

# Online Professional Development Workshops for Early Childhood Professionals and Caregivers

2024-2025

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.

**Oct 7**  
2024

7:00 - 8:00 PM CST



## Early Childhood Screenings for Health

Early childhood screenings for vision, hearing, and developmental milestones are essential for ensuring optimal growth, development, and long-term health.

*Instructors: Greta Mills, Oral Health Professional and Jennie Treadway, Program Coordinator-Developmental/Sensory Screening, Univ. of Arizona Cooperative Extension*

## Naturally Learning: Finding Curriculum in Outdoor and Nature Play

Increased outdoor and nature play in early childhood education programs have benefits for children, teachers, and the environment. Join us as we explore learning opportunities hiding in plain sight!

*Instructor: Jodi L. Nerren, Asst. Professor & Extension Specialist, Texas A&M AgriLife Extension Service - Family & Community Health*



**Nov 4**  
2024

7:00 - 8:00 PM CST

**Dec 2**  
2024

7:00 - 8:00 PM CST



## Laying the Foundation:

### Tools for Building Infant and Early Childhood Mental Health in the Classroom

Explore the foundation of infant and early childhood mental health. We will share practical strategies teachers can use in their classrooms and family engagement practices that support mental health in the family system.

*Instructors: Lindsay Weymouth Olson, Outreach Program Manager, Patricia Carroll, Associate Professor, Human Development & Relationships Extension Educator and Anne Clarkson, Parenting and Child Development Specialist, University of Wisconsin - Madison - Extension*

## The Importance of Sensory Play

Explore how to add play activities that encourage a child to explore materials which stimulate these senses. Sensory exploration enhances cognitive, social, emotional, and behavioral development.

*Instructors: LaDonna Werth and Lisa Poppe, University of Nebraska Extension Educators - Early Childhood*



**Jan 13**  
2025

7:00 - 8:00 PM CST

**Feb 3**  
2025

7:00 - 8:00 PM CST



## Growing Up Healthy with Fruits and Vegetables

Exploring all things related to fruits and vegetables – from boosting consumption with child-friendly tips and tricks to ensuring their safety.

*Instructors: Audrey Rider, South Dakota State Univ. Early Childhood Field Specialist and Cami Wells, Univ. of Nebraska Extension Educator - Food Nutrition and Health*

## RELAX - Alternatives to Anger for Parents and Caregivers

RELAX for parents and caregivers explores the anger and strong emotions experienced by infants, toddlers and preschoolers. This workshop will help participants learn about the developmental stages in children's self-control and how parents and caregivers can assist children at each stage.

*Instructor: Courtney Aldrich, Program Instructor - Child and Family Development, Univ. of Michigan Extension*



**March 3**  
2025

7:00 - 8:00 PM CST

**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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