

# 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 and South Dakota to meet annual in-service training requirements.



## 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

**Lakeshore®**

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](mailto:fhk@unl.edu) or call 402-336-2760



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