

## Training Event Catalog

One Place appreciates your interest in the trainings contained in this catalog. The table below provides information regarding trainings offered this quarter.

### 3rd Quarter Course Listing Jan-Mar 2023/FY 2022 – 2023

July-Sept Learning Events-All training formats are online and print							Technology Requirements: Laptop/Computer/Phone/Internet
Date(s)	Training Title	Time of Training	Fee Per Person (Attendance Min/Max)	Total Contact Hrs/CEUs	Target Audience	Pre/Co Requisites	Training Description
Wednesday January 4, 2023	ITS-SIDS- In Person	6:30-8:30pm	\$10 (5/20)	2 CHC	A,T,F,P	None	<p>This course is designed to help participants learn strategies to improve infant sleep environments and help reduce the risk of sudden infant death. The class meets NC state requirements for SIDS training of child care providers. After completing this course participants will understand the meaning of "Sudden Infant Death Syndrome", identify the elements of the NC ITS SIDS law and understand how to create a safe sleep environment for infants to decrease risks in child care programs. Participants will be given a pre/post- test to assess prior knowledge and knowledge gained as a result of this event.</p> <p><i>Topic Area: Health and Safety/Physical &amp; Intellectual Development/</i></p>
							<p>This course is designed to help participants meet the annual fire inspection requirement of every child care program. This training will address general precautions, emergency</p>

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<b>Tuesday January 10, 2023</b>	<b>Beginning Fire Safety</b>	<b>6:30-8:00pm</b>	<b>\$10 (5/50)</b>	<b>1.5 CHC</b>	<b>A,T,SA,PK,F,P</b>	<b>None</b>	<p>planning, service features and systems, fire rated construction and protection, interior decorations, means of egress, and use of portable fire extinguishers. Participants will engage in small group activities. Instructor will assess knowledge gained during a question and answer session. This training will be held by NC Fire Inspectors. **Please note, due to the short length of this session, participants will not be allowed to enter the session after training has commenced**</p> <p><i>Topic Area: Health and Safety/Program Management</i></p>
<b>Wednesday January 11, 2023</b>	<b>ITERS-R in Action</b>	<b>6:30-8:30pm</b>	<b>\$10 (5/20)</b>	<b>2 CHC</b>	<b>A,T,F,P</b>	<b>None</b>	<p>This course is designed to help participants receive an overview of the Infant Toddler Environmental Rating Scale ITERS R assessment tool. Upon completion of this course participants will be able assess items in the ITERS – R book and help to identify quality in their classroom using age appropriate techniques. The instructor will assess knowledge gained during individual classroom presentations. Feedback on outcome mastery will be provided throughout the training session and during the evaluation process.</p> <p><i>Topic Area: Health and Safety/Physical &amp; Intellectual Development/Social &amp; Emotional Development/Relationships with Families/Program Management/Growth &amp; Development</i></p>
							<p>This course combines the previous Foundations documents (i.e., the 2005 Foundations: Early Learning Standards for North Carolina Preschoolers and Strategies Guiding Their Success, and</p>

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<p>Tuesday January 17, 2023 &amp; Thursday January 19, 2023</p>	<p>NCFELD Session 1 &amp; 2</p> <p><b>*Must attend both sessions for credit*</b></p>	<p>6:30-8:30pm</p> <p>(4 hrs- Seated &amp; 1 hr- Homework)</p>	<p>\$25 (5/20)</p>	<p>5 CHC/0.5 CEUs</p>	<p>A,T,SA,PK,F,P</p>	<p>None</p>	<p>the 2007 Infant Toddler Foundations: Guidelines for Development and Learning for North Carolina's Infants and Toddlers). After completing this course, participants will better understand Foundations as it spans birth to age 5 and the goals, developmental indicators, and strategies in five developmental domains: approaches to play and learning, emotional and social development, health and physical development, language development and communication and cognitive development. Participants will engage in large and small group activities and group discussion. Instructor will provide feedback on outcome mastery throughout the session and during group discussions to assess knowledge gained. <b>*One hour of self-instructed homework will be assigned by the instructor*</b></p> <p><i>Topic Area: Physical, Intellectual, Social Growth and Development, Inclusion</i></p>
<p>Monday January 23, 2023 &amp; Wednesday January 25, 2023</p>	<p>Adult and Pediatric CPR, First Aid, AED Session 1 &amp; 2</p> <p><b>*Must attend both sessions for credit*</b></p>	<p>6:30-9:00pm</p>	<p>\$60 (5/10)</p>	<p>5 CHC</p>	<p>A,T,PK,SA,F</p>	<p>None</p>	<p>This learning event is for certification for Adult, Child, and Infant CPR. This learning event is designed to help individuals recognize and respond to an emergency and demonstrate the three emergency actions steps. Proper CPR techniques will be demonstrated during the training event. Participants will also be able to identify signals of a breathing emergency. Instructor will assess knowledge gained through guided video skill practice, instructor feedback, and through four written test with 80% accuracy. Feedback on outcome mastery will be provided throughout the session and during the evaluation</p>

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							<i>Topic Area: Health and Safety</i>
Thursday January 26, 2023	Eliminating Transitions=Eliminating Chaos	6:30-8:30pm	\$10 (5/20)	2 CHC	A,T,F,PK	None	<p>This course is designed to help learners recognize and understand how eliminating unwarranted transitions can have a positive impact on children's behavior and their learning experience. Through this course, participants will engage in various activities and group discussions that models and explains the process of transitions and how to implement meaningful transition activities. Participants will receive the tools to create a more productive classroom schedule and strategies to eliminate classroom chaos.</p> <p><i>Topic Area: Health and Safety/Physical and Intellectual/Social and Emotional/Observing and Recording behavior/Child Growth and development/Inclusion</i></p>
Tuesday January 31, 2023	Promoting Physical Activities with Infants	6:30-8:30pm	\$10 (5/20)	2 CHC	A,T,F	None	<p>Do you struggle with tummy time in your classroom? Do you find it challenging to support infant physical activity? This workshop is designed to identify the benefits of engaging in physical activity with infants. Participants will engage in hands-on activities and discussions designed to help infants build gross motor skills. Participants will become familiar with physical activity recommendations, strategies to improve physical activity and how to implement physical activity in the classroom. Instructor will access knowledge gained through hands-on activities. Feedback on outcome mastery will be provided verbally throughout the session.</p> <p><b>(Learners should come dressed for physical activity)</b></p>

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							<i>Topic Area: Physical, Intellectual, Social Growth and Development</i>
Thursday February 2, 2023	Recording Keeping for Family Child Care Homes	6:30-8:30pm	\$10 (5/20)	2 CHC	FCCH	Family Childcare Home workers only	<p>The course is designed to help participants recognize the importance of good record keeping. Upon completion of this course, the learner will be able to identify and illustrate the steps to successful record keeping. The participants will also be able to experiment with different types of record keeping methods.</p> <p><i>Topic Area: Program Management/Professionalism</i></p>
Tuesday February 7, 2023	ECERS-R in Action	6:30-8:30pm	\$10 (5/20)	2 CHC	A,T,F,PK	None	<p>This course is designed to help participants receive an overview of the Early Childhood Environmental Rating Scale-Revised Edition. After completing this course participants will understand the format of the rating scale, how to score items, and how using the scale will increase the quality of care provided to the children in their classroom. Additionally, participants will be ready to put ECERS-R into Action! Participants will complete a pre/post-test to assess prior knowledge and knowledge gained as a result of this session. Session will include presentation, group discussion and small group activities. Instructor will provide feedback on outcome mastery throughout the session and during presentations to assess knowledge gained.</p> <p><i>Topic Area: Health and Safety/Physical &amp; Intellectual Development/Social &amp; Emotional Development/Relationships with Families/Program Management/Growth &amp; Development</i></p>

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Wednesday February 8, 2023	ITS-SIDS- In Person	6:30-8:30pm	\$10 (5/20)	2 CHC	A,T,F,P	None	<p>This course is designed to help participants learn strategies to improve infant sleep environments and help reduce the risk of sudden infant death. The class meets NC state requirements for SIDS training of child care providers. After completing this course participants will understand the meaning of "Sudden Infant Death Syndrome", identify the elements of the NC ITS SIDS law and understand how to create a safe sleep environment for infants to decrease risks in child care programs. Participants will be given a pre/post- test to assess prior knowledge and knowledge gained as a result of this event.</p> <p><i>Topic Area: Health and Safety/Physical &amp; Intellectual Development/</i></p>
Tuesday February 14, 2023	Advanced Fire Safety	6:00-7:30pm	\$10 (5/50)	1 CHC	A,T,F,SA,PK	None	<p>The course is designed to help participants complete and review the Emergency Fire Evacuation Plan for their program. Participants will familiarize all program staff with fire safety requirements and all elements of the emergency action plan as defined by the NC Fire Code. To complete this course participants will be required to create an Emergency Evacuation Plan for their site prior to attending the training session. Each site plan will be reviewed by the Assistant Fire Marshall.</p> <p><i>Topic Area: Health and Safety/Program Management</i></p>
Thursday February 16, 2023	Preventing Power Struggles for Preschoolers	6:30-8:30pm	\$10 (5/20)	2 CHC	A,T,P,F	None	<p>Preventing Power Struggles with Preschoolers We all want to be in control of our own lives. But young children usually have very few opportunities to make choices about what they do and</p>

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							when they do it. They're told when to get up, what to wear, what to eat and when to eat it, where to go and what to do when they get there. Introducing choice into a young child's life can be a powerful tool to promote improved behavior in your classroom. Come learn the five steps to using the choice making strategy and discover how easily you can embed choice-making opportunities into your classroom and short-circuit power struggles with your preschoolers.
Saturday February 18, 2023	Adult and Pediatric CPR, First Aid, AED	9:00-2:30pm	\$70 (5/10) Lunch is included	5 CHC	A,T,SA,PK,F,P	None	<p>This learning event is for certification for Adult, Child, and Infant CPR. This learning event is designed to help individuals recognize and respond to an emergency and demonstrate the three emergency actions steps. Proper CPR techniques will be demonstrated during the training event. Participants will also be able to identify signals of a breathing emergency. Instructor will assess knowledge gained through guided video skill practice, instructor feedback, and through four written test with 80% accuracy. Feedback on outcome mastery will be provided throughout the session and during the evaluation process.</p> <p><i>Topic Area: Health and Safety</i></p>
Tuesday February 21, 2023 & Thursday February 23, 2023	NCFELD Session 1 & 2  *Must attend both sessions for credit*	6:30-8:30pm (4 hrs- Seated & 1 hr- Homework)	\$25 (5/20)	5 CHC/0.5 CEUs	A,T,F,SA,PK,P		<p>This course combines the previous Foundations documents (i.e., the 2005 Foundations: Early Learning Standards for North Carolina Preschoolers and Strategies Guiding Their Success, and the 2007 Infant Toddler Foundations: Guidelines for Development and Learning for North Carolina's Infants and Toddlers). After completing this course,</p>

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						<p><b>None</b></p> <p>participants will better understand Foundations as it spans birth to age 5 and the goals, developmental indicators, and strategies in five developmental domains: approaches to play and learning, emotional and social development, health and physical development, language development and communication and cognitive development. Participants will engage in large and small group activities and group discussion. Instructor will provide feedback on outcome mastery throughout the session and during group discussions to assess knowledge gained.</p> <p><b>*One hour of self-instructed homework will be assigned by the instructor*</b></p> <p><i>Topic Area: Physical, Intellectual, Social Growth and Development, Inclusion</i></p>
<p><b>Wednesday February 22, 2023</b></p>	<p><b>FLIP-It</b></p>	<p><b>6:30-8:30pm</b></p>	<p><b>\$10 (5/20)</b></p>	<p><b>2 CHC</b></p>	<p><b>A,T,PK,F,P</b></p>	<p><b>None</b></p> <p>FLIP IT® is a strategy anyone can use to address a challenging behavior. It is a simple, kind, strength-based, commonsense and effective four step process embodied in the FLIP IT® mnemonic: F - Feelings, L - Limits, I - Inquiries, and P - Prompts. FLIP IT® transforms best practice into a strategy that is portable, easy to remember, and applicable in a variety of challenging situations. FLIP IT® teaches child care professionals how to respond positively and appropriately to challenging behaviors, meet the nurturing needs of children, determine typical behaviors for the age and developmental stages of children in care, and de-escalate stressful situation in order to promote the nurturing care and treatment of children.</p>

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							<i>Topic Areas: Social &amp; Emotional Development/Growth &amp; Development/Observing &amp; Recording Behavior/Inclusion</i>
Thursday March 2, 2023	Playground Safety	6:00-8:30pm (2.5 hrs- seated & 1.5 hrs- Homework)	\$20 (5/20)	4 CHC	A,T,F,SA,PK	None	<p>This course is designed to promote safe play areas for children in child care. Participants will learn about potential hazards and how to make child care play areas safe for children. Participants will be required to participate in small group activities, use audit equipment and review playground monthly checklists. Participants will participate in a playground audit. Instructor will appraise knowledge gained during the off-site playground safety audit."</p> <p><b>*Participants will be required to complete 1.5 hours of independent coursework.*</b></p> <p><i>Topic Area: Health and Safety/Program Management</i></p>
Monday March 6, 2023	ITS-SIDS- In Person	6:30-8:30pm	\$10 (5/20)	2 CHC	A,T,F,P	None	<p>This course is designed to help participants learn strategies to improve infant sleep environments and help reduce the risk of sudden infant death. The class meets NC state requirements for SIDS training of child care providers. After completing this course participants will understand the meaning of "Sudden Infant Death Syndrome", identify the elements of the NC ITS SIDS law and understand how to create a safe sleep environment for infants to decrease risks in child care programs. Participants will be given a pre/post- test to assess prior knowledge and knowledge gained as a result of this event.</p> <p><i>Topic Area: Health and Safety/Physical &amp; Intellectual Development/</i></p>

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Tuesday March 7, 2023	Beginning Fire Safety	6:30-8:00pm	\$10 (5/50)	1.5 CHC	A,T,F,SA,PK,P	None	<p>This course is designed to help participants meet the annual fire inspection requirement of every child care program. This training will address general precautions, emergency planning, service features and systems, fire rated construction and protection, interior decorations, means of egress, and use of portable fire extinguishers. Participants will engage in small group activities. Instructor will assess knowledge gained during a question and answer session. This training will be held by NC Fire Inspectors. **Please note, due to the short length of this session, participants will not be allowed to enter the session after training has commenced**</p> <p><i>Topic Area: Health and Safety/Program Management</i></p>
Thursday March 9, 2023	Impact of Traumatic Stress on Young Children	6:30-8:00pm	\$10 (5/20)	2 CHC	A,T,F,PK,P	None	<p>Trauma is a word that we hear often these days. This training will offer providers a better understanding of the ways trauma can impact children and bring a greater understanding of some of the behaviors we see in young children. The five kinds of trauma that children can experience will be introduced, and insights on how to recognize these behaviors in the classroom will be provided. The session will also present Adverse Childhood Experiences (ACEs) and suggest ways these experiences can affect children.</p>
Tuesday March 14, 2023 & Thursday	BSAC-In Person Session 1 & 2 <b>*Must attend both</b>	6:30-8:30pm (4 hrs- Seated & 1 hr-	\$25 (5/20)	5 CHC/0.5 CEUs	A,T,SA,F		<p>This course is designed to help participants meet NC School Age training requirements. Participants will participate in hands-on activities and discuss ideas</p>

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March 16, 2023	<b>sessions for credit*</b>	Homework)				<b>None</b>	<p>for School Age supervision and activity requirements. Group activities will be included in this training session. Instructor will provide feedback to all participants. Participants will receive Basic School Age Care Certification upon completion.</p> <p><i>Topic Area: Physical, Intellectual, Social Growth and Development</i></p>
Wednesday March 15, 2023	<b>Literacy as a Protective Factor</b>	6:30-8:30pm	\$10 (5/20)	2 CHC	A,T,PK,F,P	<b>None</b>	<p>This course will provide the learner with a definition and overview of the 5 Protective Factors while making connections between protective factors and literacy. The course will share strategies to develop and strengthen family literacy practices as well as ways to help connect families with literacy resources in the community. Feedback on outcome mastery will be provided throughout the session and during the evaluation process.</p> <p><i>Topic Areas: Relationships with Families/Physical and Intellectual Development/Social &amp; Emotional Development/Growth and Development</i></p>
Tuesday March 21, 2023	<b>Power of Movement</b>	6:30-8:30pm	\$10 (5/20)	2 CHC	A,T,PK,F	<b>None</b>	<p>Movement is essential for early brain and overall healthy development. Participants will engage in movement activities that are pertinent to a child's age and stage during the most critical periods of their lives. Appropriate activities to help stimulate healthy brain and body development in young children will be discussed. This session will create a framework of movement experiences that optimize the benefit of establishing a lifetime of good health.</p> <p><b>**Dress in comfortable movement clothing**</b></p> <p><i>Topic Areas: Physical &amp; intellectual development/ social &amp; Emotional development/Observing &amp; recordings behavior/growth and</i></p>

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							<i>development/Inclusion</i>
Thursday March 23, 2023	FLIP-It	6:30-8:30pm	\$10 (5/20)	2 CHC	A,T,F,SA,PK,P	None	<p>FLIP IT® is a strategy anyone can use to address a challenging behavior. It is a simple, kind, strength-based, commonsense and effective four step process embodied in the FLIP IT® mnemonic: F - Feelings, L - Limits, I - Inquiries, and P - Prompts. FLIP IT® transforms best practice into a strategy that is portable, easy to remember, and applicable in a variety of challenging situations. FLIP IT® teaches child care professionals how to respond positively and appropriately to challenging behaviors, meet the nurturing needs of children, determine typical behaviors for the age and developmental stages of children in care, and de-escalate stressful situation in order to promote the nurturing care and treatment of children.</p> <p><i>Topic Areas: Social &amp; Emotional Development/Growth &amp; Development/Observing &amp; Recording Behavior/Inclusion</i></p>
Saturday March 25, 2023	Adult and Pediatric CPR, First Aid, AED	9:00-2:30pm	\$70 (5/10) Lunch is included	5 CHC	A,T,F,SA,PK,P	None	<p>This learning event is for certification for Adult, Child, and Infant CPR. This learning event is designed to help individuals recognize and respond to an emergency and demonstrate the three emergency actions steps. Proper CPR techniques will be demonstrated during the training event. Participants will also be able to identify signals of a breathing emergency. Instructor will assess knowledge gained through guided video skill practice, instructor feedback, and through four written test with 80% accuracy. Feedback on outcome mastery will be provided throughout the</p>

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							session and during the evaluation process.
							<i>Topic Area: Health and Safety</i>
Wednesday March 29, 2023	EPR: Emergency Preparedness & Response	6:00-8:30pm	\$10 (5/20)	2.5 CHC	A,F	Administrators Only	<p>The Emergency Preparedness and Response (EPR) in Child Care Training provides early educators with information and tools to prepare for many types of emergencies. The EPR in Child Care Training addresses NC Child Care Rules on emergency preparedness, current best practice recommendations, and guidance on completing the online EPR Plan. The EPR Plan template can be found on the North Carolina Emergency Management website. The training is presented in a two-and-a-half-hour session. NC Child Care Rules require that a designated individual from all licensed centers and family child care homes complete the training and submit a facility EPR Plan</p> <p><b>**For Administrators Only**</b></p> <p><i>Topic Area: Health and Safety/Program Management</i></p>