

# Illinois Trainers Network Training Descriptions

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## **An Introduction to the Environment Rating Scales:**

This training is for center-based programs and family child care providers and offers an overview of the Environment Rating Scales. The Environment Rating Scales are user-friendly assessment tools that measure the quality of the learning environment for infants through school-age children. After completing this training, participants will be able to use the tool(s) for program self-assessment and improvement planning. **4 Hours**

## **An Introduction to the Family Child Care Environment Rating Scale – Revised:**

This training is for Family Child Care practitioners and provides an overview of the Family Child Care Environment Rating Scales Revised (FCCERS-R). FCCERS-R is a user-friendly assessment tool used to measure the quality of the learning environment. After completing this training, participants will be able to use the tool for program self-assessment and improvement planning. In addition, practitioners will be aware of FCCERS-R linkage to national accreditation, Illinois Early Learning and Development Standards (IELDS) and ExceleRate™ Illinois, Illinois' quality rating and improvement system. **4 Hours**

## **Better Together – Module 1: Child Nutrition**

This Learning Collaborative focuses on child nutrition best practices and the many ways ECE programs can support healthy eating habits in children by serving healthy foods and beverages, supporting teacher use of recommended feeding practices, and offering education and professional development to children, staff, and families. Participants will learn about healthy eating through the lens of whole child development and child nutrition best practices, while also considering the role of food insecurity and culture in feeding practices. Participants will identify goals for healthy change using Go NAPSACC self-assessment results. With consultant support, participants will select and implement best practices to support healthy eating habits within their program. **10 Hours**

## **Child Development, Health, and Safety Basics**

This training will provide participants an overview of child development, health, and safety issues for children birth through early school-age. Emphasis will be on understanding patterns of development, developmental domains, and the role of nutrition in development. In addition, health and safety issues will address supporting the growth of healthy children - from the basics such as handwashing to more in-depth practices surrounding healthy procedures and disease prevention. Participants will learn more about emergency planning/preparedness and first aid as well as identify tips for maintaining safe indoor/outdoor environments. **4 Hours**

## **Creating Individual Professional Development Plans:**

Participants will define and explain the value of professional development. This training will assist in recognizing the relationship of staff development to Continuous Quality Improvement. Participants will also be able to identify the components of an effective professional development plan. **3 Hours**

## **Early Childhood Developmental Screening:**

This training reviews child growth and development in early childhood environments. A review of several commercial screening tools is discussed to allow child care practitioners more options on monitoring a child's typical development. Case studies provide hands-on learning for the participant on use of a developmental

screening tool and guidelines for referral to an early intervention program. **7.5 Hours**

### **Fundamentals of Child Assessment:**

Participants will be introduced to the essentials and importance of conducting child assessments in early childhood programs. Through discussion and group activities practitioners will learn the different types of assessments, why assessments are needed, and how assessments are used to plan for children's learning.

**3 Hours**

### **Healthy Kids, Healthy Future: Physical Activity Learning Session (PALS)**

The PALS training is designed to give early care providers a solid knowledge base of best practices for physical activity with emphasis on healthy lifestyles, environments, and bodies. The PALS content addresses physical activity for children birth through age five years, and how to implement physical activities in their programs and share with families. The goal of PALS is to support practice and policy changes in ECE programs. PALS combines content learning with self-assessments, policy development opportunities, resources, and materials, to support practice change in ECE programs, leading to healthier, more active children. **6 Hours**

### **How Trauma Impacts Young Children**

Children's lives are directly impacted by exposure to traumatic events. By using a diversity, equity, inclusion, and belonging (DEIB) lens, we can consider how these traumas are felt unequally across the diverse communities that childcare providers serve. We will examine trauma and resilience, screening tools, look at the research on the impacts of trauma, review a case study, and consider the ongoing traumatic impacts of COVID. We will consider the important roles that childcare providers play in recognizing the signs of traumatic exposure, promoting infant mental health, supporting young children and their families, and creating caregiving environments that support resilience. Understanding the ways that individual's family history, cultural background, language, home environment, community supports, and heredity play in their development, resilience, and response to trauma will support providers in understanding the strengths of the children and families they serve. **6.5 Hours**

### **Illinois Early Learning & Development Standards:**

This training gives early childhood practitioners an overview of the revised learning and development standards for preschool children ages three to five. Through discussion and small group activities, training participants will learn how to connect the standards with daily practice in their programs. **6 Hours**

### **Illinois Early Learning Guidelines:**

This training gives early childhood practitioners an overview of program guidelines for children birth to age three. The training creates a foundational understanding for providers and practitioners in the field of what children birth to age three are expected to know and do across multiple domains. **4 Hours**

### **IT Module 1: Introduction & Understanding Social-Emotional Development**

As the first training module in the Pyramid Model Infant-Toddler Module Series, Understanding Social-Emotional Development will acquaint participants with the Pyramid Model, introduce important terms that will be used throughout the Pyramid Model training modules, and lay a foundation to better understand the role caregivers play in young children's social-emotional development. **2.5 Hours**

### **IT Module 2: Focusing on Relationships**

In Focusing on Relationships, participants will explore the importance and complexities of developing relationships between caregivers, families, and children. Participants should leave understanding that social-emotional development takes place within the context of relationships, so strategies to support development must prioritize building relationships. This training covers topics such as reflecting on participants' past and current relationships, as well as addressing issues related to culture, diversity, race, equity, risk, and protective factors. It is recommended the trainer spend time reflecting on the discussion questions prior to the training to be prepared to share their own experiences and facilitate discussions. **2.5 Hours**

### **IT Module 3: Responsive Routines, Schedules, & Environments**

In Responsive Routines, Schedules, & Environments, participants will learn how being intentional about establishing daily routines and setting up the environment can: help young children feel confident and secure, paving the way for social-emotional growth; promote children's active and safe exploration and learning; and facilitate positive child-peer and adult-child interactions. **1.5 Hours**

### **IT Module 4: Understanding Behavior**

Working with infants and toddlers is rewarding, but it can also sometimes be challenging. In Understanding Behavior, participants will learn how to use observation to better understand child behavior. We will look at the many influences affecting behavior and use this knowledge to examine our own beliefs. We will practice reframing our thoughts to better respond to challenging situations. **2.5 Hours**

### **IT Module 5: Teaching About Feelings**

In Teaching About Feelings, a module of the Pyramid Model Infant-Toddler Module Series, participants will explore what the development of emotional literacy looks like (i.e., labeling feelings in self and others, recognizing facial and physiological signs, modulating responses, developing coping strategies) and share a variety of strategies teachers can use to support and teach the young early learners in our care about feelings. **1.5 Hours**

### **IT Module 6: Promoting Positive Peer Interactions**

In Positive Peer Interactions, a module of the Pyramid Model Infant-Toddler Module Series, participants will gain knowledge on how to facilitate positive peer interactions and support the development of social and friendship skills, learn about the developmental stages of social and play skills, and apply that knowledge to classroom practices. **1.5 Hours**

### **IT Module 7: Individualized Teaching**

In Individualized Teaching, a module of the Pyramid Model Infant-Toddler Module Series, participants will learn how to identify and address delays in social-emotional development. The module provides an overview of the screening and assessment process and guidance on how to develop a systematic plan to provide individualized teaching to children who have delays. **2.75 Hours**

### **IT Module 8: Challenging Behavior**

In Challenging Behavior, a module of the Pyramid Model Infant-Toddler Module Series, participants will: identify and define challenging behavior, and work to understand why challenging behavior happens; discuss how to gather data and implement strategies that will prevent challenging behavior; and discuss strategies to address or respond effectively to challenging behavior when it is present. **3.25 Hours**

### **Introduction to Developmental Screening Tools:**

The process of developmental screening in the early childhood setting is introduced to practitioners. A review of several commercial screening tools is discussed to provide child care practitioners options in monitoring a child's typical development. **3 Hours**

### **Program for Infant Toddler Care:**

Comprised of 4 Modules, the Program for Infant Toddler Care (PITC) is designed to help child care directors and infant/toddler care teachers become sensitive to infants' cues, connect with their family and culture, and develop responsive, relationship-based care. This training takes an in-depth look at cognitive and social-emotional development, encouraging growth within daily routines and tips on setting up appropriate environments for experienced infant and toddler professionals. **32 Hours (8 Hours per Module)**

### **PS Module 1: Nurturing and Responsive Relationships**

Establishing nurturing and responsive relationships within a caring community is the foundation of the Pyramid Model. This training focuses on practices for building relationships with children, promoting relationships between children, relationships with families that affirm family culture and identity, and relationships with team members. **6.5 Hours**

### **PS Module 2: High-Quality, Supportive Environments**

This module focuses on the practices for establishing high-quality supportive classroom environments that promote social-emotional skill development and prevent challenging behavior. Practices related to schedules, routines, transitions, promoting engagement, expectations, and rules are addressed in the workshop. **6 Hours**

### **PS Module 3: Teaching Social-Emotional Skills**

Promoting social-emotional development is core to the Pyramid Model. This module provides training on the practices for teaching friendship skills, emotional literacy, self-regulation, and problem-solving. **6.5 Hours**

### **PS Module 4: Individualized Teaching of Social-Emotional Skills**

This module guide practitioners in how to individualize instruction on social-emotional skills for children who need more targeted supports. Practices that are taught include: teaching systematically, peer-mediated intervention, planning for embedded instruction, and progress monitoring. **2.5 Hours**

### **PS Module 5: Addressing Challenging Behavior**

This module provides the practices for understanding child challenging behavior, how to respond to challenging behavior, becoming aware of bias in responding, de-escalating behavior, and the components of developing a behavior support plan for children with persistent challenging behavior. **6.5 Hours**

### **PS Module 6: Overview of Prevent-Teach-Reinforce for Young Children**

In this module, practitioners learn about the steps of Prevent-Teach-Reinforce for Young Children (PTR-YC) and how PTR-YC is used as a manualized process for conducting a functional behavioral assessment and developing a behavior support plan. **1.5 Hours**

### **Redleaf Family Child Care Curriculum: Teaching Through Quality Care**

Family child care providers will explore key elements of curriculum that support children’s development through all domains during the early years, infancy through kindergarten age. Five domains of development will be explored: physical, cognitive, communication and language, social and emotional, and approaches to learning. Necessary elements to support high quality family child care programs will be explored, including establishing a safe and supportive family child care program, partnering with families, and establishing program policies and practices. **15 Hours**

### **Social-Emotional Development and Positive Behavior Outcomes**

When it comes to behaviors, it’s all about social emotional development. During this training, we will reflect on the use of developmentally appropriate social and emotional techniques, how they impact and reinforce positive attachment relationships, and how they lead to changes in behavior. Caregiving relationships will be shown to support emotional regulation and social skills by modeling and encouraging positive behaviors in young children. By using visuals, group discussions, and case studies, you will be able to support meaningful social and emotional growth within your child care program. Through examining your own beliefs, reflecting on various theoretical perspectives, and considering the realities of child care programs, we can share tools that support culturally relevant ways to implement social and emotional learning. **6.5 Hours**

### **Strengthening Business Practices for Centers**

The Strengthening Business Practices for Centers training addresses basic concepts in fiscal and operational management of child care programs. The purpose of this training is to strengthen childcare provider’s foundational knowledge of fiscal terms, concepts, and practices. It encourages providers to realize the importance of fiscal planning to the sustainability of their business operations. It provides tips and best practices in fiscal, organizational, and financial goals and human resource documents in order to help break down the fiscal processes into manageable steps. **13 hours**

### **Strengthening Business Practices for Family Child Care**

The Strengthening Business Practices for Family Child Care training addresses basic concepts in fiscal and operational management of family childcare programs. The purpose of this training is to strengthen childcare provider’s foundational knowledge of fiscal terms, concepts, and practices. It encourages providers to realize the importance of fiscal planning to the sustainability of their business operations. It provides tips and best practices in fiscal, organizational, and financial goals and human resource documents in order to help break down the fiscal processes into manageable steps. **12 hours**

### **Understanding and Planning for Continuous Quality Improvement:**

One of the distinguishing characteristics of high-quality early childhood programs is their ability to adapt to change. This training will explore the concept of Continuous Quality Improvement (CQI) as an essential component of first-rate programs. Through discussion and group activities, participants will learn the key features of this leadership philosophy, the steps in the CQI process, and how to create a Continuous Quality Improvement Plan (CQIP) to guide change. **3 Hours**

**Welcoming Each & Every Child:**

This training provides information on caring for children with special needs in typical child care settings. The training helps increase the knowledge and comfort level of participants to enhance their ability to care for young children with disabilities in early childhood environments. Adaptations and modifications that will assist all children to participate in activities will be discussed. This meets the DCFS requirement for early childhood providers in special care inclusion training. **7.5 Hours**

## Gateways to Opportunity ECE Credential Level 1 Training Module Descriptions

### **ECE Credential Level 1 Module 1: Child Development Overview**

Participants receive an overview in child development for children birth through early school-age. Emphasis will be on understanding basic milestones in development as well as on strategies used to promote the healthy development of children. **3 Hours**

### **ECE Credential Level 1 Module 2a: Health Issues for Children in Group Care**

Ensuring a child's health and wellbeing requires more than basic first aid and emergency contacts. In this class, you will learn how to help the growth of healthy children—from the basics like hand washing to a more in-depth look at various practices surrounding health care. **3 Hours**

### **ECE Credential Level 1 Module 2b: Nutrition Issues for Group Care**

Whether you are responsible for providing a quick snack or a well-balanced meal, understanding children's dietary needs creates healthier and happier kids. Learn the basics of good nutrition, food safety, and various practices surrounding nutrition through this class that offers hands-on activities and practical discussions that will make science and good nutrition easy to understand. **3 Hours**

### **ECE Credential Level 1 Module 2c: Safety Issues for Group Care**

A child's safety is the number one concern for parents and child care providers alike. In this class, you will identify tips for creating a safer group care environment, confront the issue of abuse and neglect, and learn more about emergency preparedness and first aid. **3 Hours**

### **ECE Credential Level 1 Module 3: Observation and Guidance**

To know how to best help children in your care, it is important to observe them and identify their specific needs. This session will define the different kinds of observation you can use when caring for children and how to offer more effective guidance and discipline. **3 Hours**

### **ECE Credential Level 1 Module 4: Learning Happens in Relationships**

Our kids are constantly responding to family members, teachers, and social relationships that help to shape their understanding of the world around them. This class explores how relationships between families, children, and teachers can help learning, and how crafting the environment around them can help children learn. **3 Hours**

### **ECE Credential Level 1 Module 5: Family and Community Relationships**

As our partner in child development, families—especially parents—directly affect a child's learning. In this class, you will learn new ways of working with parents to help their children enjoy learning. You also will explore the social world of a family to be sure that the learning that takes place in your care is consistent with learning done at home. **3 Hours**

### **ECE Credential Level 1 Module 6: Personal and Professional Development**

What does it mean to be a child care professional? How can you be sure you are getting the support and supplies you need? How can you set effective limits with parents and children alike? In this final class, you will learn about your own professional development and how to take care of yourself so you can continue to care for others. **3 Hours**

**ECE Credential Level 1 Module 7a: Child Development (Birth to 8 months)**

Newborns and young babies are developing at an incredible rate, causing them to have special needs unlike older children. In this fourth class, you will understand how children from birth to 8 months learn and grow, and how to individualize their care accordingly. **3 Hours**

**ECE Credential Level 1 Module 7b: Child Development (8 to 18 months)**

In this continuation of the first child development class, you will explore development among children 8 to 18 months old. You will identify how this age group differs in growth and their approach to learning, and you will discover toys, games, and songs that are helpful and just right for their development. **3 Hours**

**ECE Credential Level 1 Module 7c: Child Development (18 to 36 months)**

Toddlers are an energetic bunch who requires plenty of stimulation and education. In this final section of child development training, you will explore how children age 18 to 36 months learn language, learn to think, learn to move, and learn feelings, so you can better nurture this often curious age group. **3 Hours**

**ECE Credential Level 1 Module 8a: Preschool Social and Emotional Development**

As children approach preschool age, their needs begin to change. This is the first of four classes designed to better understand children as they approach school-age. You will identify characteristics of social and emotional development and learn techniques for promoting appropriate and effective discipline for preschool children. **3 Hours**

**ECE Credential Level 1 Module 8b: Preschool Physical Development**

As toddlers mature, their minds are not the only things growing at an incredible rate. You will understand the special areas of physical development in preschool-aged children. You also will learn about fine motor activities that will help preschoolers grow into their bodies while developing proper coordination and movement. **3 Hours**

**ECE Credential Level 1 Module 8c: Preschool Language Development**

Appropriate speech patterns and language skills are crucial to nurturing effective communications by preschoolers. In this third class on preschool development, you will explore how to use a picture and storybooks to lay the foundation for good reading and proper language use. This class comes complete with discussion on how to help children with special needs. **3 Hours**

**ECE Credential Level 1 Module 8d: Preschool Cognitive Development**

In this final session on preschool development, you will dive deeper into how preschoolers learn and identify tips for making learning fun. With suggestions for activities that encourage your preschoolers to explore numbers, shapes, colors, and science, this class gives all the information you need to grow and stretch the ability of children to think and understand. **3 Hours**

**ECE Credential Level 1 Module 9: School-Age Development**

Completing the important section on child development, this class looks at school-age children to uncover how their learning and growth differs. With tips on how to better care for school-aged youth, this class also offers you guidance on how to set rules and limits and to get your school-aged kids to appreciate safety and respect. **3 Hours**

# Gateways to Opportunity School-Age and Youth Credential Level 1 Training Module Description

## **Module 1: Introduction to Child and Youth Development**

Participants will receive a brief introduction to child and youth development from ages 5 – 21. They will be introduced to the stages of development, along with the physical, cognitive, language, and social/emotional characteristics of development that will be used throughout the entire training series. **3 Hours**

## **Module 2a: School-Age Development (Ages 5 – 12)**

This session will explore the general characteristics and what to look for when work with children ages 5 – 12. It will also discuss what to do and how to address children or youth who may have special needs. Participants will also discuss protective factors and how to offer a safety net for children and youth who may be struggling. The session will also introduce five goals that will help guide your approach when working with children and youth. **3 Hours**

## **Module 2b: Early Adolescent Development (Ages 11 – 16)**

This session will discuss developmental characteristics of early adolescents and recognize that those in this stage may appear more as a school-age child in some areas, and an adolescent in others. Other topics will include risk taking, looking into the teenage brain, moral development, and “productive engagement”. **3 Hours**

## **Module 2c: Late Adolescent/Young Adult Development (Ages 15 – 21)**

This session will focus on supporting the needs of the late adolescents as they transition into adulthood. Topics will include peer leadership, life skill development, supporting their growing independence, and developmentally appropriate practices for young adults ages 15 – 21. **3 Hours**

## **Module 3a: Infant/Toddler Development (Birth – 36 months)**

The goal of this session is to raise awareness and discuss this important stage of development, offer information, and point to resources for participants to use. One area that will be highlighted is discipline, as the concepts and approach can prove useful with all ages. **3 Hours**

## **Module 3b: Preschool Development (Ages 3 – 5)**

Preschool children are developing quickly in all areas. This session will discuss how providers can support their development by helping them interact within their worlds on many levels: through their senses, through play, and through movement. Their experiences create a framework for learning that will carry them through later stages of development and into adulthood. **3 Hours**

## **Module 4a: Health and Nutrition**

Throughout this module, focus will be on using the National Afterschool Association (NAA) Standards in addressing best practices in health and nutrition issues in school-age and youth. **3 Hours**

## **Module 4b: Safety**

Using the National Afterschool Association (NAA) Standards, this session is designed to look at a provider’s role and responsibilities when it comes to safety policies and procedures in working with school-age and youth.

**3 Hours**

### **Module 5a: Environment and Curriculum**

Environment and curriculum is central in working with school-age and youth. They set the stage for everything we do. This module will look at how to make environments comfortable for different ages, and how to plan in a way that is meaningful and interesting for a variety of ages. National Afterschool Association (NAA) Standards on environment and curriculum will be discussed. **3 Hours**

### **Module 5b: Programming**

Programming is directly connected to environment and curriculum when involved with school-age and youth development. Programming is the bridge to the people – the schedule, actual activities, and facilitation of those activities. This session will visit the concepts of variety, being mission-driven, and child and youth centered from the perspective of programming. National Afterschool Association (NAA) Standards related to programming will be addressed. **3 Hours**

### **Module 6: Observation and Assessment**

This session will explore the differences and connections between observation and assessment in working with school-age and youth. Using the National Afterschool Association (NAA) Standards, participants will look at types and purposes of observations and assessments and will examine how their own experiences and backgrounds can affect them. **3 Hours**

### **Module 7a: Building Relationships with Children and Youth**

Using the National Afterschool Association (NAA) Standards, this session will address the ins-and-outs of relationship building with children and youth. Topics will include trust building and mutual respect, and what it means to be a role model. The ideas of mentorship and creating professional boundaries will also be explored. **3 Hours**

### **Module 7b: Managing and Guiding Relationships**

This session includes looking at how to help children and youth develop friendships and friendship skills. Discussion will include how to manage conflict as it plays a pivotal role in the development of relationship skills. Topics will also include bullying and harassment. National Afterschool Association (NAA) Standards on human relationships will be addressed. **3 Hours**

### **Module 8a: Community Relationships**

Using the National Afterschool Association (NAA) Standards, this module will look at the differences between “community” and a “sense of community, including ideas for creating and strengthening a sense of community. Participants will explore the ideas of the surrounding community as a resource and how to support children and youth engagement within it. **3 Hours**

### **Module 8b: Family Relationships**

Families are central to the lives of children and youth. It is essential that all school-age and youth programs be “family friendly” and inviting so that families feel welcomed and valued. Using the National Afterschool Association (NAA) Standards, this session will explore ways to partner with families to enhance the experience of children and youth. **3 Hours**

## **Module 9: Personal and Professional Development**

This module will focus on how the personal and professional development of school-age and youth providers profoundly impacts the children, youth, families and colleges they work with. National Afterschool Association (NAA) Standards in human relationships and administration will be discussed. **3 Hours**