



July 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO CLASSES	2	3 NO CLASSES	4	5	6
7	8 Conscious Discipline Book Study (Part 1) 6:15-8:15	9	10 Anger in Teenagers 2:15-4:15	11	12	13
14	15 Supervision 3:30-5:00 Conscious Discipline Book Study (Part 2) 6:15-8:15	16	17 Co-Parenting and Divorce 2:15-4:15	18	19 CPR and First Aid 8:00-1:00	20
21	22 Conscious Discipline Book Study (Part 3) 6:15-8:15	23	24 Help My Kids Are Driving Me Crazy! 2:15-4:15	25	26	27
28	29 Conscious Discipline Book Study (Part 4) 6:15-8:15	30 Pre-Licensing Training 10:00-12:00	31 Nutrition Matters 2:15-4:15			

JULY

CLASS TOPICS AND DESCRIPTIONS

ALL CLASSES SUBJECT TO CHANGE. PLEASE CALL OFFICE FOR INFORMATION:

(479) 222-6930.

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

MONDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

JULY 1– NO CLASS

JULY 8– Conscious Discipline Book Study By Dr. Baily (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.

JULY 15– Supervision Training 3:30-5:00: Participants will learn valuable tips to provide effective supervision to children in their care. Licensing requirements will be discussed.

JULY 15– Conscious Discipline Book Study By Dr. Baily (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.

JULY 22– Conscious Discipline Book Study By Dr. Baily (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.

JULY 29– Conscious Discipline Book Study By Dr. Baily (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.

TUESDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

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

WEDNESDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

JULY 3- NO CLASS

JULY 10-Anger in Teenagers 2:15-4:15: During this training, participants will discuss the causes of anger in teenagers as well as activities that will help them cope with their anger.

JULY 17– Co-Parenting and Divorce 2:15-4:15: This class will provide positive behavioral techniques and communication strategies to implement in families experiencing divorce and separation. A child centered approach will be explored and participants will be given tools for establishing healthy co-parenting styles.

JULY 24– Help! My Kids Are Driving Me Crazy 2:15-4:15: In this workshop, we will share ideas and strategies for positive communication skills with your children. We will discuss factors that can affect your children's behaviors and provide some skills and techniques that might assist you to manage and improve your children's behavior.

JULY 31– Nutrition Matters 2:15-4:15: Learn about good nutrition for young children. Find out about serving sizes and how to provide choices from all the food groups.

FRIDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

JULY 19 CPR and First Aide 8:00-1:00: For additional information, please contact us at (479) 899-6374 or visit our webpage at www.nwachildcare.org.





August 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 RV-ECA Meeting: Who and What: Division of Child Care & Early Childhood Education 6:15-8:15	6	7 The Angry Child 2:15-4:15	8 ASQ Refresher 1:00-4:00	9	10
11	12 Supervision 3:30-5:00 <hr/> Classroom Management Tips and Tricks 6:15-8:15	13	14 This Emotional Life (Part 1) 2:15-4:15	15	16	17
18	19 Dealing with Difficult Parents 6:15-8:15	20	21 This Emotional Life (Part 2) 2:15-4:15	22	23	24
25	26 The Wonderful Resources of the Ft. Smith Library- <u>3201 Rogers Ave., Ft. Smith</u> 6:00-7:30	27 Pre-Licensing Training 10:00-12:00	28 This Emotional Life (Part 3) 2:15-4:15	29	30	31

AUGUST CLASS TOPICS AND DESCRIPTIONS

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

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

MONDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

AUG. 5- RV-ECA Meeting: Who and What-The Division of Child Care and Early Childhood Education 6:15-8:15: Join us for a brief meeting and then a presentation with people from the DCCECE along with the excellent resources they offer!

AUG. 12- Supervision Training 3:30-5:00: Participants will learn valuable tips to provide effective supervision to children in their care. Licensing requirements will be discussed.

AUG. 12- Classroom Management Tips and Tricks 6:15-8:15: Come join us as we learn some great strategies to help you manage your classroom. We discuss numerous tips and tricks to help your classroom run smoother.

AUG. 19- Dealing with Difficult Parents 6:15-8:15: We must have interactions with parents. Learn how to manage a parent who pushes all of your buttons.

AUG. 26- The Wonderful Resources of the Ft. Smith Library 6:00-7:30: Our library has so many resources for teachers. You will learn about their spark kits, Polaris and so much more!
CLASS WILL BE HELD AT THE FT. SMITH MAIN LIBRARY, 3201 ROGERS AVE.

TUESDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

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

WEDNESDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

AUG. 7- The Angry Child 2:15-4:15: Adults can help children express angry feelings by teaching them healthy words for their feelings.

AUG. 14-This Emotional Life #1 2:15-4:15: This is a 3 part video series presented by PBS. Host, Daniel Gilbert, will focus on why social relationships are so critical to our well-being and how we can best maintain and nurture them during this session.

AUG. 21- This Emotional Life #2 2:15-4:15: This is a 3 part video series presented by PBS. Host, Daniel Gilbert, will focus on obstacles to happiness such as anger, fear, anxiety, and despair and what we can do to keep them under control during this session.

AUG. 28- This Emotional Life #3 2:15-4:15: This is a 3 part video series presented by PBS. Host, Daniel Gilbert, will discuss why we all want happiness, why it is important and how we can get more of it during this last session.





September 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>NO CLASSES</i>	3	4 <i>Anger: De-Frazzle The Frazzled</i> 2:15-4:15	5	6	7
8	9 <i>Attachment: The Foundation for Optimal Development</i> 6:15-8:15	10	11 <i>Potty Training</i> 2:15-4:15	12	13	14
15	16 <i>Supervision 3:30-5:00</i> <hr/> <i>Getting Started with Loose Parts</i> 6:15-8:15	17	18 <i>Parenting Stress</i> 2:15-4:15	19	20 <i>CPR and First Aid</i> 8:00-1:00	21
22	23 <i>Back to School Extravaganza <u>5210 Grand Ave.</u> <u>Fort Smith</u></i> 6:00-8:00	24 <i>Pre-Licensing Training</i> 10:00-12:00	25 <i>Directors Networking: Workforce Competencies 11:00-1:00</i> <hr/> <i>Sibling Rivalry</i> 2:15-4:15	26	27	28
29	30 <i>Rockstar Teaching 101 (Part 1)</i> 6:15-8:15					

SEPTEMBER

CLASS TOPICS AND DESCRIPTIONS

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

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

MONDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

SEPT. 9-Attachment: The Foundation for Optimal Development 6:15-8:15: Participants will learn the elements, stages and patterns of attachment. In addition, early childhood professionals will learn how to foster attachment in their classroom. Most importantly, teachers will learn how attachment deeply influences human development across the lifespan.

SEPT. 16– Supervision Training 3:30-5:00: Participants will learn valuable tips to provide effective supervision to children in their care. Licensing requirements will be discussed.

SEPT. 16– Getting Started with Loose Parts 6:15-8:15: Come learn about loose part theory, explore a treasure trove of loose parts, and consider ways to incorporate these materials in your indoor and outdoor learning environment in many meaningful ways.

SEPT. 23– Back to School Extravaganza 6:00-8:00: Join us as we welcome in an awesome new school year! See what great resources are available to early childhood educators in the River Valley plus enjoy refreshments, great door prizes and more! **The event will be at UAFS-Reynold Ballroom, Smith-Pendergraft Campus Center, 5210 Grand Ave., Fort Smith.**

SEPT. 30– Rockstar Teaching 101 (Part 1) 6:15-8:15: We will discuss the beliefs, attitudes, and interactions of great teachers and learn what they do differently. Based off the book, “What Great Teachers Do Differently” by Todd Whitaker.

TUESDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

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

WEDNESDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

SEPT. 4– Anger: De-frazzle the Frazzled 2:15-4:15: Participants will examine their current state of being and think about how to make their lives more enjoyable, organized and less frazzled.

SEPT. 11-Potty Training 2:15-4:15: You will learn techniques to help in this challenging time for the child and the caregiver.

SEPT. 18– Parenting Stress 2:15-4:15: Learn new techniques to manage stressful situations and maintain control of your home.

SEPT 25-Directors Networking-Workforce Competencies 11:00-1:00: Do you wish you had a list of what early childhood professionals should know and be able to do? Are you supporting staff as they further their knowledge and skill development? Do you wonder "What's next?" when thinking about your own professional development? The Arkansas Workforce Knowledge and Competencies for Early Care and Education Professionals (WKC) can help! Join us for an introduction to the WKC and discover how this useful tool can support you and your team. **This training will take place at Beyond Academy, 4510 N. Hwy 71, Alma, AR.**

SEPT 25– Sibling Rivalry 2:15-4:15: Parents will learn valuable skills to help minimize the feuding and encourage healthy interaction between siblings.

FRIDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

SEPT. 20 CPR and First Aide 8:00-1:00: For additional information, please contact us at (479) 899-6374 or visit our webpage at www.nwachildcare.org.





October 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>Anger in Adults (Part 1)</i> 2:15-4:15	3	4	5
6	7 <i>Biting: Origins and Interventions</i> 6:15-8:15	8	9 <i>Toddler Tips for Parents</i> 2:15-4:15	10	11	12
13	14 <i>Supervision 3:30-5:00</i> <u>RV-ECA Meeting: Kindergarten Readiness 6:15-8:15</u>	15	16 <i>The Importance of Play</i> 2:15-4:15	17	18	19
20	21 <i>Effects of Domestic Violence on Children</i> <u>5603 So. 14th St. Fort Smith</u> 6:15-7:45	22 <i>Pre-Licensing Training</i> 10:00-12:00	23 <i>Tantrums! Managing Meltdowns</i> 2:15-4:15	24	25	26
27	28 <i>Rockstar Teaching 101 (Part 2)</i> 6:15-8:15	29	30 DN: <i>Sensory Processing 11:00-1:00 @ Crisis Intervention Center</i> <u>Managing Step- Families 2:15-4:15</u>	31		

OCTOBER

CLASS TOPICS AND DESCRIPTIONS

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

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

MONDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

OCT. 7-Biting: Origins and Interventions 6:15-8:15: We will discuss the various causes and intervention methods for biting. Participants will leave with the ability to apply child-directed problem solving skills and help lower biting incidences.

OCT. 14– Supervision Training 3:30-5:00: Participants will learn valuable tips to provide effective supervision to children in their care. Licensing requirements will be discussed.

OCT. 14– RV-ECA Meeting: Kindergarten Readiness 6:15-8:15: Join us for a brief meeting and then learn about ways you can help prepare children in your classroom to transition to kindergarten.

OCT. 21– Effects of Domestic Violence on Children 6:15-7:45: Learn how domestic violence effects children in your care and the resources that are available to you. This training will be held at the Crisis Intervention Center, 5603 S. 14th St, Ft. Smith.

OCT. 28– Rockstar Teaching 101 (Part 2) 6:15-8:15: We will continue to discuss the beliefs, attitudes, and interactions of great teachers and learn what they do differently. Based off the book, “What Great Teachers Do Differently” by Todd Whitaker.

TUESDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

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

WEDNESDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

OCT. 2– Anger in Adults (Part 1) 2:15-4:15: Participants will discuss the definition of anger, learn to identify what triggers their anger and discover ways to redirect and control these feelings when they arise.

OCT. 9-Toddler Tips for Parents 2:15-4:15: This class will teach parents important parenting skills that focus on children under three years of age.

OCT. 16– The Importance of Play 2:15-4:15: 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.

OCT. 23– Tantrums! Managing Meltdowns 2:15-4:15: The DVD by Dr. Thomas Phelan, provides you with a new perspective and a specific straightforward management plan for this aggravating problem

OCT. 30-Directors Networking: Sensory Processing 11:00-1:00: Did you know we have more than 5 senses? What are sensory processing and sensory processing disorders? Come and learn about the links between sensory processing and behavior. Learn tips and tools on how to help the children and the adults in your centers. **This training will take place at the Fort Smith Crisis Intervention Center, 5603 So. 14th St.**

OCT. 30-Managing Step-Families 2:15-4:15: Learn how to adjust to blended families and the challenges for you and your child.





November 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 <i>CPR and First Aid</i> 8:00-1:00
3	4 <i>Impact of Trauma on Healthy Child Development (Part 1)</i> 6:00-8:30	5	6 <i>Anger in Adults (Part 2)</i> 2:15-4:15	7	8	9
10	11 <i>Supervision</i> 3:30-5:00 <u><i>Impact of Trauma on Healthy Child Development (Part 2)</i></u> 6:00-8:30	12	13 <i>Manners Matter</i> 2:15-4:15	14	15	16
17	18 <i>Rockstar Teaching 101 (Part 3)</i> 6:15-8:15	19 <i>Pre-Licensing Training</i> 10:0-12:00	20 <i>DN : WACGC</i> 11:00-1:00 <u><i>Homework: How to Motivate Your Child</i></u> 2:15-4:15	21	22	23
24	25 NO CLASSES	26	27 NO CLASSES	28	29	30

NOVEMBER CLASS TOPICS AND DESCRIPTIONS

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

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

MONDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

NOV. 4– The Impact of Trauma on Healthy Child Development (Part 1) 6:15-8:15: This DVD series presented by Dr. Barbara Sorrels, will uncover characteristics of traumatized children, challenges traumatized children face and insight for those that care for these children.

NOV. 11– Supervision Training 3:30-5:00: Participants will learn valuable tips to provide effective supervision to children in their care. Licensing requirements will be discussed.

NOV. 11– The Impact of Trauma on Healthy Child Development (Part 2) 6:15-8:15: We will continue the DVD series presented by Dr. Barbara Sorrels, as we continue to uncover characteristics of traumatized children, challenges traumatized children face and insight for those that care for these children.

NOV. 18– Rockstar Teaching 101 (Part 3) 6:15-8:15: We will finish our discussion on the beliefs, attitudes, and interactions of great teachers and learn what they do differently. Based off the book, “What Great Teachers Do Differently” by Todd Whitaker.

NOV. 25– NO CLASSES

TUESDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

NOV. 19- Pre-Licensing Training 10:00-12:00: Learn about the rules and regulations for starting your own business.

WEDNESDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

NOV. 6– Anger in Adults (Part 2) 2:15-4:15: Participants will continue their discussion on anger, learn to identify what triggers their anger and discover ways to redirect and control these feelings.

NOV. 13-Manners Matter 2:15-4:15: In this workshop, we will share tips with parents and child care providers for teaching our children essential social skills such as empathy, respect, cooperation and kindness. We hope to provide you with the tools that you need to teach your children how appropriate behavior positively impacts them and others around them.

NOV. 20-Directors Networking: WACGC 11:00-1:00: Join us as we learn all about the services the Western Arkansas Guidance Center offers to our community, including the LEAP Program that assists preschool children with mastering skills such as playing by the rules, sharing with friends, etc. **This training will take place at WACGC-3111 S. 70th St., Fort Smith, AR.**

NOV. 20– Homework: How to Motivate Your Child 2:15-4:15: Learn practical skills to help motivate your child to do their homework without having an argument.

NOV. 27-NO CLASSES





December 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Safe Baby</i> 6:15-8:15	3	4 <i>Anger in Adults (Part 3)</i> 2:15-4:15	5	6	7
8	9 <i>Supervision</i> 3:30-5:00 <u><i>Sensory Processing</i></u> 6:15-8:15	10 <i>Pre-Licensing Training</i> 10:00-12:00	11 <i>Brain Development</i> 2:15-4:15	12	13	14
15	16 <i>NO CLASSES</i>	17	18 <i>NO CLASSES</i>	19	20	21
22	23 <i>NO CLASSES</i>	24	25 <i>NO CLASSES</i>	26	27	28
29	30 <i>NO CLASSES</i>	31				

DECEMBER **CLASS TOPICS AND DESCRIPTIONS**

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

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

MONDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

DEC. 2– Safe Baby 6:15-8:15: A 2 hour training that covers three topics: shaken baby, the period of purple crying and safe sleep. Appropriate for child care educators, directors and family home child care providers.

DEC. 9– Supervision Training 3:30-5:00: Participants will learn valuable tips to provide effective supervision to children in their care. Licensing requirements will be discussed.

DEC. 9– Sensory Processing: 6:15-8:15: Did you know we have more than 5 senses? What are sensory processing and sensory processing disorders? Come and learn about the links between sensory processing and behavior. Learn tips and tools on how to help the children and the adults in your centers.

DEC. 16-NO CLASSES
DEC. 23– NO CLASSES
DEC. 30-NO CLASSES

TUESDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

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

WEDNESDAYS: CHILD CARE AWARE OFFICE OF RIVER VALLEY

DEC. 4– Anger in Adults (Part 3) 2:15-4:15: Participants will finish their discussion on anger, learn to identify what triggers their anger and discover ways to redirect and control these feelings.

DEC. 11-Brain Development 2:15-4:15: The brain structure will be explored, the importance of connecting brain cells and strategies for caring for young brains will be shared. Be prepared to be amazed by the human brain!

DEC. 18TH-NO CLASSES
DEC. 25TH-NO CLASSES

****INCLEMENT WEATHER POLICY: IF FORT SMITH
PUBLIC SCHOOLS ARE CLOSED, THEN CHILD CARE AWARE
OF RIVER VALLEY OFFICE WILL BE CLOSED. ****

