



# January 2020

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>NO CLASSES</i>	2	3	4
5	6 <i>NO CLASSES</i>	7	8 <i>NO CLASSES</i>	9	10	11
12	13 <i>Biting: Origins and Interventions</i>  6:15-8:15	14	15 <i>Parenting Stress</i>  2:15-4:15	16	17	18
19	20 <i>Supervision</i> 3:30-5:00 <hr/> <i>Safe Baby</i> 6:15-8:15	21	22 <i>Active Play for Infants and Toddlers</i>  2:15-4:15	23	24	25
26	27 <i>Communicating with Parents: The Good, The Bad, and The Ugly</i> 6:15-8:15	28 <i>Pre-Licensing</i>  10:00-12:00	29 <i>Child Proofing Your Home</i>  2:15-4:15	30	31	

## JANUARY

### CLASS TOPICS AND DESCRIPTIONS

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

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

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

**JANUARY 6– NO CLASS**

**JANUARY 13– 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.

**JANUARY 20– 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.

**JANUARY 20– 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.

**JANUARY 27– Communicating with Parents– The Good, The Bad, and The Ugly 6:15-8:15:** Does your center have a policy when it comes to communication with parents? What are your procedures for personal relationships between staff and parents? What are your thoughts on social media? How do you handle difficult situations at your center? Let's talk about some ways you can communicate effectively with the families of the children in your care while respecting everyone's rights and feelings.

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

**JANUARY 28- 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

**JANUARY 1- NO CLASS**  
**JANUARY 8– NO CLASS**

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

**JANUARY 22– Active Play for Infants and Toddlers 2:15-4:15:** By the end of this workshop, participants will be able to discuss the current research on use of screen media with infants and toddlers, review the ingredients of active learning and identify sensory-motor materials that engage and challenge young children's thinking.

**JANUARY 29– Child Proofing Your Home 2:15-4:15:** This workshop will educate parents on prevention of: falls, fires, accidental poisoning and burns. We will also discuss water safety and ways to prevent choking in young children.

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





# February 2020

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Minimum Licensing Review</i> 3:00-5:00 <hr/> Yoga with Preschoolers 6:15-8:15	4	5 <i>Mindfulness</i>  2:15-4:15	6	7	8
9	10 <i>Supervision</i> 3:30-5:00 <hr/> Setting Limits Without Guilt (Part 1) 6:15-8:15	11	12 <i>Brain Development</i>  2:15-4:15	13	14	15
16	17 <i>Setting Limits Without Guilt (Part 2)</i>  6:15-8:15	18	19 <i>Bullying 101</i>  2:15-4:15	20	21	22
23	24 <i>RV-ECA Meeting: Move it!</i>  5:30-8:30	25 <i>Pre-Licensing</i>  10:00-12:00	26 <i>Co-Parenting and Divorce</i>  2:15-4:15	27	28	29

**FEBRUARY**  
**CLASS TOPICS AND DESCRIPTIONS**

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

**FEBRUARY 3– Minimum Licensing Review 3:00-5:00:** During this workshop, participants will learn many of the necessary components of minimum licensing so as to be better prepared in the classroom. Great for new staff!

**FEBRUARY 3– Yoga with Preschoolers 6:15-8:15:** Join Melody Priester (Fort Smith Schools-Preschool Teacher) as she shares with us how she uses yoga in her classroom.

**FEBRUARY 10– 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.

**FEBRUARY 10– Setting Limits Without Guilt by Dr. Becky Bailey (Part 1) 6:15-8:15:** You will learn how to set limits and boundaries for your children through the use of Conscious Discipline techniques.

**FEBRUARY 17– Setting Limits Without Guilt by Dr. Becky Bailey (Part 2) 6:15-8:15:** You will continue to learn how to set limits and boundaries for your children through the use of Conscious Discipline techniques.

**FEBRUARY 24– RV-ECA Meeting: Move It! 5:30-8:30:** There will be a brief meeting at 5:00 pm before the training starts if anyone would like to attend. The “Move It!” training is an opportunity for educators to explore understand and practice aspects of physical development and gross motor skills for preschool aged children. We teach strategies that support and nurture children's physical development, health and learning. The training is made up of three segments that include: yoga in the classroom, music and movement, and gross motor play.

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

**FEBRUARY 25- 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**

**FEBRUARY 5-Mindfulness 2:15-4:15:** 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.

**FEBRUARY 12– Brain Development 2:15-4:15:** 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!

**FEBRUARY 19– Bullying 101 2:15-4:15:** 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.

**FEBRUARY 26– Co-Parenting and Divorce 2:15-4:15:** Learn ways to nurture and support your children during and after a divorce.

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# March 2020

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Medication Administration</i>  6:15-8:15	3	4 <i>Parenting is Like a Box of Chocolate</i>  2:15-4:15	5	6	7 <i>UAFS Early Childhood Conference</i>
8	9 <i>B.A.M.M.M.</i>  5:30-8:30	10	11 <i>Dealing with Burnout</i>  2:15-4:15	12	13	14
15	16 <i>Supervision</i> 3:30-5:00 <hr/> <i>Potty Training</i> 6:15-8:15	17	18 <i>Depression: Out of the Shadows</i>  2:15-4:15	19	20	21
22	23 <i>NO CLASSES SPRING BREAK</i>	24	25 <i>NO CLASSES SPRING BREAK</i>	26	27	28
29	30 <i>The Angry Child</i>  6:15-8:15	31 <i>Pre-Licensing</i>  10:00-12:00				

**MARCH**  
**CLASS TOPICS AND DESCRIPTIONS**

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

**MARCH 2– Medical Administration 6:15-8:15:** You will learn the basic principles and best practice recommendations on the safe handling, storage, and documentation when administering medication.

**MARCH 9– B.A.M.M.M. 5:30-8:30:** This workshop will guide you through the BAMMM (Books and Movement: A Magical Mix) series of activity guides that connect literature and movement. Each guide begins with a children’s book, extends to movement activities that are suggested in the book and expands to include related curriculum activities and ideas for enhancing the learning environment.

**MARCH 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.

**MARCH 16– Potty Training 6:15-8:15:** In this workshop, we will discuss the many challenges of when and how to work with your child/ children to use the potty. We will discuss 7 keys to successful potty training and will work with you to determine the signs of your child/children’s readiness skills to tackle the big job ahead.

**MARCH 23– NO CLASSES**

**MARCH 30– The Angry Child 6:15-8:15:** Adults can help children express angry feelings by teaching them healthy words for their feelings.

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

**MARCH 31- 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**

**MARCH 4-Parenting is Like a Box of Chocolate 2:15-4:15:** At this workshop, we will discuss different parenting styles and how each style effects your child. In addition, we will discuss 6 steps to helping children learn and the attachment theory.

**MARCH 11– Dealing with Burnout 2:15-4:15:** 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.

**MARCH 18– Depression: Out of the Shadows 2:15-4:15:** 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 25-NO CLASS**





# April 2020

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Toddler Tips for Parents</i>  2:15-4:15	2	3	4
5	6 <i>Minimum Licensing Review 3:00-5:00</i> <u>Infant/Toddler Developmentally Appropriate Practice</u> 6:15-8:15	7	8 <i>Discipline vs. Guidance</i>  2:15-4:15	9	10	11
12	13 <i>The Great Outdoors</i>  6:15-8:15	14	15 <i>Growth and Development</i>  2:15-4:15	16	17	18
19	20 <i>Supervision 3:30-5:00</i> <u>The Importance of Play</u> 6:15-8:15	21	22 <i>Help! My Kids are Driving Me Crazy!</i>  2:15-4:15	23	24	25
26	27 <i>Exploring Differences Within Families (Part 1)</i>  5:30-8:30	28 <i>Pre-Licensing</i>  10:00-12:00	29 <i>Helping Children Communicate</i>  2:15-4:15	30		

**APRIL**  
**CLASS TOPICS AND DESCRIPTIONS**

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

**APRIL 6– Minimum Licensing Review 3:00-5:00:** During this workshop, participants will learn many of the necessary components of minimum licensing so as to be better prepared in the classroom. Great for new staff!

**APRIL 6– Infant Toddler Developmentally Appropriate Practice 6:15-8:15:** Participants will learn the 3 core factors of DAP for infants and toddlers. Discussions will include infant-toddler development, appropriate child guidance methods and classroom environment.

**APRIL 13– The Great Outdoors 6:15-8:15:** Through this training, participants will realize the high-level thinking and social negotiations that happen during large scale and outdoor play in the first five years of childhood.

**APRIL 20– 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.

**APRIL 20– The Importance of Play 6:15-8:15:** Come learn why it is so important for children to play and what developmental skills that play enhances. Learn new activities that your child will enjoy.

**APRIL 27– Exploring Differences within Families (Part 1) 5:30-8:30**  
Today's families are seldom like the stereotype shown on old 1960's TV shows and often involve cultural layers that go deeper than your first impressions. Come learn about the diversity of modern families, resources that can help you engage today's families and basic anti-bias principles.

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

**APRIL 28- 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**

**APRIL 1-Toddler Tips for Parents 2:15-4:15:** This class will teach parents important parenting skills and techniques, specifically for children three years and under.

**APRIL 8– Discipline vs. Guidance 2:15-4:15:** We will discuss how to discipline children in a way that results in guiding them to a desired behavior and outcome.

**APRIL 15– Growth and Development 2:15-4:15:** Learn the stages of development and growth for your children so you can teach them appropriate skills for learning.

**APRIL 22– 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 child's behavior.

**APRIL 29– Helping Children Communicate 2:15-4:15:** This class is designed to help parents with their communication. Good communication is critical for a successful relationship with your children.







# May 2020

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>RV-ECA Meeting: Teacher Appreciation Dinner</i>  6:00-8:00	5	6 <i>Thriving with Your Teen</i>  2:15-4:15	7	8	9
10	11 <i>Supervision</i> 3:30-5:00 <hr/> <i>ADHD: What Educators Need to Know</i> 6:15-8:15	12	13 <i>How to Talk to Teenagers About Money</i>  2:15-4:15	14	15	16
17	18 <i>Exploring Differences Within Families (Part 2)</i>  5:30-8:30	19	20 <i>Managing Step-Families</i>  2:15-4:15	21	22	23
24	25 NO CLASSES	26 <i>Pre-Licensing</i>  10:00-12:00	27 <i>New Skills for Frazzled Parents</i>  2:15-4:15	28	29	30 <i>Child Care Aware of Northwest Arkansas Conference in Springdale</i>
31						

**MAY**  
**CLASS TOPICS AND DESCRIPTIONS**

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

**MAY 4– RV-ECA Teacher Appreciation Night 6:00-8:00:** Join us as we celebrate you and all the hard work you do! Dinner will be provided along with some great door prizes given away. You don't want to miss this event! More details will be revealed as the date gets closer, including location.

**MAY 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.

**MAY 11– ADHD: What Educators Need to Know 6:15-8:15:** Join us as we discuss ADHD in young children, bust ADHD myths and what the teacher's role is in helping children with this disorder.

**MAY 18– Exploring Differences within Families (Part 2) 5:30-8:30:** This interactive and in-depth session continues where *Exploring Differences within Families Part 1* ends. It delves more deeply into various family structures and parenting styles with strategies for engaging all families.

**MAY 25-NO CLASS/MEMORIAL DAY**

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

**MAY 26- 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**

**MAY 6-Thriving With Your Teen 2:15-4:15:** Teen years are difficult. We will discuss ways to navigate through these years in a positive and less stressful way drawing you closer to your teen.

**MAY 13– How to Talk to Teenagers About Money 2:15-4:15:** The purpose of this training is to give parents the tools to talk to their teen about money.

**MAY 20– Managing Step-Families 2:15-4:15:** In this workshop learning how to adjust to blended families and the challenges for you and the child.

**MAY 27– New Skills for Frazzled Parents 2:15-4:15:** 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.”





# June 2020

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Informational Books</i>  5:30-8:30	2	3 <i>Surviving Parenthood</i>  2:15-4:15	4	5	6
7	8 <i>Minimum Licensing Review 3:00-5:00</i> <u>De-Stressing Yourself</u> 6:15-8:15	9	10 <i>Nutrition Matters</i>  2:15-4:15	11	12	13
14	15 <i>Supervision 3:30-5:00</i> <u>Infant/Toddler Circle Time</u> 6:15-8:15	16	17 <i>Parenting a Strong-Willed Child</i>  2:15-4:15	18	19	20
21	22 <i>Developmentally Appropriate Physical Activity for Infants and Toddlers</i> 6:15-8:15	23	24 <i>Safe Baby</i>  2:15-4:15	25	26	27
28	29 <i>Taming Temper Tantrums in Children</i>  6:15-8:15	30 <i>Pre-Licensing Training</i>  10:00-12:00				

## JUNE

### CLASS TOPICS AND DESCRIPTIONS

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

**JUNE 1– In-Practice Informational Books in the Preschool Classroom 5:30-8:30:** Participants will learn all about this FREE curriculum supplement provided by DHS. This training is taught by a UAFS trainer and focuses on integrating emergent literacy with science, technology, social studies and other domains where appropriate.

**JUNE 8– Minimum Licensing Review 3:00-5:00:** During this workshop, participants will learn many of the necessary components of minimum licensing so as to be better prepared in the classroom. Great for new staff!

**JUNE 8– De-Stressing Yourself 6:15-8:15:** Join us as we de-stress and discuss ways to take care of ourselves. This session will provide practical tips for relaxing along with a spa make-and-take.

**JUNE 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.

**JUNE 15– Infant/Toddler Circle Time 6:15-8:15:** Based on Dr. Becky Bailey’s Baby Doll Circle Time, this training will explore ways to improve relationships between educators and children, utilize attachment, attunement and social play to wire the brain for optimal development, and help children develop healthy blueprints for self-regulation relationships and sense of self.

**JUNE 22– Developmentally Appropriate Physical Activity for Infants and Toddlers 6:15-8:15:** Movement begins even before birth. Learn the stages of physical development in children birth-to-three and identify appropriate physical and gross motor experiences for infants and toddlers.

**JUNE 29-Taming Temper Tantrums in Children 6:15-8:15:** Participants will identify temper tantrums as emotional and physical “meltdowns” common among preschool children. The causes of temper tantrums and strategies on how to guide children through the temper tantrum stage will be discussed.

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

**JUNE 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

**JUNE 3-Surviving Parenthood 2:15-4:15:** This workshop offers practical tools that will enhance the development of your child, the harmony of your family, and your own sense of well-being. This workshop is based off the book, “Parenting Tips for the Strung Out Mom and Dad” by Ruthann Saphier.

**JUNE 10– 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.

**JUNE 17– Parenting a Strong Willed Child 2:15-4:15:** Turning the negative attribute into a positive one. Learn how to parent this child that pushes your button.

**JUNE 24– Safe Baby 2:15-4:15:** A 2 hour class that includes 3 topic areas: shaken baby, the period of purple crying and safe sleep.



Division of Child Care and  
Early Childhood Education

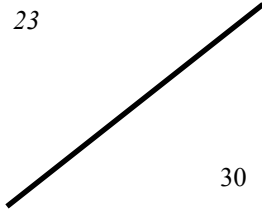
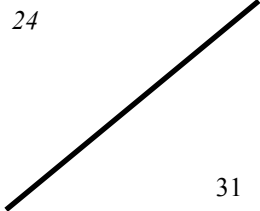
# July 2020

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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# August 2020

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
 30	 31					

# September 2020

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

# October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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18	19	20	21	22	23	24
25	26	27	28	29	30	31



# November 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>
<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>
<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>
<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>
<i>29</i>	<i>30</i>					

# December 2020

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		