



# January 2018

7200 Mahogany Ave.  
 Fort Smith, AR 72916  
 479-222-6930  
 www.nwachildcare.org  
 eholland@nwachildcare.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>NO CLASS</i>	2	3	4 <i>NO CLASS</i>	5	6
7	8 <i>NO CLASS</i>	9	10	11 <i>NO CLASS</i>	12	13
14	15 <i>Conscious Discipline Book Study By Dr. Becky Bailey (Part 1)</i>  <i>6:15-8:15</i>	16	17	18 <i>Anger: Recognizing and Managing Triggers</i>  <i>10:00-12:00</i>	19	20
21	22 <i>Conscious Discipline Book Study By Dr. Becky Bailey (Part 2)</i>  <i>6:15-8:15</i>	23	24	25 <i>New Skills for Frazzled Parents</i>  <i>10:00-12:00</i>	26	27
28	29 <i>Conscious Discipline Book Study By Dr. Becky Bailey (Part 3)</i>  <i>6:15-8:15</i>	30 <i>Pre-Licensing Training</i>  <i>10:00-12:00</i>	31 <i>Directors Networking: "Winging It" is not an Emergency Plan @ <u>Alma Public Library</u></i> <i>11:30-1:30</i>			

# JANUARY CLASS TOPICS AND DESCRIPTIONS

ALL CLASSES SUBJECT TO CHANGE PLEASE CALL OFFICE FOR INFORMATION (479) 222-6930.

YOU MAY REGISTER FOR CLASS ON PDR OR CALL THE OFFICE. ALL CLASSES ARE FREE OF CHARGE.

## MONDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

January 1– NO CLASS

January 8– NO CLASS

**January 15– Conscious Discipline Book Study By Dr. Becky Bailey (Part 1) 6:15-8:15:** This is a 4 part video series presented by Dr. Becky Bailey. The video will present the guiding principles of Conscious Discipline through this interactive presentation.

**January 22– Conscious Discipline Book Study By Dr. Becky Bailey (Part 2) 6:15-8:15:** This is a 4 part video series presented by Dr. Becky Bailey. The video will present the guiding principles of Conscious Discipline through this interactive presentation.

**January 29– Conscious Discipline Book Study By Dr. Becky Bailey (Part 3) 6:15-8:15:** This is a 4 part video series presented by Dr. Becky Bailey. The video will present the guiding principles of Conscious Discipline through this interactive presentation.

## TUESDAY: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**January 30- Pre-Licensing Training 10:00-12:00:** Learn about the rules and regulations for starting your own business.

## WEDNESDAY: ALMA PUBLIC LIBRARY, 624 FAYETTEVILLE AVE., ALMA, AR 72921

**January 31– Directors Networking: “Winging It” is not an Emergency Plan 11:30-1:30:** Is your center prepared in the event of an emergency? This disaster preparedness training is to help teach administrators how to keep children safe and their business protected during and after a disaster. You will learn what resources are available in the community to assist centers and homes in times of disaster.

## THURSDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

January 4- NO CLASS

January 11- NO CLASS

**January 18– Anger: Recognizing and Managing Triggers 10:00-12:00:** Emotions are actually the consequences of what you think about an event. Therefore, you can change your emotions by changing how you think in a variety of situations.

**January 25– New Skills for Frazzled Parents 10:00-12:00:** The DVD by brain researcher Dr. Daniel Amen will explore parenting skills in a fun and practical way. “The instructional manual that should have come with your child.”





# February 2018

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Controlling Your Anger</i>  10:00-12:00	2	3
4	5 <i>Conscious Discipline Book Study By Dr. Becky Bailey (Part 4)</i>  6:15-8:15	6	7	8 <i>Right From Birth (Part 1)</i>  10:00-12:00	9	10
11	12 <i>UAFS Early Childhood Education Showcase</i> <b><u>5210 Grand Ave.</u></b> <b><u>Fort Smith</u></b> 6:00-8:00	13	14	15 <i>Right From Birth (Part 2)</i>  10:00-12:00	16	17
18	19 <i>What is the RV-ECA? Meet and Greet</i>  6:00-8:00	20	21	22 <i>Bullying 101</i>  10:00-12:00	23	24
25	26 <i>Assertiveness: Genuine Respect for Self and Others</i>  6:15-8:15	27 <i>Pre-Licensing Training</i>  10:00-12:00	28 <i>Directors Networking: Managing Staff</i> <b><u>1520 Construction Way, Van Buren</u></b> 11:30-1:30			

# FEBRUARY CLASS TOPICS AND DESCRIPTIONS

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## MONDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**February 5– Conscious Discipline Book Study By Dr. Becky Bailey (Part 4) 6:15-8:15:** This is a 4 part video series presented by Dr. Becky Bailey. The video will present the guiding principles of Conscious Discipline through this interactive presentation.

**February 12– UAFS Early Childhood Education Showcase 6:00-8:00:** Join us for an evening of fun and information as we highlight some of the professional development trainings we offer. Trainers will be available to discuss scheduling. There will be door prizes and light refreshments. **This training will be held at the Echols Conference Room at UAFS, 5210 Grand Ave., Fort Smith.**

**February 19– What is the RV-ECA? Meet and Greet 6:00-8:00:** Join us to learn more about the River Valley affiliate of the Arkansas Early Childhood Association (AECA). Network with other early childhood professionals, learn about membership benefits, professional development opportunities and share resources. This session is for members and those interested in membership. Dinner will be provided.

**February 26– Assertiveness: Genuine Respect for Self and Others 6:15-8:15:** We choose how we respond to others. Assertiveness is a choice. In today's world, we are constantly bombarded with opportunities and responsibilities. We simply can't say, "Yes" to everyone and everything. Yes, it is a choice to respond to your own needs while respecting the needs of others. Come and learn what assertiveness is along with how to make, refuse and negotiate requests.

## TUESDAY: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**February 27- Pre-Licensing Training 10:00-12:00:** Learn about the rules and regulations for starting your own business.

## WEDNESDAY: HEADSTART OFFICE, 1520 CONSTRUCTION WAY, VAN BUREN, AR 72956

**February 28– Directors Networking: Managing Staff 11:30-1:30:** More information will be provided at a later date.

## THURSDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**February 1– Controlling Your Anger 10:00-12:00:** This session will look at roots of anger: where does it come from and how do we manage anger. Gain a new perspective on anger, and learn the steps in responding to anger.

**February 8– Right From Birth (Part 1) 10:00-12:00:** This two part series will teach important parenting skills to parents of children birth to age three. Topics covered include: the wonders of the brain, people skills in infancy and much more.

**February 15– Right From Birth (Part 2) 10:00-12:00:** This two part series will teach important parenting skills to parents of children birth to age three. Topics covered include: attending to baby's needs, preparing for the transition to school and much more.

**February 22– Bullying 101 10:00-12:00:** Parents will be taught the warning signs of bullying, how to identify if their child is the bully and how to put an end to it.





# March 2018

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Understanding Anger</i>  10:00-12:00	2	3
4	5 <i>Everyday Experiences Make Great Brains</i>  6:15-8:15	6	7	8 <i>Depression: Out of the Shadows</i>  10:00-12:00	9	10
11	12 <i>Biting 101</i>  6:15-8:15	13	14	15 <i>Divorce and Co-Parenting</i>  10:00-12:00	16	17
18	19 <i>SPRING BREAK NO CLASS</i>	20	21	22 <i>SPRING BREAK NO CLASS</i>	23	24
25	26 <i>Tuning Into Boys' Interests</i>  6:15-8:15	27 <i>Pre-Licensing</i>  10:00-12:00	28 <i>Directors Networking: Soup</i> <b><u>5001 Kelley Hwy, Fort Smith</u></b> 11:30-1:30	29 <i>Thriving with Your Teen</i>  10:00-12:00	30	31

## MARCH CLASS TOPICS AND DESCRIPTIONS

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### MONDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**March 3- Everyday Experiences Make Great Brains 6:15-8:15:** You have a crucial role in each child's brain development! Your relationship and interaction builds trust and lays the foundation for brain growth.

**March 12- Biting 101 6:15-8:15:** This class is designed to help you understand children who are biting. Learn new techniques to help you through this trying time.

**March 19- NO CLASS**

**March 26- Tuning into Boys' Interests 6:15-8:15:** Tuning in to children -both boys and girls- can help you achieve goodness of fit in your classroom. This workshop will help participants learn to identify child behaviors and activities as well as plan for supporting these interests throughout the daily routine.

### TUESDAY: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**March 27- Pre-Licensing Training 10:00-12:00:** Learn about the rules and regulations for starting your own business.

### WEDNESDAY: SUTTON ELEMENTARY SCHOOL, 5001 KELLEY HWY., FORT SMITH, AR 72904

**March 28- Directors Networking: Soup 11:30-1:30:** Soup offers an inspirational business fable that explains the "recipe" participants can use to create a winning culture and boost employee morale and engagement when the working environment has lost its flavor. Why it matters who's stirring the pot is crucial. Participants will discover the key ingredients to unite, engage and inspire team members and create a culture of greatness.

### THURSDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**March 1- Understanding Anger 10:00-12:00:** This session will examine the role anger plays in everyday life as well as the process of anger. By understanding the normal role of anger, individuals can begin changing behaviors and choose alternative actions.

**March 8- Depression: Out of the Shadows 10:00-12:00:** This DVD tells the dramatic stories of people of different ages, from diverse backgrounds, who live with various forms of depression. Leading mental health experts highlight the latest scientific research and innovative treatments, offering greater understanding and hope for the millions of people living with this complex, but treatable, disease.

**March 15-Divorce and Co-Parenting 10:00-12:00:** Learn ways to nurture and support your children during and after a divorce.

**March 29- Thriving with Your Teen 10:00-12:00:** Teen years are difficult. We will discuss ways to navigate through these years in a positive and less stressful way drawing closer to your teen.





# April 2018

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Young Athletes Curriculum</i>  6:15-8:15	3	4	5 <i>Anger in Teenagers</i>  10:00-12:00	6	7 <i>UAFS Early Childhood Conference</i>
8	9 <i>Setting Limits Without Guilt (Part 1)</i>  6:15-8:15	10	11	12 <i>Homework: How to Motivate Your Child</i>  10:00-12:00	13	14 <i>Child Care Aware Conference Cross Church Springdale, AR</i>
15	16 <i>Setting Limits Without Guilt (Part 2)</i>  6:15-8:15	17	18	19 <i>Sibling Rivalry</i>  10:00-12:00	20	21
22	23 <i>Social and Emotional Development: It's About Relationships</i>  6:15-8:15	24 <i>Pre-Licensing Training</i>  10:00-12:00	25 <i>Directors Networking: Exploring the World of Training Outside of the Training Room Walls</i> <u>4510 Hwy. 71 N., Alma, AR</u> 11:30-1:30	26 <i>Mindfulness</i>  10:00-12:00	27	28
29	30 <i>Press Play</i>  6:15-8:15					

# APRIL CLASS TOPICS AND DESCRIPTIONS

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## MONDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**April 2 –Young Athletes Curriculum 6:15-8:15:** The Young Athletes™ Curriculum builds on the Young Athletes™ Activity Guide and Training video resources by providing scripted lesson plans for you to use over an 8 week period. Lessons are designed to help develop gross motor skills in young children.

**April 9– Setting Limits without Guilt (Part 1) 6:15-8:15:** You will learn how to set limits and boundaries within your classroom for your students through the use of Conscious Discipline techniques.

**April 16– Setting Limits without Guilt (Part 2) 6:15-8:15:** You will learn how to set limits and boundaries within your classroom for your students through the use of Conscious Discipline techniques.

**April 23– Social and Emotional Development: It’s About Relationships 6:15-8:15:** The development of social and emotional skills is crucial to a child’s success in school and life. Research indicates that these skills may be more important to children’s later success than the academic and cognitive skills they develop during their preschool year.

**April 30– Press “Play” 6:15-8:15:** Play is the most powerful skill a brain can have at any stage of life. Come see what happens to your body when you press “play”.

## TUESDAY: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**April 24- Pre-Licensing Training 10:00-12:00:** Learn about the rules and regulations for starting your own business.

## WEDNESDAY: BEYOND ACADEMY, 4510 HWY. 71. N., ALMA, AR 72921

**April 25– Directors Networking: Exploring the World of the Training Outside of the Training Room Walls 11:30-1:30:** Does your administrative professional development plan take you beyond the traditional training room walls? Does it lead you to new experiences and opportunities that refresh, rejuvenate and motivate you? Come and join the conversation about where you can find or create professional development that is tailor made just for you!

## THURSDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**April 5– Anger in Teenagers 10:00-12:00:** During this training, participants will discuss the causes of anger in teenagers as well as activities that will help them cope with their anger.

**April 12– Homework: How to Motivate Your Child 10:00-12:00:** Learn practical tips to help motivate your child to do their homework without an argument.

**April 19– Sibling Rivalry 10:00-12:00:** Parents will learn valuable skills to help minimize the feuding and encourage healthy interaction between siblings.

**April 26– Mindfulness 10:00-12:00:** This DVD will provide an entertaining, secular, and educational look at the benefits of mindful practice. “The Mindfulness Movie” brings together an unprecedented group of the world’s leading neuroscientists, psychiatrists, authors, and others to decode mindfulness.







# May 2018

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 <i>Dealing with Anger</i>  10:00-12:00	4	5
6	7 <i>Promoting Social and Emotional Learning</i>  6:15-8:15	8	9	10 <i>This Emotional Life (Part 1)</i>  10:00-12:00	11	12
13	14 <i>Classroom Make-and-Take</i> <i>Provided by: RV-ECA</i>  6:15-8:15	15	16	17 <i>This Emotional Life (Part 2)</i>  10:00-12:00	18	19
20	21 <i>Dealing with Difficult Parents When Choking is not an Option!</i> 6:15-8:15	22 <i>Pre-Licensing</i>  10:00-12:00	23	24 <i>This Emotional Life (Part 3)</i>  10:00-12:00	25	26
27	28  NO CLASS	29	30	31 <i>Tantrums! Managing Meltdowns</i> 10:00-12:00 <hr/> <i>Directors Networking: Team-Building</i> <b>607 Porter Industrial Rd., Clarksville 6:00-8:00</b>		

## MAY

### CLASS TOPICS AND DESCRIPTIONS

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#### MONDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**May 7– Promoting Social and Emotional Learning 6:15-8:15:**  
What is social-emotional development and how do children attain this? This training will focus on gaining a better understanding of social-emotional development.

**May 14-Classroom Make-and-Take 6:15-8:15:** Join us for a brief meeting and make fun activities for your classroom while you're here. This make-and-take will be provided by the River Valley Early Childhood Association.

**May 21– Dealing with Difficult Parents when Choking Isn't an Option 6:15-8:15:** We must have interaction with parents. Learn how to manage a parent who pushes all our buttons.

**May 28-NO CLASS**

#### TUESDAY: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**May 22- Pre-Licensing Training 10:00-12:00:** Learn about the rules and regulations for starting your own business.

#### THURSDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**May 3– Dealing with Anger 10:00-12:00:** Participants will explore their triggers and learn new techniques to deal with angry outburst. This session will allow participants to share ideas and explore coping techniques to use in daily life.

**May 10-This Emotional Life (Part 1: Family, Friends, and Lovers) 10:00-12:00:** This is a 3 part video series presented by PBS. Host Daniel Gilbert, talks with experts about the latest scientific understanding of our emotions and how we can find support for the issues we all face.

**May 17-This Emotional Life (Part 2: Facing Our Fears) 10:00-12:00:** This is a 3 part video series presented by PBS. Host Daniel Gilbert, talks with experts about the latest scientific understanding of our emotions and how we can find support for the issues we all face.

**May 24-This Emotional Life (Part 3: Rethinking Happiness) 10:00-12:00:** This is a 3 part video series presented by PBS. Host Daniel Gilbert, talks with experts about the latest scientific understanding of our emotions and how we can find support for the issues we all face.

**May 31– Tantrums! Managing Meltdowns 10:00-12:00:** The DVD by Dr. Thomas Phelan, provides you with a brand new perspective and a specific, straightforward management plan for this aggravating problem.

**May 31– Directors Networking: Individually, We Are One. Together, We Are an Ocean 6:00-8:00:** Team-building activities are a great way to build a successful work family. Join in on this fun and interactive training as we discuss leadership, increasing staff morale, fun staff meetings and more. This training will be held at Ozark Valley Day School, 607 Porter Industrial Rd., Clarksville, AR 72830.





# June 2018

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>Active Play for Infants and Toddlers</i>  6:15-8:15	5	6	7 <i>Anger in Young Children</i>  10:00-12:00	8	9
10	11 <i>De-Stressing Yourself</i>  6:15-8:15	12	13	14 <i>Toddler Tips for Parents</i>  10:00-12:00	15	16
17	18 <i>The Great Outdoors: It's Not Just Nature, It's a Necessity!</i>  6:15-8:15	19	20	21 <i>Raising Healthy Kids</i>  10:00-12:00	22	23
24	25 <i>Infants, Toddlers, and Temperament— Oh My!</i>  6:15-8:15	26 <i>Pre-Licensing Training</i>  10:00-12:00	27	28 <i>The Importance of Play</i>  10:00-12:00	29	30

## JUNE CLASS TOPICS AND DESCRIPTIONS

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### MONDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**June 4-Active Play for Infants and Toddlers 6:15-8:15:** Movement and active play is vital for infants and toddlers as well as necessary for early brain development and learning. This session will review child development and developmentally appropriate activities that encourage and promote active play for our youngest children through discussion and group work.

**June 11– Destressing Yourself 6:15-8:15:** Practical tips for relaxing will be provided along with a spa make-and-take.

**June 18– The Great Outdoors: It’s Not Just Nature, It’s a Necessity! 6:15-8:15:** This workshop is designed to encourage teachers to take advantage of the outside spaces available to them. In addition, understand the importance of exposing children to nature, discuss things children can do outside, and identify how children’s outside activities can meet early learning standards.

**June 25-Infants, Toddlers and Temperament-Oh My! 6:15-8:15:** In a classroom full of many different kinds of children, teachers are bound to question: “Why does he do that?” or “Why does she act that way?” This workshop attempts to answer those questions by examining children’s individual temperaments.

### TUESDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**June 26- Pre-Licensing Training 10:00-12:00:** Learn about the rules and regulations for starting your own business.

### THURSDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

**June 7– Anger in Young Children 10:00-12:00:** We will define anger and discuss the warning signs of anger in children. In addition, identify the ten traits of angry children along with the four stages of anger in children with suggested ideas and actions for adults.

**June 14– Toddler Tips for Parents 10:00-12:00:** This class will teach parents important parenting skills and techniques, specifically for children three years and under.

**June 21- Raising Healthy Kids 10:00-12:00:** Parents can learn common projects and ways to strengthen relationships and build self-esteem in children.

**June 28– The Importance of Play 10:00-12:00:** Come learn why it is so important for children to play and what developmental skills that play enhances. In addition, learn new activities that your child will enjoy.

