



# January 2020

1401 S. 8th Street  
 Rogers, AR 72756  
 (479)899-6374



[www.nwachildcare.org](http://www.nwachildcare.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<i>1 NO CLASS</i>	2	3	4
5	<i>6 NO CLASS</i>	<i>7 NO CLASS</i>	<i>8 NO CLASS</i>	9	10	11
12	13 1:00-3:00 Anger & The 5 Step Regulation	14 6:00-8:00 Infant Attachment: Digging Deeper	15 10:00-12:00 Common Sense Ideas for Healthy Living	16	17	18
19	20 1:00-3:00 What Will It Take for You To Be Happy?	21 6:00-8:00 Is It Sensory or Is It Behavior?	22 10:00-12:00 Trauma, Brain & Relationships, Helping Children	23	24	25
26	27 1:00-3:00 Anger: You Are Always Teaching, Teach Well	28 6:00-8:00 New Skills for Frazzled Parents	29 10:00-12:00 Stewards of Children	30	31	

## Monday

1:00 pm –3:00 pm

January 6th: NO CLASS

January 13th: Anger the 5 Step Regulation: Move from unconscious angry emotions to consciously managing emotions in five steps.

January 20th: What Will it Take for You to Be Happy? Attendees are provided information and activities that will assist them in determining their level of happiness and suggestions for developing happiness for themselves.

## Tuesday

6:00 pm - 8:00 pm

January 7th: NO CLASS

January 14th: Infant Attachment: Digging Deeper Attendees are introduced to the importance of infant attachment, types of attachment and how to determine the quality of attachment

January 21st: Is it Sensory or Is it Behavior? Guest speaker Melissa Foster will provide information that assists attendees in recognizing if a child has a sensory disorder and what to do to understand and help.

January 28th: New Skills for Frazzled Parents The DVD by brain researcher Dr. Daniel Amen will explore parenting skills in a fun and practical way. "The instruction manual that should have come with your child."

## Class Topics and Descriptions

Wednesday

10:00 am -12:00 pm

January 1st: NO CLASS

January 8th: NO CLASS

January 15th: Common Sense Ideas for Healthy Living: Broken down into 3 groups, Scotty Manning from Department of Health will go over nutrition guidelines from my plate, rethinking your drink and poison control.

January 22nd: Trauma, Brain and Relationships: Helping Children Heal Research from leading professionals will be explored and revolutionary new discoveries will be shared that help identify, prevent and heal trauma in children.

January 29th: Stewards of Children: This training is designed to teach participants how to prevent, recognize, and react responsibly to child sexual abuse. Stewards of Children is a nationally distributed, evidence-based program proven to increase knowledge, improve attitudes, and change child protective behaviors. The training includes facilitator-led discussion, an interactive work-book activity, and a compelling video. Participants learn specific concrete actions they can take, as individuals and as a part of bigger organizations that work to protect children.



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**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

						1
2	3 1:00-3:00PM Anger History	4 6:00-8:00 Kindergarten Readiness: It Begins At Birth	5 10:00-12:00 Being a Parent Advocate	6	7	8
9	10 1:00-3:00 You Can't Make Me!	11 6:00-8:00 Sensory Integration	12 10:00-12:00 Healthy Media for Young Children	13	14	15
16	17 1:00-3:00 Anger: Rebuilding Relationships	18 6:00-8:00 Leadership: Open Yourself to the Role	19 10:00-12:00 Reframing Discipline 1 : Doing the Groundwork	20	21	22
23	24 1:00-3:00 Anger and Tough Challenges: How to Stay Strong	25 6:00-8:00 Fist Aid and Emergency	26 10:00-12:00 Reframing Discipline 2: Connecting with Every Child	27	28	29

# Class Topics and Descriptions

## Monday

1:00 pm –3:00 pm

**February 3rd: Exploring Anger History:** Participants will discuss the age old question: is anger and aggression inherited or learned characteristics? Participants will assess their Anger History Scale to help identify whether they have affected by anger and aggression in relationships with family and friends.

**February 10th: You Can't Make Me!:** Strong willed children can be challenging. Learn strategies that make anger and conflicts into cooperation.

**February 17th: Anger: Rebuilding Relationships**

Participants will focus on strategies to rebuild broken relationships and alternatives for getting along when trust has been broken.

**February 24th: Anger and Tough Challenges: How to Stay Strong**

Participants are given information about how to combat setbacks and how to cultivate a choice for growth.

## Tuesday

6:00 pm - 8:00 pm

**February 4th: Kindergarten Readiness: It Begins at Birth**

Participants are provided information that will assist them in preparing their children for school and life.

**February 11th: Sensory Integration:** In this training you will learn what Sensory Integration Disorder is and what you can do to understand and help.

**February 18th: Leadership: Open Yourself to the Role**

Attendees are provided information on the vulnerability of being a leader, including a parent's role in their family.

**February 25th: First Aid Emergency Preparedness:** Participants will receive an overview of how to keep their children safe in the event of a disaster.

## Wednesday

10:00 am -12:00 pm

**February 5th: Being a Parent Advocate:** Participants will receive helpful suggestions to parents on how to be an advocate for children.

**February 12: Healthy Media for Young Children:** This course presents research-based ways to support the healthy use of screen time and how to identify age-appropriate guidelines for media use in the early years. We will also discuss what parents can do to maximize the positive impact and minimize the potential risks associated with media use on their children's development.

**February 19th: Reframing Discipline 1: Doing the Groundwork** Doing the Groundwork will help each individual examine his or her own attitudes, reframe important issues & learn techniques that support a positive guidance approach to discipline.

**February 26th: Reframing Discipline 2: Connecting with Every Child** The foundation to successful discipline is the relationship we have with the child. We want to move toward an understanding that our relationships with children are the



# March 2020

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 1:00-3:00 Letting Go of Flo: Anger & Stress	3 6:00-8:00 Managing Illness in Early Care and Education	4 10:00-12:00 Autism	5	6	7
8	9 1:00-3:00 Helping Children Write Healthy Anger Scripts -	10 6:00-8:00 Emotional Intelligence: Understanding the	11 10:00-12:00 3 Keys to Better Relationships	12	13	14
15	16 1:00-3:00 Tantrums and Biting: What Am I to Do?	17 6:00-8:00 7 Habits of Healthy Families	18 10:00-12:00 The 5 R's for Healthy Brain Development	19	20	21
22	23 No Class Spring Break	24 No Class Spring Break	25 No Class Spring Break	26 No Class Spring Break	27 No Class Spring Break	28
29	30 1:00-3:00 Rage (Apoplectic) A Result of Early Trauma	31 6:00-8:00 Kindergarten Here We Come!				

# Class Topics and Descriptions

**Monday** 1:00pm –3:00 pm

**March 2nd: Letting Go of the Flo: Anger & Stress** Learn about brain science of stress & anger, and how to better manage them by recognizing warning signs and using simple steps to calm down.

**March 9th: Helping Children Write Healthy Anger Scripts**

Participants will identify what children need to grow up emotionally healthy, explore how children express anger and the emotional scripts they learn about anger. Strategies will be offered to guide children in expressing healthy emotions.

**March 16th: Tantrums And Biting: What Am I To Do?** Participants are presented with ideas and a process for planning what to do when children have tantrums and when they are biters.

**March 23rd: NO CLASS: Spring Break!**

**March 30th: Rage (Apoplectic): A Result of Early Trauma:** Exploring the dynamics of anger and rage that results from early childhood events.

**Tuesday** 6:00 pm - 8:00 pm

**March 3rd: Managing Illness in Early Care and Education:**

Sandra Withers, Pediatric Nurse Practitioner, will be sharing health tips for managing illness in young children.

**March 10th: Emotional Intelligence: Understanding the 4 Skills**

This class consists of an introduction to the four skills of emotional intelligence and strategies for the improvement of each skill.

**March 17th: The 7 Habits of Healthy Families:** Participants will learn about the 7 different ways to a healthier family.

**March 24th: NO CLASS: Spring Break!**

**Wednesday**

10:00 am -12:00 pm

**March 4th: Autism:** This class will be taught by the Arkansas Support Network and will teach parents how to recognize the signs of Autism/Asperger's, language delays, and where to go for support.

**March 11th: 3 Keys to Better Relationships**

Understand that conflict is a universal human problem & the keys to relationships are humility, compassion & positivity. Learn how to cultivate each of these in our lives.

**March 18th: The 5 R's For Healthy Brain Development**

Researchers identify five R's as key ingredients for emotionally healthy children. They are relationships, respect, repetition, routines and responsive interactions.

**March 25th: NO CLASS: SPRING BREAK!**



# April 2020

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00-12:00 Sensory Integration	2	3	4
5	6 1:00-3:00 How Parenting Styles Affect Anger	7 6:00-8:00 Reading	8 10:00-12:00 Conscious Discipline #1 Brain & School Family	9	10	11
12	13 1:00-3:00 Four Stages of Anger	14 6:00-8:00 Working with Kids with Special Needs	15 10:00-12:00 Conscious Discipline #2 Composure & Encouragement	16	17	18
19	20 1:00-3:00 Unsafe Stress: Three Stages and How to Manage	21 6:00-8:00 Preventing Child Neglect	22 10:00-12:00 Conscious Discipline #3 Assertiveness & Choices	23	24	25
26	27 1:00- 3:00 Trauma and Strength Based Care	28 6:00-8:00 Juggling Time, Activities, Family and Self Care	29 10:00-12:00 Conscious Discipline #4 Positive Intent, Empathy & Consequences	30		

# Class Topics and Descriptions

**Monday**

**1:00 pm –3:00 pm**

**April 6th: How Parenting Styles Affect Anger** Explore how anger in the home can be traced to four home environments, the trouble family, the frantic family, the angry family & the indulging family. Once you realize that you do not need to live in a house of anger changes will be easier.

**April 13th: 4 Stages of Anger** There are predictable patterns of anger from build up to explosion in children. Each stage provides an opportunity to diffuse the child's anger. Adults can identify patterns to help move forward choices to control anger.

**April 20th: Unsafe Stress: 3 Stages and How to Manage**

Participants are introduced to what unsafe stress is and given strategies to assist in managing.

**April 27th: Trauma and Strength Based Care**

**Tuesday**

**6:00 pm - 8:00 pm**

**April 7th: Reading: TBD**

**April 14th: Working with Children with Special Needs:** This class will discuss some general information that can help address the special needs of some children. Included will be tips on developing routines, setting boundaries and the use of praise and positive reinforcement.

**April 21st: Preventing Child Neglect**

Participants are made aware of what child neglect is and the lasting harmful effects it has on children. Ideas about how to prevent child neglect and whose responsibility it is are discussed.

**April 28th: Juggling Time, Activities, Families and Self Care**

Attendees will discuss and determine strategies for managing their time around daily, monthly and yearly happenings including self care.

**Wednesday**

**10:00 am -12:00 pm**

**April 1st: Sensory Integration:** In this training you will learn what Sensory Integration Disorder is and what you can do to understand and help.

**April 8th: Conscious Discipline #1: Brain & School Family** Understanding the relationship between brain function & behavior. School Family: Specific strategies for a positive school climate.

**April 15th: Conscious Discipline #2: Composure & Encouragement** Composure: How to actively calm yourself by implementing a "Be A S.T.A.R." program.

Encouragement: Effective ways to praise and encourage children.

**April 22nd: Conscious Discipline #3: Assertiveness & Choice:** Assertiveness: How to access and develop your own assertive voice. Choices: can be used effectively as a discipline technique and as a means to help children focus.

**April 29th: Conscious Discipline #4: Positive Intent, Empathy & Consequences**

Positive Intent: How to use the power of love to help children take responsibility for poor choices. Empathy: To help children move from acting out emotions from the lower centers of their brains to harnessing their energy and accessing their wisdom to problem solve. Consequences: The three types of consequences and when to use each.