-professionals

- No travel
- Shoes not required
- Engaging and interactive
- Available state-wide
- Approved for DHS credit in a group setting

Please update your email address in the Training Registry.

1. Start here - https://ccmis.dhs.state.ia.us/TrainingRegistry/
2. Sign in and click on Manage Account
3. Questions? Contact CCR&R or email trhelp@dhs.state.ia.us or click on the Help link