

Online Professional Development Workshops for Early Childhood Professionals

Complimentary continuing education hours? Don't want to travel?

Pull up a comfortable chair and join us on the web! Attend the live session or watch a recording up to one week later.

Courses offered by Fit and Healthy Kids may be accepted by Nebraska, Georgia, Iowa, Arizona, Kansas, Michigan, Wisconsin and South Dakota to meet annual in-service training requirements.



FARM TO EARLY CARE AND EDUCATION: FOOD EDUCATION AND GARDENING

October 2, 2023, 7:00-8:00 P.M. CST

Farm to Early Care Education (ECE) offers unique hands-on learning experiences. This workshop will cover and demonstrate examples of two pillars of Farm to ECE programs, food education and gardening activities, that can be used to supplement classroom learning and align with Early Learning Standards.

Instructors: Hope Wilson, Area Associate Agent & Jennifer Parlin, Assistant Agent, Family, Consumer and Health Sciences, UA Cooperative Extension



THE IMPORTANCE OF PROCESS ART EXPERIENCES

November 6, 2023, 7:00-8:00 p.m. CST

Process art experiences can support a child's growth and development in almost all content areas. Participants will have the opportunity to partake in the open-ended exploration of process art and explore strategies for creating an inviting process art experience!

Instructor: Tristen Cope, K-State Research and Extension Family and Youth Development Agent



GUIDANCE AND DISCIPLINE: MISTAKEN GOALS OF MISBEHAVIOR

December 4, 2023, 7:00-8:00 p.m. CST

This workshop will look at the causes of children's misbehavior and techniques to respond to their mistaken goals.

Instructor: Audrey Rider, Early Childhood Field Specialist II - South Dakota

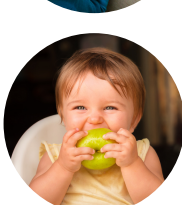


EARLY MATH SKILLS FOR INFANTS AND TODDLERS

January 8, 2024, 7:00-8:00 p.m. CST

This program will give ideas, lessons, and resources for child care providers to enrich their environment for infants and toddlers to gain early math skills.

Instructors: LaDonna Werth and Lisa Poppe, University of Nebraska Extension Educators



EAT HEALTHY, BE ACTIVE: TEACHING NUTRITION & PHYSICAL ACTIVITY TO YOUNG CHILDREN

February 5, 2024, 7:00-8:00 p.m. CST

This program will increase participants' awareness of the problem of obesity in early childhood including statistics about obesity rates and causes and risk factors that contribute to childhood obesity.

Instructor: Brad Averill, Family and Consumer Sciences Agent - Georgia Extension



THE DEVELOPMENTAL STAGES OF SELF-CONTROL IN INFANTS AND TODDLERS

March 4, 2024, 7:00-8:00 p.m. CST

Toddlerhood can be a difficult time to navigate. Learn how self-control develops in children so you can better understand where your children are developmentally and how to best support them.

Instructor: Courtney Aldrich, Program Instructor, Child and Family Development - Michigan State University Extension



EMOTION COACHING: HELPING CHILDREN MANAGE STRONG FEELINGS

April 1, 2024, 7:00-8:00 p.m. CST

The workshop focuses on emotional intelligence principles identified by John Gottman and his colleagues such as emotion coaching, permissive, dismissive, and disapproving styles of dealing with children's emotions.

Instructors: Sarah Hawks, Family & Community Educator, Pam Wedig-Kirsch, School Readiness & Family Resiliency Educator, Lindsay Weymouth Olson, Family Engagement & Relationships Program Manager

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To register go to: <https://go.unl.edu/fhkonehour>

There is an option to watch the "live" or "recorded" version of each session. You will have one week after the recorded session is available to watch the webinar and receive continuing education credits.

Questions? Email fhk@unl.edu or call 402-336-2760



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2022-23

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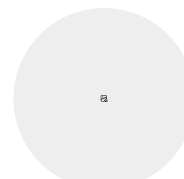


PRACTICING SELF-CARE: FOUNDATIONAL TO CARING FOR OTHERS

October 3, 2022, 7:00-8:00 p.m. CST

Self-care is something we should all make sure to incorporate into our daily lives. It is directly related to our ability to care for others.

Instructor: Leigh Anne Aaron, UGA Extension Family and Consumer Sciences Agent



WATER LESSONS FOR PRESCHOOLERS

November 7, 2022, 7:00-8:00 p.m. CST

The Water Lessons for Preschoolers curriculum is a hands-on curriculum created to support preschool children's learning about water quality, wetlands, and streams. Attendees will learn how to teach this curriculum which provides preschoolers and their teachers with opportunities to explore and how to teach about the water cycle, aquifers, rivers, wetlands, and water treatment.

Instructor: Dr. Tiffany L. Messer, Assistant Professor at the University of Kentucky



BUILDING LITERACY WITH PLAY & TECHNOLOGY

December 5, 2022, 7:00-8:00 p.m. CST

Participants will learn how to incorporate literacy curricula both through general play time or centers and using technology platforms. This workshop will be interactive and will allow participants to take home resources to use right away in their programs.

Instructor: Audrey Rider, SDSU Extension Early Childhood Field Specialist



BEING IN THE MOMENT WITH INFANTS

January 9, 2023, 7:00-8:00 p.m. CST

Infants need our emotional availability to regulate themselves. Early childhood professionals will learn strategies to support infants in this critical time of their emotional development and bonding.

Instructors: LaDonna Werth & Lisa Poppe, Extension Educators, University of Nebraska-Lincoln



CHILDHOOD WELLNESS PANEL

February 6, 2023, 7:00-8:00 p.m. CST

The panel will discuss how childcare providers can support young children's health and wellness. We will cover dental health, immunizations, and hearing and vision.

Instructor: Christy Stuth, Area Associate Agent Family, Consumer, and Health Sciences, University of Arizona Extension



SUPPORTING FAMILY ENGAGEMENT AND CONNECTIONS

March 6, 2023, 7:00-8:00 p.m. CST

A child's overall development is strengthened when educators and families work together. In this presentation, we will explore strategies for engagement and connection with children and their families.

Instructor: Tristen Cope, Kansas State Extension Family and Youth Development Agent

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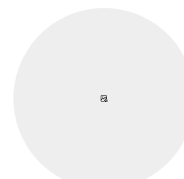


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2021-22

Web-based Once A Month For Early Childhood Professionals - 2021-2022

EARLY CHILDHOOD HEALTH OUTDOORS: UTILIZING NATURE PLAY IN OUTDOOR LEARNING SPACES

October 4, 2021, 7:00-8:00 p.m. CST

Familiarize participants with the Early Childhood Health Outdoors Program. Learn new ideas to increase utilization of outdoor spaces.

Instructors: Adrienne Sedlak, ECHO Education and Outreach Manager / Katie Krause, Nebraska Extension Educator



SUPPORTING BREASTFEEDING IN EARLY CARE

November 1, 2021, 7:00-8:00 p.m. CST

Breastfeeding friendly practices in early care including practical steps to normalize breastfeeding for children and how to provide culturally appropriate breastfeeding support to families.

Instructors: Ann Seacrest, RN, IBCLC, Consultant ars-health / Stephanie Bradley, CLC, Founder/Executive Director - Touch of Gold

CREATIVE COOKING WITH YOUNG CHILDREN

December 6, 2021, 7:00-8:00 p.m. CST

Cooking can help young children learn about food, practice basic math concepts as well as build language skills and self-confidence. In this presentation we will learn strategies to successfully incorporate cooking experiences into early childhood care.

Instructor: Cami Wells, Nebraska Extension Educator



STRATEGIES TO ENHANCE TRANSITIONS AND ROUTINE

January 10, 2022, 7:00-8:00 p.m. CST

Transitioning from one activity to the next can be a very challenging time for children and their providers. In this presentation, we will explore how to best support children with effective strategies for transitions and routines in their environment.

Instructor: Tristen Cope, Kansas State Extension

STORYBOOKS THAT TEACH

February 7, 2022, 7:00-8:00 p.m. CST

Children love reading books and what a better way to form relationships and have children learn than through a good book. This session will focus on three different resources that you can use as a jump start to several weeks' worth of lessons for the children in your care.

Instructors: Audrey Rider, South Dakota Extension / Lisa Poppe and LaDonna Werth, Nebraska Extension



LET'S GO OUTSIDE

March 7, 2022, 7:00-8:00 p.m. CST

Spending time outside with children in natural environments can increase physical activity, connect families with one another, and connect children with nature. Join us to gain ways to integrate all curriculum areas during outdoor time.

Instructor: Leigh Anne Aaron, Georgia Extension

NEUROLOGICAL FEATURES OF AUTISM SPECTRUM DISORDER

April 4, 2022, 7:00-8:00 p.m. CST

Let's talk about neurochemistry, genetics and common neurodevelopmental manifestations associated with autism spectrum disorder in everyday language.

Instructor: Dr. Shaguna Mathur, Boys Town National Research Hospital



HELPING YOUNG CHILDREN FLOURISH AND GROW AMIDST TRAUMA

May 2, 2022, 7:00-8:00 p.m. CST

Participants will discover how we can meet the diverse developmental needs of all preschoolers. We will discuss how trauma plays an impact on stunting young children's growth as they develop. We will also discover and seek strategies that support our youngest learners to flourish and be resilient.

Instructor: Marcie Lentsch, Early Childhood Consultant

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Web-based Once A Month For Early Childhood Professionals -2022



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