



# July 2018

7200 Mahogany Ave.  
 Fort Smith, AR 72916  
 479-222-6930  
[www.nwachildcare.org](http://www.nwachildcare.org)  
[eholland@nwachildcare.org](mailto:eholland@nwachildcare.org)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>NO CLASSES</i>	3	4	5 <i>NO CLASSES</i>	6	7
8	9 <i>TIPS: Realistic Expectations</i>  6:15-7:45	10	11	12 <i>Anger: Finding the Way to a Better Tomorrow</i>  10:00-12:00	13	14
15	16 Autism  6:15-8:15	17	18	19 <i>How Boys and Girls Learn Differently</i>  10:00-12:00	20	21
22	23 <i>RV-ECA Meeting: Infant and Toddler Activities</i>  6:15-8:15	24 <i>Pre-Licensing Training</i>  10:00-12:00	25	26 <i>Managing Step-Families</i>  10:00-12:00	27 <i>CPR and First Aid</i>  8:00-1:00	28
29	30 <i>Helping Children With Tantrums</i>  6:15-8:15	31				

## 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  
OR CALL THE OFFICE. ALL CLASSES ARE  
FREE OF CHARGE.

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

**July 2– NO CLASS**

**July 9-TIPS: Realistic Expectations 6:15-7:45:** This training provides information about realistic expectations, also known as developmental milestones, for infants and toddlers. Participants will learn why it is important to understand and teach these milestones, which milestones are developed at each age, strategies to use in the classroom to help infants and toddlers meet their milestones, as well as how to share this information with parents.

**July 16-Autism 6:15-8:15:** This class will teach participants how to recognize the signs of autism and things you can do in the classroom to help students with autism.

**July 23-RV-ECA Meeting: Infant and Toddler Activities 6:15-8:15:** During this workshop, we will learn some fun ways to incorporate developmentally appropriate activities in our classrooms as well as get some interactive experience with some of the activities.

**July 30– Helping Children with Tantrums 6:15-8:15:** Come and learn effective ways of dealing with temper tantrums and meltdowns. Also, learn new strategies and techniques to get the positive behaviors you desire from your children.

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

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

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

**July 5- NO CLASS**

**July 12– Anger: Finding the Way to a Better Tomorrow 10:00-12:00:** This class is based on social and emotional development and how life experiences shape who we are today and who we can become.

**July 19– How Boys and Girls Learn Differently 10:00-12:00:** Yes, it's true, they do learn differently! Find out the reason why and how this can help you with your child.

**July 26– Managing Step-Families 10:00-12:00:** Learning how to adjust to blended families and the challenges for you and the child.

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

**July 27– CPR and First Aid 8:00-1:00:** For additional information, please contact us at (479) 899-6374 or visit our webpage at [www.nwachildcare.org](http://www.nwachildcare.org).





# August 2018

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <i>Anger: De-frazzle the Frazzled</i>  10:00-12:00	3	4
5	6 <i>Big Questions for Little Minds</i>  6:15-8:15	7 <i>ASQ Refresher</i>  1:00-4:00	8	9 <i>Conscious Discipline Book Study (Part 1)</i>  10:00-12:00	10	11
12	13 <i>Making First Experiences Count (Part 1)</i>  6:15-8:15	14	15	16 <i>Conscious Discipline Book Study (Part 2)</i>  10:00-12:00	17	18
19	20 <i>Making First Experiences Count (Part 2)</i>  6:15-8:15	21	22	23 <i>Conscious Discipline Book Study (Part 3)</i>  10:00-12:00	24	25
26	27 <i>Making First Experiences Count (Part 3)</i>  6:15-8:15	28 <i>Pre-Licensing Training</i>  10:00-12:00	29	30 <i>Conscious Discipline Book Study (Part 4)</i>  10:00-12:00	31	

## AUGUST

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

**Aug. 6-Big Questions for Little Minds 6:15-8:15:** Questions are powerful tools, especially in the classroom. But what are “big” question, and how do they encourage children to think deeply? Join us as we discover how to meet children at their individual development levels and stretch their thinking.

**Aug. 13-Making First Experiences Count (Part 1) 6:15-8:15:** First relationships and first experiences in a child’s life have a long-lasting and dramatic impact on brain growth and development. Participants explore how the brain develops and how they can provide essential experiences to support development.

**Aug. 20-Making First Experiences Count (Part 2) 6:15-8:15:** First relationships and first experiences in a child’s life have a long-lasting and dramatic impact on brain growth and development. Participants explore how the brain develops and how they can provide essential experiences to support development.

**Aug. 27-Making First Experiences Count (Part 3) 6:15-8:15:** First relationships and first experiences in a child’s life have a long-lasting and dramatic impact on brain growth and development. Participants explore how the brain develops and how they can provide essential experiences to support development.

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

**Aug. 7-ASQ Refresher 1:00-4:00:** This training is only for facilities already using the ASQ assessment and have new staff that need training on the assessment or staff that need to review how to use the assessment.

**Aug. 28- Pre-Licensing Training 10:00-12:00:** Learn about the rules and regulations for starting your own child care business.

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

**Aug. 2–Anger: De-frazzle the Frazzled 10:00-12:00:** Participants examine their present state of being and review materials and tools that assist them in making their lives enjoyable and organized.

**Aug. 9– Conscious Discipline Book Study By Dr. Bailey (Part 1) 10:00-12:00:** 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.

**Aug. 16– Conscious Discipline Book Study By Dr. Bailey (Part 2) 10:00-12:00:** 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.

**Aug. 23– Conscious Discipline Book Study By Dr. Bailey (Part 3) 10:00-12:00:** 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.

**Aug. 30– Conscious Discipline Book Study By Dr. Bailey (Part 4) 10:00-12:00:** 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.





## SEPTEMBER

### CLASS TOPICS AND DESCRIPTIONS

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

##### **Sept. 3– NO CLASS**

**Sept. 10-Playing to Learn: Infant/Toddler Activities 6:15-8:15:** Participants will be able to identify the 5 learning domains and create activities of their own. Most importantly, participants will leave this training with an understanding that play influences all areas of human development and is one of the major building blocks for future academic and personal success.

**Sept. 17– Time Out for Teachers 6:15-8:15:** Join us as we discuss causes of stress, creating a peaceful classroom, as well as tips to help your classroom run more smoothly and more!

**Sept. 24-Science and Nature and Activities 6:15-8:15:** Battle Nature-Deficient Disorder! Come explore the importance of connecting with nature to develop both the brain and the body. And what better way to explore nature than to be in it? Weather permitting, we will hold the workshop outside, so please dress appropriately.

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

**Sept. 4– Back-to-School Extravaganza 6:00-8:00:** Join us as we welcome in an awesome new school year at the Back-to-School Extravaganza! See what great resources are available to early childhood educators in the River Valley plus enjoy refreshments, great door prizes and some wonderful make-and-takes for your classroom!!

**Sept. 25- Pre-Licensing Training 10:00-12:00:** Learn about the rules and regulations for starting your own child care business.

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

**Sept. 26-Directors Networking: Leading a Multi-Generational Workforce 11:30-1:30:** Join us as we discuss characteristics of each generation, how to guide the various generations that you lead as well as how to meet their professional development needs.

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

**Sept. 6– Anger in Young Children 10:00-12:00:** We will define anger, its causes and discuss strategies such as communication and relationship building skills.

**Sept. 13- Baby Basics 10:00-12:00:** Participants will be engaged in learning about “Baby Basics” and critical safety issues that affect babies. Preventing and protection of infants and toddlers from these issues is the desired outcome of this training.

**Sept. 20– Brain Development 10:00-12:00:** The brain structure will be explored, the importance of connecting among brain cells, and strategies for caring for young brains will be shared. Be prepared to be amazed by the human brain!

**Sept. 27– Divorce 10:00-12:00:** Parents will learn ways to nourish and support their children during and after a divorce.

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

**Sept. 7– CPR and First Aid 8:00-1:00:** For additional information, please contact us at (479) 899-6374 or visit our webpage at [www.nwachildcare.org](http://www.nwachildcare.org).

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

**Sept. 15– Impact of Trauma on Healthy Child Development 8:00-1:00:** This DVD series presented by Dr. Barbara Sorrels, will cover characteristics of traumatized children, challenges traumatized children face, self-regulation as well as so much more. This video gives great insight for adoptive families, foster families and caregivers.



Division of Child Care and  
Early Childhood Education



# October 2018

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 <i>Dealing with Anger</i>  10:00-12:00	5	6
7	8 <i>Managing Infectious Diseases in Early Education and Child Care Settings</i> 6:15-8:15	9	10	11 <i>SIDS/Shaken Baby</i>  10:00-12:00	12	13
14	15 <i>Math and Fine Motor Center and Activities</i>  6:15-8:15	16	17	18 <i>Parenting Stress</i>  10:00-12:00	19	20
21	22 <i>Classroom Management Tips and Tricks</i>  6:15-8:15	23 <i>Pre-Licensing Training</i>  10:00-12:00	24 <i>Directors Networking: Caring Conversations Cafes</i>  11:30-1:30	25 <i>Help My Kids Are Driving Me Crazy!</i>  10:00-12:00	26	27
28	29 <i>Nutrition Matters</i>  6:15-8:15	30	31			

## OCTOBER

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

**Oct. 1- 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.

**Oct. 8- Managing Infectious Diseases in Early Education and Child Care Settings 6:15-8:15:** This 2 hour PDR-approved course is presented by Healthy Child Care Arkansas and is based on the American Academy of Pediatrics "Caring for our Children" standards. It will help you understand how infectious diseases spread among children and adults and symptoms you may see. Learn what actions you need to take to control the spread, including daily health checks, when to exclude sick children, food handling and sanitation, and other infection control procedures. Taught by Hope Lefler, RN, a trained pediatric registered nurse with over 6 years of experience in working with young children in group care setting.

**Oct. 15- Math and Fine Motor Center Activities 6:15-8:15:** Engage the body, engage the brain. This workshop combines math with fine motor activities your children are sure to love.

**Oct. 22- Classroom Management Tips and Tricks 6:15-8:15:** Come join us as we learn some great strategies to help manage your classrooms. We will discuss numerous tips and tricks to help your classroom run smoother.

**Oct. 29- Nutrition Matters 6:15-8:15:** Learn about good nutrition for young children. Find out about serving sizes and how to provide choices from all the food groups.

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

**Sept. 23- Pre-Licensing Training 10:00-12:00:** Learn about the rules and regulations for starting your own child care business.

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

**Sept. 24- Directors Networking: Caring Conversations Café 11:30-1:30:** Curricula Concepts has partnered with Zero to Three National Center for Infants, Toddlers, and Families and University of Arkansas-ECEP to bring Arkansas a unique parent-provider connection opportunity called Caring Conversations Café. The Café is facilitated by Curricula Concepts and provides some content around various topics and then has specific questions for discussion on these topics that are relevant to families. It gives parents and other family members a chance to share their experiences and listen to what others are going through. It's a great way to strengthen relationships between families and child care providers, as well as build social connections between families. Curricula Concepts will provide a demonstration of a café as well as other family engagement opportunities.

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

**Oct. 4- 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.

**Oct. 11- SIDS/Shaken Baby 10:00-12:00:** Participants will receive an overview of protective risk factors for SIDS as well as evidence based prevention for Shaken Baby Syndrome/Abusive Head Trauma.

**Oct. 18- Parenting Stress 10:00-12:00:** Learn new techniques on how to manage stressful situations and maintain control of your home.

**Oct. 25- Help My Kids Are Driving Me Crazy! 10:00-12:00:** 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.







# November 2018

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Anger in Adults</i>  10:00-12:00	2	3
4	5 <i>Not Just Sand and Water</i>  6:15-8:15	6	7	8 <i>Potty Training</i>  10:00-12:00	9	10
11	12 <i>Gross Motor Play: What, Why, Where and How?</i>  6:15-8:15	13	14	15 <i>Managing Meltdowns and Tantrums</i>  10:00-12:00	16	17 <i>CPR and First Aid</i>  8:00-1:00
18	19 <i>NO CLASSES</i>	20	21	22 <i>NO CLASSES</i>	23	24
25	26 <i>Helping Students with Anger</i>  6:15-8:15	27 <i>Pre-Licensing Training</i>  10:00-12:00	28 <i>Directors Networking: Workforce Wellness: Taking Care of the Leader@ 2901 Kinkead Ave., Fort Smith 11:30-1:30</i>	29 <i>Growth and Development</i>  10:00-12:00	30	

## NOVEMBER

### CLASS TOPICS AND DESCRIPTIONS

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

**Nov. 5– Not Just Sand and Water 6:15-8:15:** Explore a variety of materials and tools for sensory play that goes beyond just sand and water. Sensory play helps children to develop in areas of cognition, motor, language, and social emotional learning. We will have tips, tools, and hands-on sensory activities that will engage and calm students.

**Nov. 12– Gross Motor Play: What, Why, Where and How? 6:15-8:15:** The development of large muscle coordination is essential for young children. This session will discuss how opportunity, plenty of safe space, and developmentally appropriate equipment facilitates this development.

**Nov. 19-NO CLASSES**

**Nov. 26– Helping Students with Anger 6:15-8:15:** Participants will explore children's emotions and anger feelings. Strategies to help students cope and learn self-regulating techniques will be offered.

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

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

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

**Nov. 28-Directors Networking: Workforce Wellness: Taking Care of the Leader 11:30-1:30:** We spend so much time tending to others that we forget one very important person-OURSELVES! This training will help you identify your own priorities and goals, as well as provide tips for creating a more balanced, less stressful life.

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

**Nov. 1– Anger in Adults 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.

**Nov. 8– Potty Training 10:00-12:00:** You will learn techniques to help in this challenging time for the child and the caregiver.

**Nov. 15- Managing Meltdowns and Tantrums 10:00-12:00:** This class will teach parents techniques and positive guidance skills to manage children having temper tantrums and meltdowns.

**Nov. 22-NO CLASSES**

**Nov. 29– Growth and Development 10:00-12:00:** Learn the stages of development and growth for your children so you can teach them appropriate skills for learning.

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

**Nov. 17– CPR and First Aid 8:00-1:00:** For additional information, please contact us at (479) 899-6374 or visit our webpage at [www.nwachildcare.org](http://www.nwachildcare.org).





# December 2018

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Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1
2	3 <i>Dealing with Burnout</i>  6:15-8:15	4	5	6 <i>The Angry Child</i>  10:00-12:00	7	8
9	10 <i>Special Education for Young Children</i>  6:15-8:15	11 <i>Pre-Licensing Training</i>  10:00-12:00	12	13 <i>Biting 101</i>  10:00-12:00	14	15
16	17 NO CLASSES	18	19	20 NO CLASSES	21	22
23	24 NO CLASSES	25	26	27 NO CLASSES	28	29
30	31 NO CLASSES					

## DECEMBER

### CLASS TOPICS AND DESCRIPTIONS

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

**Dec. 3– Dealing with Burnout 6:15-8:15:** Participants will explore the dynamics of burnout and ways to avoid the negative effects it can have on life, work and relationships. This workshop will provide practical knowledge and tools to enable participants to limit the stress in their lives and avoid burnout.

**Dec. 10-Special Education for Young Children 6:15-8:15:** This workshop will give you an overview of the available services and agencies responsible for providing those services to children with disabilities 0-3 and 3-5. We will also discuss how they become eligible for services, transition between the age groups and move on to kindergarten.

**Dec. 17-NO CLASSES**

**Dec. 24-NO CLASSES**

**Dec. 31-NO CLASSES**

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

**Dec. 11- Pre-Licensing Training 10:00-12:00:** Learn about the rules and regulations for starting your own child care business.

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

**Dec. 6– The Angry Child 10:00-12:00:** Adults can help children express angry feelings by teaching them healthy words for their feelings.

**Dec. 13- Biting 101 10:00-12:00:** This class is designed to help parents of children who are biting. Learn new techniques to help you through this trying time.

**Dec. 20– NO CLASSES**

**Dec. 27-NO CLASSES**

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

