



January 2019

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



www.nwachildcare.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 1:00-3:00 Anger: Calming the Fire Inside	15 6:00-8:00 Parenting Young Children with Love, Encouragement, and Limits	16 10:00-12:00 The Brain Architecture Game	17	18	19
20	21 1:00-3:00 Anger: De-Frazzle the Frazzled!	22 6:00-8:00 Kindergarten Readiness: It Begins at Birth	23 10:00-12:00 A Brighter Financial Future: Budgeting and Money Management	24	25	26
27	28 1:00-3:00 Anger History	29 6:00-8:00 Emergency Preparedness	30 10:00-12:00 Understanding Temperament	31		

All classes are FREE and offered on a first come, first serve basis. Call Child Care Aware of NWA if you have questions. (479) 899-6374 or calendars on website at (www.nwachildcare.org) To replace each lost certificate, the cost will be \$5.00.

Monday

1:00 pm –3:00 pm

January 7th: **No Class!**

January 14th: **Anger: Calming the Fire Inside-**

Explore the dynamics of anger & explore steps to calm the fire within.

January 21st: **Anger: De-Frazzle the Frazzled!-**

Participants examine materials and ideas that assist in making life more manageable.

January 28th: **Anger History**—Participants will assess the Anger History Scale to help identify whether they were affected by anger and aggression in relationships with family and friends during the early years and how it impacts the adult years.

Tuesday

6:00 pm - 8:00 pm

January 1st: **No Class!**

January 8th: **No Class!**

January 15th: **Parenting Young Children with Love,**

Encouragement, and Limits- Participants are introduced to effects of biology and culture on parenting styles and are given tips for positive parenting.

January 22nd: **Kindergarten Readiness: It Begins at**

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

January 29th: **Emergency Preparedness**—Participants will receive an overview of how to keep their children safe in the event of a disaster.

Class Topics and Descriptions

Wednesday

10:00 am -12:00 pm

January 2nd: **No Class!**

January 9th: **No Class!**

January 16th: **The Brain Architecture**

Game— This game experience will help in understanding the science of early brain development, what promotes it, what derails it, and what the consequences are for society.

January 23rd: **A Brighter Financial Future: Budgeting and Money**

Management—Learn how to create your own spending plan. Discover the three simple steps to creating your own budget. Find out ways to save on utilities, groceries and more.

January 30th: **Understanding**

Temperament—A child's temperament influences not only his or her style of interaction but the very way in which he or she understands and experiences the world and the people in it. This session will review the three temperament types, define five temperament traits and explore the "goodness of it."



February 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 1:00-3:00 Four Stages of Anger	5 6:00-8:00 Stewards of Children	6 10:00-12:00 Working with Children With Special Needs	7	8	9
10	11 1:00-3:00 Anger: What Will it Take For You to Be Happy?	12 6:00-8:00 Autism	13 10:00-12:00 1-2-3 Magic Part I	14	15	16
17	18 1:00-3:00 Anger: You Are Always Teaching, Teach Well	19 6:00-8:00 Temper Tantrums: What Am I to Do?	20 10:00-12:00 1-2-3 Magic Part II	21	22	23
24	25 1:00-3:00 Anger Intensity	26 6:00-8:00 SIDS/Shaken Baby	27 10:00-12:00 Unsafe Stress: Three Stages and How to Manage	28		

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Class Topics and Descriptions

Monday

1:00 pm –3:00 pm

February 4th: **Four 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.

February 11th: **Anger: 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.

February 18th: **Anger: You Are Always Teaching, Teach Well-** Participants will be presented with examples of how they are their children’s first teachers and to be reminded of the behavior they model for their children.

February 25th: **Anger Intensity-**Participants will assess their Anger Intensity Scale to help individuals identify how prone they are to anger and how strong their feelings of anger are. Guidelines for managing anger in a healthy manner will be discussed.

Tuesday

6:00 pm - 8:00 pm

February 5th: **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.

February 12th: **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.

February 19th: **Temper Tantrums: What Am I to Do?–** Participants are presented with ideas and a process for planning what to do when children have tantrums.

February 26th: **SIDS/Shaken Baby-**Participants will receive an overview of Protective and Risk Factors for SIDS. We will also review evidence based prevention of Shaken Baby Syndrome/Abusive Head Trauma.

Wednesday

10:00 am -12:00 pm

February 6th: **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.

February 13th: **1-2-3 Magic Part I-** Participants will be introduced to the steps of 1-2-3 stop behavior, the little adult assumption will be exposed and the two biggest mistakes adults make with children will be identified. Steps for controlling obnoxious behavior will be discussed. The term magic was added because parents said “1-2-3 works like magic.”

February 20th: **1-2-3 Magic Part II-**Participants will build on part I by identifying the six types of testing and manipulation children use on adults. Examples of counting in action will be viewed and identifying what the major/minor system is for effective discipline. The six start behavior tactics will be discussed.

February 27th: **Unsafe Stress: Three Stages and How to Manage-** Participants are introduced to what unsafe stress is and given strategies to assist in managing.



March 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 1:00-3:00 The Five R's Reduce Meltdowns	5 6:00-8:00 Infant Attachment: Digging Deeper	6 10:00-12:00 Being a Parent Advocate	7	8	9
10	11 1:00-3:00 When Little Children Are Angry	12 6:00-8:00 Behavior Guidance	13 10:00-12:00 Supporting Relationships that Strengthen Resiliency in Children	14	15	16
17	18 <i>Spring Break</i> <i>No Class</i>	19 <i>Spring Break</i> <i>No Class</i>	20 <i>Spring Break</i> <i>No Class</i>	21	22	23
24 31	25 1:00-3:00 Anger and Tough Challenges: How to Stay Strong	26 6:00-8:00 Trauma Informed Care: What Does This Mean?	27 10:00-12:00 Medication Administration	28	29	30

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Class Topics and Descriptions

Monday 1:00 pm –3:00 pm

March 4th: **The Five R's Reduce Meltdowns**— Researchers have identified the Five R's as key ingredients for emotionally healthy children. They are: relationships, respect, repetition, routines and responsive interaction.

March 11th: **When Little Children Are Angry**— Participants have opportunity to discuss child anger, the definition, possible causes, and management strategies.

March 18th: **Spring Break! No Class!**

March 25th: **Anger and Tough Challenges: How to Stay Strong**— Participants are given information about how to combat setbacks and how to cultivate a choice of growth.

Tuesday 6:00 pm - 8:00 pm

March 5th: **Infant Attachment: Digging Deeper**— Attendees are introduced to the importance of infant attachment, types of attachments, and how to determine the quality of attachment.

March 12th: **Behavior Guidance**— In this workshop we will share powerful, positive, and practical behavior strategies to improve behavior in your home and/or classroom. Many behavior problems can be prevented by knowledge, skills, and developmental characteristics of children.

March 19th: **Spring Break! No Class!**

March 26th: **Trauma Informed Care: What Does This Mean?**— Attendees are presented with information that assists them in providing optimal care for their students.

Wednesday

10:00 am -12:00 pm

March 6th: **Being A Parent Advocate**— Participants will receive helpful suggestions on how to be an advocate for children.

March 13th: **Supporting Relationships that Strengthen Resiliency in Children**— The single most common finding on resiliency in children is; “Children who do well despite serious hardships have at least one stable and committed relationship with a supportive parent, caregiver or other adult. These relationships buffer children from developmental disruptions and help them build key capacities.” Center on the Developing Child, Harvard University

March 20th: **Spring Break! No Class!**

March 27th: **Medication Administration**— This 2-hour course presented by Healthy Child Care Arkansas is based on American Academy of Pediatrics “Caring for our Children”(CFOC) national health and safety performance standards. Learn how to administer different types of medications safely in your setting, to recognize and respond to medication reactions, to store medications properly, and to develop good medication policies for your setting. You will receive a complimentary copy of the CFOC standards manual for your reference.



April 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1:00-3:00 Anger Triggers	2 6:00-8:00 1-2-3 Magic Part I	3 10:00-12:00 Sensory Integration	4	5	6
7	8 1:00-3:00 Hello Self-Regulation	9 6:00-8:00 1-2-3 Magic Part II	10 10:00-12:00 Stewards of Children	11	12	13
14	15 1:00-3:00 Anger: Using Books and Stories to Guide Children's Behavior	16 6:00-8:00 Emergency Preparedness	17 10:00-12:00 Conscious Discipline Part I	18	19	20
21	22 1:00-3:00 Anger: Tips for Easing Up On Yourself	23 6:00-8:00 Substance Abuse Trends: How to Talk to Your Children About them	24 10:00-12:00 Conscious Discipline Part II	25	26	27
28	29 1:00-3:00 Anger Expression	30 6:00-8:00 Leadership: Open Yourself to the Role				

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Class Topics and Descriptions

Monday

1:00 pm –3:00 pm

April 1st: **Anger Triggers-** Learn to examine your thought patterns to understand what is triggering your angry feelings.

April 8th: **Hello Self-Regulation–** Conscious Discipline prepares us to build the foundations of classrooms and homes by using safety, connections and problem solving to teach children how to self-regulate and manage the inner states to be the person we want to be.

April 15th: **Anger: Using Books and Stories to Guide Child**

Behavior– Participants are introduced to what a challenging behavior is and then reflect on family stories and books that influenced them as children. Books and fables will be used to match child behavior.

April 22nd: **Anger: Tips for Easing Up On Yourself–** Participants are introduced to tips concerning their anger and how to break out of the hold it has on them.

April 29th: **Anger Expressions–** The Anger Expression Style will help you identify your style in expressing anger toward other people. You will learn more effective ways for expressing anger.

Tuesday

6:00 pm - 8:00 pm

April 2nd: **1-2-3 Magic Part I-** Participants will be introduced to the steps of 1-2-3 stop behavior, the little adult assumption will be exposed and the two biggest mistakes adults make with children will be identified. Steps for controlling obnoxious behavior will be discussed. The term magic was added because parents said “1-2-3 works like magic.”

April 9th: **1-2-3 Magic Part II-**Participants will build on part I by identifying the six types of testing and manipulation children use on adults. Examples of counting in action will be viewed and identifying what the major/minor system is for effective discipline. The six start behavior tactics will be discussed.

April 16th: **Emergency Preparedness-**Participants will receive an overview of how to keep their children safe in the event of a disaster.

April 23rd: **Substance Abuse Trends: How to Talk to Your Children**

About Them-Come Learn ways to talk to your kids about substance use and abuse, current drug trends and how adults influence children’s attitudes towards these substances.

April 30th: **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.

Wednesday

10:00 am -12:00 pm

April 3rd: **Sensory Integration–** In this training you will learn what Sensory Integration Disorder is and what you can do to understand and help.

April 10th: **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.

April 17th: **Conscious Discipline I Brain-** Becoming Brain Smart: An understanding of the relationship between brain function and behavior.

April 24th: **Conscious Discipline II 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.



May 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00-12:00 Planning for Special Education	2	3	4
5	6 1:00-3:00 Anger & Communication in Families	7 6:00-8:00 Infant and Toddler Development: Looking Closely	8 10:00-12:00 Conscious Discipline Part III	9	10	11
12	13 1:00-3:00 Anger: Make It Work for You!	14 6:00-8:00 Working With Children With Special Needs	15 10:00-12:00 Conscious Discipline Part IV	16	17	18
19	20 1:00-3:00 Anger: Now Find the Forgiveness	21 6:00-8:00 Nutrition and Physical Activities for Young Children	22 10:00-12:00 Preventing Child Neglect	23	24	25
26	27 1:00-3:00 Memorial Day No Class	28 6:00-8:00 Infant and Toddler Social and Emotional Development	29 10:00-12:00 Instill a Resilient Mindset In Your Child	30	31	

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Class Topics and Descriptions

Monday

1:00 pm –3:00 pm

May 6th: **Anger & Communication in Families-**

Miscommunication can fuel the flame of anger. Strategies will be shared to improve family communication and reduce anger in families.

May 13th: **Anger: Make It Work for You!**– Anger can produce negative outcomes; however, anger can also bring about positive outcomes for the betterment of self, others and the community. This class will consider and discuss these outcomes.

May 20th: **Anger: Now Find the Forgiveness**– Attendees are provided information concerning forgiveness and how it relates to the anger in one's life.

May 27th: **Memorial Day! No Class**

Tuesday

6:00 pm - 8:00 pm

May 7th: **Infant and Toddler Development: Looking Closely**–

Participants view and discuss a video that supports a deeper understanding of a child's development before birth. Child development after birth of baby is discussed too.

May 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.

May 21st: **Nutrition and Physical Activities for Young Children**– In this workshop we will share with participants some of the best practices of nutrition and the impact of diet and physical activities on the physical and mental health of growing and developing young children and their future academic success.

May 28th: **Infant and Toddler Social and Emotional Development**– Participants are presented with ideas, information and activities that support their role in the positive social and emotional development of children.

Wednesday

10:00 am -12:00 pm

May 1st: **Planning for Special Education-** If your child is in Special Education or has a need for learning differently, this is a great class for you! Come learn about your child's rights, Individual Education Programs and 504 Plans.

May 8th: **Conscious Discipline III Assertiveness & Choices**– Assertiveness: How to access and develop your own assertive voice. Choices: How to help children build their self-esteem by offering the two positive choices.

May 15th: **Conscious Discipline IV Positive Intent & Empathy-** 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 the brains to harnessing their energy & accessing their wisdom to problem solve.

May 22nd: **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.

May 29th: **Instill a Resilient Mindset In Your Child**–"A basic characteristic of emotional well-being and resilience is the ability to distinguish between what we can and cannot control in our lives and to focus our energies on those areas that are within our power to change. A guiding principal in helping children to develop this mindset is to involve them as much as possible in the processing of managing, rather than being enslaved by their feelings." Angry Children Worried Parents



June 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Northwest Arkansas Child Care Conference
2	3 1:00-3:00 Anger Consequences	4 6:00-8:00 Coming Home From Foster Care: Preparing for Children	5 10:00-12:00 Autism	6	7	8
9	10 1:00-3:00 Anger: Rebuilding Relationships	11 6:00-8:00 Early Relationships the Key to Brain Development	12 10:00-12:00 Conflicts: Here, There, and Everywhere!	13	14	15
16	17 1:00-3:00 Anger: Strategically Planning Your Behavior	18 6:00-8:00 Activities for Summer Fun	19 10:00-12:00 Behavior Guidance	20	21	22
23 30	24 1:00-3:00 Managing Time and Stress	25 6:00-8:00 Nature and Mud Day: Connect With the Child Within	26 10:00-12:00 Stewards of Children	27	28	29

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Class Topics and Descriptions

Monday 1:00 pm –3:00 pm

June 3rd: **Anger Consequences-** When we become angry it is often because of our different expectations for a situation.

June 10th: **Anger: Rebuilding Relationships-** Participants will focus on strategies to rebuild broken relationships and alternatives for getting along when trust has been broken.

June 17th: **Anger: Strategically Planning Your Behavior-** Participants are introduced to ideas that will assist them in strategically planning for anger episodes.

June 24th: **Anger & Communication in Families-** Miscommunication can fuel the flame of anger. Strategies will be shared to improve family communication and reduce anger in families.

Tuesday 6:00 pm - 8:00 pm

June 4th: **Coming Home From Foster Care: Preparing for Children-** Participants are given an opportunity to discuss what to expect when their children return home to them. A packet of activities that assists in their children's reunification with them are provided.

June 11th: **Early Relationships the Key to Brain Development-** Infants develop in the context of relationships. Their brains develop neural connections in response to their experiences. The quality of the relationship between parent and child matters most, as they need experience with an effective "relational partner" in order for the parts to organize into a "self."

June 18th: **Activities for Summer Fun -** Participants will explore fun activities to share with their families and develop the "awe" in everyday happenings.

June 25th: **Nature and Mud Day: Connect With the Child Within-** Attendees are given information and opportunities to experience nature and how it benefits their children's wellbeing as well as their own.

Wednesday 10:00 am - 12:00 pm

June 5th: **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.

June 12th: **Conflicts: Here, There and Everywhere!-** Participants will discuss conflict prevention and review specific steps in resolving conflict.

June 19th: **Behavior Guidance-** In this workshop we will share powerful, positive, and practical behavior strategies to improve behavior in your home and/or classroom. Many behavior problems can be prevented by knowledge, skills, and developmental characteristics of children.

June 26th: **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.