



# CHILD CARE RESOURCE & REFERRAL OF WASHINGTON COUNTY



Welcome to Winter!

This newsletter is designed to provide you with valuable resources on professional development and training opportunities. This season is the perfect time to focus on personal and professional growth, and we hope you find inspiration in the information we share.

We are here to support you on your path to new opportunities and continuous learning. Enjoy reading!





# Contact Information



## Phone Number

(971) 223-6100

## Phone Hours:

Monday - Friday

8:30AM - 5:00PM



## Website

<https://caowash.org/ccrr>



## Physical Address:

1050 SW Baseline Street  
Suite C1  
Hillsboro, OR 97123



## Email

[ccrr@caowash.org](mailto:ccrr@caowash.org)

### RESPONSE TIMELINE:

24-48 hours for voicemails and emails.  
Please make sure to leave us a voicemail with your name and number so that we are able to return your call.

## Mailing Address:

1001 SW Baseline St.  
Hillsboro, OR 97123

Community Action is closed on the following dates. Please allow additional time for response to voicemails and emails due to the following agency closures:

January 1st, 2025 - New Years Day

January 20th, 2025 - Martin Luther King Jr. Day

February 17th, 2025 - President's Day

May 26th, 2025 - Memorial Day

June 19th, 2025 - Juneteenth

July 4th, 2025 - Fourth of July

September 1st, 2025 - Labor Day

November 11th, 2025 - Veteran's Day

November 27th, 2025 - Thanksgiving Holiday

November 28th, 2025 - Day after Thanksgiving

December 24th, 2025 - Christmas Eve

December 25th, 2025 - Christmas Day

December 31st, 2025 - New Years Eve





**Child Care Resource and Referral of Washington County is on Facebook!**



**Do you enjoy motivational messages? Want to be the first one to know about new resources? Or you simply would like to know what trainings are happening that week?**



**Stay up to date with everything going on in Washington County and connect with other child care providers!**



# Help Me Grow Oregon

## HELP ME GROW SUPPORTS YOUR CHILD'S HEALTHY GROWTH AND DEVELOPMENT

- Empowers families to achieve their goals
- Links families to child development information and community resources
- Free for all families (no restrictions based on insurance or income)
- Serves children from birth to 6 years old and expecting families

## HELP ME GROW CONNECTS YOU WITH...

- A caring, compassionate team of early childhood experts
- Child development and learning activities
- Healthcare and prenatal services
- Home visiting programs
- Parenting education and support groups
- Child care and preschool programs
- Early intervention and developmental disabilities programs
- Oregon Health Plan enrollment
- Essential needs (like WIC or energy assistance)

833-868-4769

[hello@helpmegroworegon.org](mailto:hello@helpmegroworegon.org)





# CCR&R Team Updates

We're thrilled to share the latest updates from our team! This page highlights the recent changes, including new staff and position changes on our team!

## Inclusion Specialist

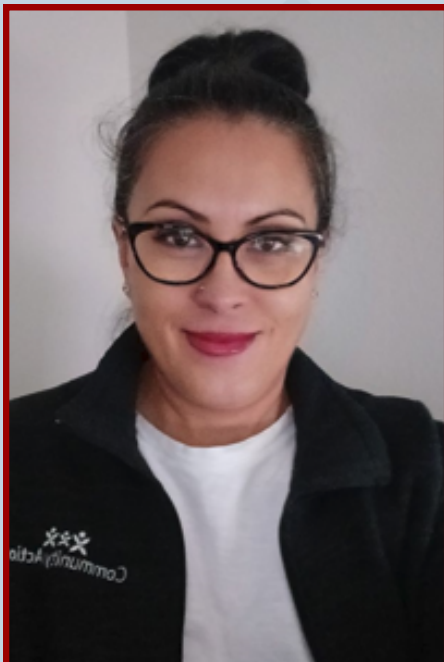


**Sable Tannahill, [stannahill@caowash.org](mailto:stannahill@caowash.org)**

Sable began working with children as an assistant teacher in a preschool in her hometown of Boise, Idaho. She went on to complete a Bachelor's in education with an early childhood emphasis, and is working on a Master's in special education – early intervention. In over 15 years of teaching, Sable has held a variety of positions in the education field, most recently as an early childhood special education teacher. Sable is excited to bring her passion for neurodivergent affirming education, disability advocacy, and strengthening communities with her to her role as an Inclusion Specialist with CCR&R.

Outside of work, Sable can be found roller skating, baking, and crocheting. Her favorite thing, however, is cuddling her two cats: Jiji and Geordi, and reading a good book or watching 90's sci-fi shows.

## CCR&R Coordinator



**Flor Silva, [fsilva@caowash.org](mailto:fsilva@caowash.org)**

Flor Silva has been with the CCR&R team for 4 years, starting in 2020 as a Specialist, then as a Preschool Promise Specialist where she had the opportunity to build relationships with Spanish speaking program leaders and early educators. She was able to provide culturally responsive training and coaching and now she is excited to continue her professional growth as a CCR&R Coordinator. In this role she will oversee the Preschool Promise (PSP) team of coaches and QIS ensuring that the PSP community receives the support they need. Flor has over 25 years of experience working with children 0-6 and families as a Montessori Teacher. She had her own in-home Preschool for 10 years and has a bachelor's degree in Preschool Education. Flor is from Mexico, she moved to the USA in 2007, and to Oregon in 2010. She has a son who is 14, a daughter who is 11, and a dog called Piñata. She loves hiking, traveling and spending time with friends. When she is not working, she loves to enjoy quiet time watching a show, drinking coffee or crafting.





# Business Corner

## Calculate Your Own Time-Space Percentage

### Don't forget to ask your accountant about this tax deduction!

Calculating your Time-Space Percentage correctly will have the biggest impact on reducing your taxes.

Many family child care providers, and some tax preparers, fail to take advantage of this unique IRS rule and, as a result, pay too much in taxes. Your Time-Space Percentage is entered onto IRS Form 8829 Expenses for Business Use of Your Home.

The Time-Space Percentage is made up of a Time Percent and a Space Percent.

The Time Percent is based on the number of hours you use your home for business activities, including the hours children are present as well as the hours you conduct business activities when children are not present.

The Space Percent is based on the number of rooms you use either on a regular basis for your business or exclusively for your business.

We have a spreadsheet that you can use to calculate your Time-Space Percentage.

- Total number of square feet in your home
- Number of square feet used exclusively for your business (if you have exclusive use rooms)
- Number of square feet used regularly for your business
- Number of hours you cared for children in your home
- Number of hours you did business activities in your home when children were not present
- If you were not in business for the full year, the number of hours there were in the year when you were in business.

Here are three top tips to help increase your Time-Space Percentage and maximize your tax deduction:

- 1. Track All Business Hours:** Include every hour you use your home for business, even when children are not present. This includes time spent on paperwork, cleaning, meal prep, and training related to your child care business. Keeping a detailed log of these activities will help increase your Time Percent.
- 2. Use More Areas of Your Home Regularly:** The more rooms you regularly use for your business (e.g., living room, kitchen, or backyard), the higher your Space Percent. Make sure to document all areas where you care for children or conduct business tasks.
- 3. Designate Exclusive Use Spaces:** If possible, dedicate specific areas of your home exclusively for business (like an office or playroom). Spaces used only for your business can further increase your Space Percent, boosting your overall Time-Space Percentage.

Reference

Tom Copeland - [www.tomcopelandblog.com](http://www.tomcopelandblog.com)

For more resources contact me:

**Bianela Arteta**

Business Navigator

☎ (503) 516-9016

✉ [barteta@caowash.org](mailto:barteta@caowash.org)

Schedule an appointment with me on [Calendly](#).



# Inclusion Corner

Welcome to the Inclusion Corner! The Inclusion Corner will be an informative section in the newsletter where we will highlight various topics about inclusion in Early Childhood Education. The topics will span from inclusion law and policy to inclusion-based practices you can implement in your program. This quarter's topic is to get to know a little bit about your county's new Inclusion Specialists!

Our names are Sable Tannahill and Fernando Martinez, and we are the new Inclusion Specialists for CCR&R! We will be providing training opportunities in English & Spanish on various inclusion topics, as well as offering consultation to programs to support inclusion practices. Our program support consists of classroom observation, consultation, and collaborative coaching on inclusive strategies that will be tailored to your program needs. Our goal is to support programs and providers to include inclusive practices in their program to benefit all learners.

For more information regarding our role in supporting your program, please feel free to reach out to us at 503-726-092 or email us at ✉ [CcrrInclusion@Caowash.org](mailto:CcrrInclusion@Caowash.org).

**Sable Tannahill (English)**



**Fernando Martinez (Spanish)**



Scan QR Code to Request  
More Information:



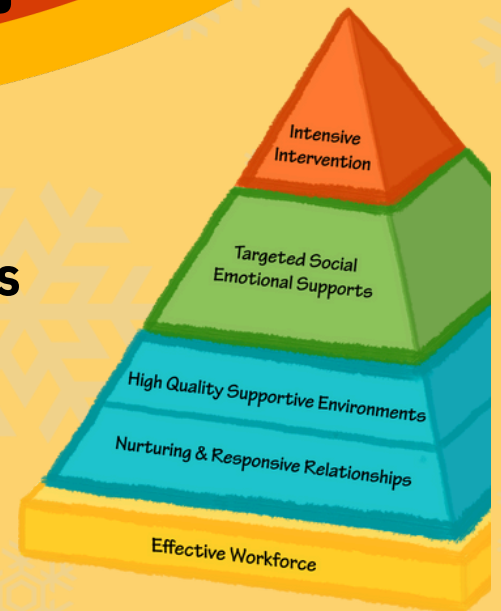
## Behavior Visuals

The friendship behavior visuals can help children learn positive and safe skills to use when interacting with other children. Proactively teaching safe behaviors to use during social interactions can help children who need extra support to make and keep friends.

**CLICK HERE**



# Free Pyramid eModules are here!



Early childhood professionals now have free access to updated Pyramid eModules in English and Spanish. eModules are self-paced, online trainings to learn how to enhance social-emotional development in young children.

Fill out the form for the module(s) you would like to take:

- [ePyramid Infant Toddler Modules](#)
- [Módulos ePirámide para Niños y Bebés Pequeños](#)
- *ePyramid Preschool Modules - coming fall 2024*
- *Módulo ePirámide para Niños de la Edad Preescolar - coming fall 2024*
- *ePyramid Inclusion Module - coming fall 2024*
- *Módulo ePirámide de Inclusión - coming fall 2024*



Oregon State  
University



# Is your Child Care Program in need of substitutes?

Child Care Substitutes of Oregon (CCSO) can provide substitutes from diverse backgrounds and languages.




Substitutes arrive trained and ready to work!

## Steps for licensed providers to enroll in CCSO:

- ✓ Watch the orientation video
- ✓ Review the handbook
- ✓ Sign and submit consent form



Visit [childcaresubsor.org](https://childcaresubsor.org) or scan the QR code to enroll

 (503) 751-4045  
 [childcaresubsor.org](https://childcaresubsor.org)  
 [childcaresubsor@wou.edu](mailto:childcaresubsor@wou.edu)







# Free Trainings Brought to you by our Partners at the Library

**CCR&R DOES NOT HANDLE REGISTRATION FOR THESE TRAININGS. PLEASE CLICK THE BUTTON BELOW TO VIEW THE TRAININGS AND FILL OUT THE REGISTRATION FORM.**

## **Title: 85502 Exploring Music to Support Child Development and Self-Regulation**

Trainer: Dani Stamm-Thomas

Date/Time: January 28th, 6 PM – 9 PM

Description: This session explores the use of musical activities that enhance brain development. We will examine how music supports children experiencing trauma and the development of self-regulation skills as well as strategies to apply for classroom management.

Set: 2

Location: Zoom

CKC: LEC & UGB

Age Group: I/T, PS, & SA

Cost: Free

## **Title: 85504 Nurturing Creativity in Early Childhood**

Trainer: Aoife Rose Magee

Date/Time: February 1st, 9 AM – 12 PM

Description: Participants in this training will examine the creative process and how children benefit from support in cultivating creative thinking. Strategies that encourage adults and children to play with ideas, materials, humor, and imagination to expand the possibilities for creativity will be explored.

Location: Zoom

Set: 2

CKC: LEC

Age Group: I/T, PS & SA

Cost: Free

[Register Here](#)





# Free Trainings Brought to you by Our Partners at Library

**CCR&R DOES NOT HANDLE REGISTRATION FOR THESE TRAININGS. PLEASE CLICK THE BUTTON BELOW TO VIEW THE TRAININGS AND FILL OUT THE REGISTRATION FORM.**

## **Title: 85503 Empowered Play: The Value of Children's Active Explorations**

Trainer: Ami Russell

Date/Time: February 23rd, 1 PM – 4 PM

Description: Are you often saying, "Be careful!"? Children naturally seek opportunities for full-body, active play that is perceived as risky by adults. Explore themes of play including rough and tumble, superhero, and play fighting. Examine why children engage in powerful play and its potential developmental benefits. Develop a plan to support adventurous play in a safe and positive way.

Location: Zoom

Set: 2

CKC: HGD

Age Group: I/T & PS

Cost: Free

## **Title: 85505 Applying Practices that Foster Peaceful Transitions**

Trainer: Dani Stamm-Thomas

Date/Time: March 8th, 9 AM – 12 PM

Description: Transitions between activities and spaces are often when we experience the most challenging behaviors throughout the day. Join us as we explore the reasons for the undesired behaviors and methods to facilitate smoother transitions that result in less stress for children and adults in the classroom.

Location: Zoom

Set: 2

CKC: UGB

Age Group: I/T, PS & SA

Cost: Free

[\*\*Register Here\*\*](#)





# CDA

## SPOTLIGHT

Congratulations to these recent recipients  
of their CDA Credential!

### **Spanish Group**

- Laurys Duno


### **English Group**

- Hannah Fogle
- Kaltun Caynan





# CCR&R TRAINING POLICIES

- Participants must be registered to be admitted. Individuals who are not registered cannot attend.
  - Registration closes at 2 pm the day prior to the training.
  - You may register online using our online registration portal [HERE](#). If you need support registering, you may call us at (971)223-6100 or email us at [ccrr@caowash.org](mailto:ccrr@caowash.org).
  - To receive credit for a training, you must attend the entire training. If you miss more than 15 minutes, you will not receive credit. We utilize reports in Zoom to tell us when individuals log in and out.
  - If you do not have the link to the training, please reach out to us by 2PM the day of the training so we may support you. Our team is typically off by 5PM so we may not be able to support you right before the training.
  - Participation in trainings is expected. This could look like adding feedback in the chat box, having your camera on, joining breakout rooms, participating in discussions, coming off mute to answer questions, etc. If you are not responsive to the trainer or opener, that is grounds for removal from the training and no training hours will be given.
  - Attending multiple trainings at the same time is not permitted and will result in no credit given for either training. If you find that you accidentally registered for trainings that are at the same time, please notify us and we will update your registration.
  - We are not sending out certificates. If you wish to receive a certificate, you must email us at [ccrr@caowash.org](mailto:ccrr@caowash.org) to request one.
  - Training links are sent to both the email we have on file with the Oregon Registry, as well as the email address that you used to register. Please make sure to add [ccrr@caowash.org](mailto:ccrr@caowash.org) to your contact list to allow the emails to come through. If you wish to subscribe to our emails, please email us at [ccrr@caowash.org](mailto:ccrr@caowash.org) and we will add you to our mailing list. (Please note: if you unsubscribe from our emails, you will NOT receive our training links).
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# Guide to Training Abbreviations



CORE BODY OF KNOWLEDGE	ABBREVIATION
DIVERSITY	DIV
FAMILIES & COMMUNITY SYSTEMS	FCS
HEALTH, SAFETY & NUTRITION	HSN
HUMAN GROWTH & DEVELOPMENT	HGD
LEARNING ENVIRONMENTS & CURRICULUM	LEC
OBSERVATION & ASSESSMENT	OA
PERSONAL, PROFESSIONAL & LEADERSHIP DEVELOPMENT	PPLD
PROGRAM MANAGEMENT	PM
SPECIAL NEEDS	SN
UNDERSTANDING & GUIDING BEHAVIOR	UGB

Age Group Categories	Abbreviation
Infant/Toddler	I/T
Preschool	PS
School Age	SA
No Age-Related Content	NARC

Sets of knowledge are the progression of increased depth and breadth of knowledge within each core knowledge category.

### Set One: Introductory knowledge

The purpose of these sessions is to provide an overview of basic principles, theories, and/or research.

### Set Two: Intermediate knowledge

The purpose of these sessions is to build on previous knowledge by having professionals use what they have already learned and experienced to think in depth and to learn more.

### Set Three: Advanced knowledge

The purpose of these sessions is to build on previous knowledge by having professionals analyze, critically examine, compare, and evaluate their acquired knowledge.

## ERDC CHILD CARE PROVIDER ORIENTATION, PART 2



Attend this online class AFTER you've taken the Provider Orientation Part 1 online. This required class gives you information on being a provider for the ERDC program including billing and payment, Enhanced Rate, the SEIU union, and more.

TRAINING #	DATE & TIME	LOCATION	COST	SET
85539	THURSDAY, JANUARY 16TH, 10:00 AM - 11:30 AM	ONLINE	FREE	1
85540	TUESDAY, FEBRUARY 11TH, 6:00 PM - 7:30 PM	ONLINE	FREE	1
85541	THURSDAY, MARCH 20TH, 10:00 AM - 11:30 AM	ONLINE	FREE	1

Trainer: Lupita Nolasco Garcia, Quality Improvement Specialist | CKC: PM | Age Group: NARC

## INTRODUCTION TO REGISTERED FAMILY CHILD CARE PART 2



Interested in becoming a Registered Family Child Care Provider? Sign up for the Introduction to Registered Family Child Care training! There are two parts to the Introduction to Registered Family Child Care training. The required Part One class is available online at <http://campus.educadium.com/OCCD/>.

Part Two is the live training you must attend after completing Part One. This free class provides a rule book, resources to help you be successful, information about Child Care Resource & Referral, and more. You must pre-register.

TRAINING #	DATE & TIME	LOCATION	COST	SET
85536	THURSDAY, JANUARY 16TH, 9:00 AM - 12:00 PM	ONLINE	FREE	1
85537	WEDNESDAY, FEBRUARY 12TH, 6:00 PM - 9:00 PM	ONLINE	FREE	1
85538	THURSDAY, MARCH 13TH, 9:00 AM - 12:00 PM	ONLINE	FREE	1

Trainer: Martina Jallad, Quality Improvement Specialist | CKC: PM | Age Group: NARC



# Blended Online CPR and First Aid Certification



First aid and CPR (cardio-pulmonary resuscitation) for children, infants, and adults. Current first aid and CPR certifications are required for certified and registered family child care providers as well as for some staff in certified child care centers. This training meets CCLD licensing requirements as well as requirements for the ODHS enhanced rate.

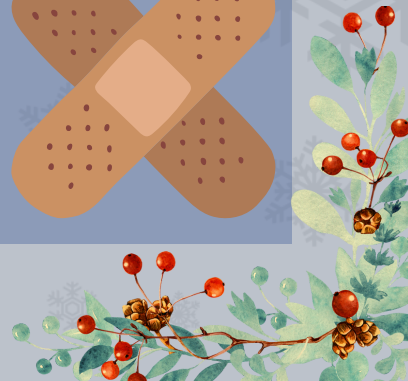
You will have two weeks to complete the online portion of the training at your own pace. You will receive a link to the online portion via email. Once you complete the online portion, you will attend the scheduled CPR practice session for 30 minutes after completion of the online modules. You must complete the online prior to attending in person. Check your confirmation email for details.

TRAINING #	ONLINE PORTION	LOCATION	COST	SET	CPR SKILL SESSION (IN-PERSON)
86251	MONDAY, JANUARY 6 - FRIDAY, JANUARY 17TH	ONLINE	\$65	1	SATURDAY, JANUARY 18TH
86253	MONDAY, FEBRUARY 17TH - FRIDAY, FEBRUARY 28TH	ONLINE	\$65	1	SATURDAY, MARCH 1ST
<b>PRESENTER: BOYLE SAFETY, LLC</b>		<b>CKC: HSN</b>	<b>AGE GROUP: NARC</b>		

**IN PERSON LOCATION:**  
1050 SW BASELINE ST. SUITE C1, HILLSBORO, OREGON 97123

## IMPORTANT!

**PLEASE SEE YOUR CONFIRMATION EMAIL CONTAINING THE TIME FOR THE IN-PERSON SESSION.**





# Do you need to know the training requirements for renewing your Registered Family Child Care license?

## You will need:

- Ten hours of training for the renewal of a registered family child care license. This training must be taken during the two years preceding the renewal date.
- At least six clock hours of the 10 hours of training must be related to child development.
- Minimum of 1 hour in the category of Health, Safety and Nutrition (HSN) must be taken each calendar year.

The required 10-hours of training is in addition to the other training specifically required for a registered family child care license, i.e. First Aid, Infant/Child CPR, Oregon Food Handler's, Recognizing and Reporting Child Abuse and Neglect, Introduction to Child Care Health and Safety, and Child Care Licensing Division (CCLD) approved safe sleep training.

Training MUST be related to the Core Knowledge Categories in the Oregon Registry in order to count toward the 10-hour training requirement.

These categories are:

### Child Development

- Diversity (DIV)
- Families & Community Systems (FCS)
- Human Growth and Development (HGD)
- Health, Safety and Nutrition (HSN)\*
- Learning Environments & Curriculum (LEC)
- Observation and Assessment (OA)
- Special Needs (SN)
- Understanding & Guiding Behavior (UGB)



\*Note: HSN is identified as "Child Development" except for the required safety set trainings (Recognizing and Reporting Child Abuse and Neglect, CPR, First Aid, and Food Handlers). These will appear in the "Other" category on your CCLD Staff Qualifications and Training Log.

### Other

- Personal Professional & Leadership Development (PPLD)
- Program Management (PM)

**\*TRAINING TITLES WITH A CHECK MARK (✓) INDICATE IT IS ELIGIBLE FOR RENEWAL REQUIREMENTS\***







# WINTER TRAININGS

\*Training titles with a check mark (✓) indicate the training meets licensing renewal requirements\*

<b>85530 Privilege and Me: Examining Social Identity, Unearned Advantages, and How We Can Work to Make Things Fair for Everyone</b> ✓			
DATE & TIME: THURSDAY, JANUARY 2ND, 6:00 PM – 9:00 PM		TRAINER: KELLEY LAWSON	
Privilege is unearned access or advantages granted to specific groups of people because of their membership in a social group. It can be based on various social identities such as race, gender, religion, socioeconomic status, ability status, sexuality, age, or education level. In this class, participants will examine their personal perspectives of privilege and how these shape their ECE practices.			
CKC: DIV	AGE GROUP: NARC	SET: 2	COST: \$60

<b>85498 Pyramid Model Preschool Module Series Module 5: Addressing Challenging Behaviors</b> ✓			
SESSION 1: SATURDAY, JANUARY 4TH, 9:00 AM-12:00 PM SESSION 2: SATURDAY, JANUARY 11TH, 9:00 AM-12:00 PM		TRAINER: MEGAN WURST & FENANDO MARTINEZ	
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.			
CKC: UGB, SN & HGD	AGE GROUP: PS	SET: 1	COST: \$5

<b>85524 Gathering and Sharing Child Assessment Data</b> ✓			
DATE & TIME: THURSDAY, FEBRUARY 6TH, 6:00 PM – 9:00 PM		TRAINER: HAILEE MCBURNEY	
In this module, learn about ongoing child assessment. Find out how to gather and share information with families to support children’s learning and development. Also, discover ways to join families in using the data to guide children’s progress.			
CKC: OA & FCS	AGE GROUP: NARC	SET: 1	COST: \$10





# WINTER TRAININGS

\*Training titles with a check mark (✓) indicate the training meets licensing renewal requirements\*

## 85525 Inclusion Means Together ✓

DATE & TIME: WEDNESDAY, FEBRUARY 19TH, 6:00 PM - 8:00 PM

TRAINER: FERNANDO MARTINEZ

Have you ever wondered what inclusion means? For you? For the children and families you serve? Come and start the conversation about how including all children and families does benefit everyone. This is a fundamental training to help you identify, explore and improve your inclusive philosophy.

CKC: SN

AGE GROUP: NARC

SET: 1

COST: \$10

## 85526 Pyramid Model Preschool Module Series Module 6: Overview of Prevent-Teach-Reinforce for Young Children ✓

DATE & TIME: THURSDAY, FEBRUARY 20TH, 6:00 PM - 8:00 PM

TRAINER: CRISSY SALAZAR

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.

CKC: UGB

AGE GROUP: PS

SET: 1

COST: \$5





# STATEWIDE TRAININGS

**\*Training titles with a check mark (✓) indicate the training meets licensing renewal requirements\***

<b>85770 Navigating Difficult Behaviors: Secrets of Challenging Behaviors and How to Deal With It</b> ✓			
DATE & TIME: MONDAY, JANUARY 6TH, 6:00 PM – 9:00 PM		TRAINER: IRINA STUKALOV	
Demonstrate understanding of Challenging Behavior (CB) Strategy. How to meet needs and reduce distress. Prevention and how to overcome CB. Working with kids with an intellectual disability, how to respond to those with learning disabilities experiencing CB. Participants will share their ideas on how to support infants and toddlers at the very beginning of their development, along with additional resources.			
CKC: HGD	AGE GROUP: I/T, PS, & SA	SET: 2	COST: \$60

<b>85771 Safe and Healthy Practices for All: Filling Our Buckets the Safe and Healthy Way</b> ✓			
DATE & TIME: THURSDAY, JANUARY 9TH, 6:00 PM – 8:00 PM		TRAINER: KATHLEEN WALKER-HENDERSON	
This workshop will emphasize the importance of developing safe and healthy physical and mental health practices for the children and those adults caring for them. Discussion and activity will focus on the basics of how we develop good physical and mental practices for children and adults and what warning signs we may observe when we need to seek help.			
CKC: HSN	AGE GROUP: I/T, PS, & SA	SET: 2	COST: \$40

<b>85772 Supporting Anxious Kids</b> ✓			
DATE & TIME: FRIDAY, JANUARY 10TH, 12:00 PM – 2:00 PM		TRAINER: JENNIFER CORK	
Participants will learn what signs to look for in anxious kids, information about anxiety disorder diagnoses, the purposes of stress/anxiety, and tools to help promote self-regulation.			
CKC: UGB	AGE GROUP: PS & SA	SET: 2	COST: \$40





# STATEWIDE TRAININGS

\*Training titles with a check mark (✓) indicate the training meets licensing renewal requirements\*

<b>85774 Using Environmental Cues for Communication and Learning</b> ✓			
DATE & TIME: TUESDAY, JANUARY 14TH, 6:00 PM – 8:00 PM		TRAINER: LEA NUNAMAKER	
Learn how to implement Environmental Cues in the Early Childhood education setting to aid in communicating, guiding behavior and learning. Participants will have an opportunity to practice re-designing the environmental cues in their early childhood education setting based on what they learn during the session.			
CKC: LEC	AGE GROUP: PS	SET: 2	COST: \$40

<b>85775 Building Connections with Families A Care Provider’s Role in Helping Families Handle Stress</b> ✓			
DATE & TIME: WEDNESDAY, JANUARY 15TH, 6:00 PM – 9:00 PM		TRAINER: RHONDA SCHOCK	
Together we will examine family needs and stresses. How to create and build positive relationships and communication pathways. Begin developing a resource guide to assist parents with strategies in times of need.			
CKC: FCS	AGE GROUP: NARC	SET: 2	COST: \$60

<b>85797 That Was Fun, What's Next? Applying Theories of Neurodevelopment &amp; Responsive Caregiving to Build Meaningful Curriculum for Young Children</b> ✓			
DATE & TIME: TUESDAY, JANUARY 28TH, 6:00 PM – 9:00 PM		TRAINER: KELLEY LAWSON	
How do we build a meaningful curriculum for young children? In this class, we will look at ways to recognize children's interests and use this information to build a strong, developmentally appropriate curriculum for all learners.			
CKC: HGD & LEC	AGE GROUP: I/T	SET: 2	COST: \$60





# STATEWIDE TRAININGS

\*Training titles with a check mark (✓) indicate the training meets licensing renewal requirements\*

<b>85800 Let's Get Active: Getting Children Excited About Moving</b> ✓			
DATE & TIME: MONDAY, FEBRUARY 10TH, 6:00 PM - 9:00 PM		TRAINER: TONIA SNOOK	
This training is all about getting children active and healthy. Come and join me as we walk, run and slide our way through over 40 different activities you can do with preschool children to keep them healthy and strong.			
CKC: HSN	AGE GROUP: PS	SET: 2	COST: \$60

<b>85802 Managing Enrollment in Your Child Care Center</b>			
DATE & TIME: THURSDAY, FEBRUARY 13TH, 6:00 PM - 8:00 PM		TRAINER: FIRST CHILDREN'S FINANCE	
Learn how to understand enrollment in a child care center, develop your skills to create realistic enrollment projections, and how to track current enrollment and future openings. Create action steps to maintain and grow enrollment.			
CKC: PM	AGE GROUP: NARC	SET: 1	COST: FREE

<b>85804 Growth Mindset: A Framework for Optimal Child Development</b> ✓			
DATE & TIME: TUESDAY, FEBRUARY 25TH, 6:00 PM - 8:00 PM		TRAINER: MEGAN BARELLA	
How does a growth mindset apply to children's socio-emotional, cognitive and secure attachment development in early childhood? Apply the latest brain science on mindset and motivation to help children master developmental milestones, develop their gifts and abilities, create a positive mental mode, and build secure attachment. With peer support, develop a plan to bring the growth mindset research alive in your classroom to transform developmental challenges, optimize children's brains for lifelong learning and help students develop trust in themselves and their teachers.			
CKC: HGD	AGE GROUP: PS & SA	SET: 2	COST: \$40





# STATEWIDE TRAININGS

**\*Training titles with a check mark (✓) indicate the training meets licensing renewal requirements\***

## 85805 Separating Your Family Child Care Finances from Your Personal Finances

DATE & TIME: WEDNESDAY, FEBRUARY 27TH, 6:00 PM - 8:00 PM

TRAINER: FIRST CHILDREN'S FINANCE

Learn basic tools to separate business and personal finances. Learn to utilize computer and file systems to organize financial documents. Develop a business budget.

CKC: PM

AGE GROUP: NARC

SET: 1

COST: FREE

## 85808 Integrating Healthy, Culturally Sensitive, and Allergen Aware Nutrition into your Preschool Setting ✓

DATE & TIME: TUESDAY, MARCH 11TH, 12:00 PM - 2:00 PM

TRAINER: JUDITH MURILLO TUESTA

This training helps early childhood providers integrate healthy and nutritious foods into their facilities to enhance the health and wellbeing of their students. Topics to include choosing healthy snacks, accommodating food allergies, and adapting menus to being culturally sensitive (halal, kosher, etc.) to the dietary needs of their students.

CKC: HSN

AGE GROUP: PS

SET: 2

COST: \$40

## 85809 Developing a Marketing Plan for Your Family Child Care Business

DATE & TIME: THURSDAY, MARCH 13TH, 6:00 PM - 8:00 PM

TRAINER: FIRST CHILDREN'S FINANCE

Learn basic marketing principles and concepts. Complete an environmental scan. Identify features and benefits of a child care program. Analyze child care competitors. Identify strategies to build an effective message. Define target market to secure future enrollment. Learn how to use marketing principles to secure community partnerships.

CKC: PM

AGE GROUP: NARC

SET: 1

COST: FREE





# STATEWIDE TRAININGS



**\*Training titles with a check mark (✓) indicate the training meets licensing renewal requirements\***

<b>85810 Using Systems Theories to Understand Family Dynamics and Promote Positive Family Outcomes</b> ✓			
DATE & TIME: TUESDAY, MARCH 18TH, 6:00 PM – 9:00 PM		TRAINER: AOIFE MAGEE	
Participants will be examine leading theoretical models related to family dynamics and relationship health. An exploration of the risk and protective factors that can impact family climate will be addressed along with ways to mitigate the potential for negative effects on young children. Participants will also examine the traits of healthy families and how to use positive strategies to promote resiliency in families challenged by stress factors.			
CKC: FCS	AGE GROUP: NARC	SET: 2	COST: \$60

<b>85812 Developing a Marketing Plan for Your Family Child Care Business</b>			
DATE & TIME: THURSDAY, MARCH 27TH, 6:00 PM – 9:00 PM		TRAINER: FIRST CHILDREN'S FINANCE	
Learn basic marketing principles and concepts. Complete an environmental scan. Identify features and benefits of a child care program. Analyze child care competitors. Identify strategies to build an effective message. Define target market to secure future enrollment. Learn how to use marketing principles to secure community partnerships.			
CKC: PM	AGE GROUP: NARC	SET: 1	COST: FREE





# RUSSIAN STATEWIDE TRAININGS

\*Названия тренингов, отмеченные галочкой (✓), указывают на то, что тренинг соответствует требованиям. требования к продлению лицензии\*

## 85790 Теоретико-прикладная модель исследования и диагностики расстройств аутистического спектра ✓

ДАТА И ВРЕМЯ: ПОНЕДЕЛЬНИК, 27 ЯНВАРЯ, 17:30–21:30

ТРЕНЕР: ALONA HALYCHANSKA

На этом занятии участники изучат расстройства аутистического спектра (РАС) и связанные с ними диагнозы, равняя симптоматическое поведение с наблюдаемым поведением с целью предоставления детям более качественной поддержки. Участники подготовятся к оказанию поддержки родителям, которые искали или могут рассматривать возможность обращения к поставщику услуг по уходу за своим ребенком по поводу диагноза.

СКС: SN

ВОЗРАСТНАЯ ГРУППА: I/T, PS & SA

SET: 2

СТОИМОСТЬ: БЕСПЛАТНО

## 85801 Стратегии ухода за собой и управления стрессом ✓

ДАТА И ВРЕМЯ: ПОНЕДЕЛЬНИК, 10 ФЕВРАЛЯ, 18:00–21:00

ТРЕНЕР: IRINA STUKALOV

В этом тренинге мы рассмотрим стресс, изучим концепции управления стрессом и ухода за собой, а также способы их применения. Мы рассмотрим признаки и симптомы стресса, выделим методы борьбы со стрессом и создадим план снижения стресса. Мы сделаем акцент на важности обучения уходу за собой и находчивости посредством креативности и осознанности с раннего возраста и до любого возраста.

СКС: HSN

ВОЗРАСТНАЯ ГРУППА: NARC

SET: 2

СТОИМОСТЬ: БЕСПЛАТНО

## 85806 Развитие эмоционального интеллекта. «Я и мои эмоции. Что делать, когда грустно?» ✓

ДАТА И ВРЕМЯ: ПОНЕДЕЛЬНИК, 3 МАРТА, 18:00–21:00

ТРЕНЕР: ALONA HALYCHANSKA

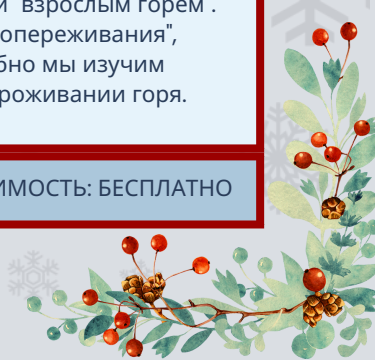
На тренинге вы узнаете про позитивные и негативные функции грусти. Мы обсудим особенности гормона мелатонин и его полезные свойства для организма. Вы узнаете разницу между "детским горем" и "взрослым горем". Мы рассмотрим стадии проживания горя, поговорим про эмпатию. Сформируем "словарь слов сопереживания", который можно использовать для поддержки человека, который переживает горе. Более подробно мы изучим особенности внешних проявлений горевания у детей и разработаем схему помощи ребенку в проживании горя.

СКС: UGB

ВОЗРАСТНАЯ ГРУППА: I/T, PS & SA

SET: 1

СТОИМОСТЬ: БЕСПЛАТНО







# RUSSIAN STATEWIDE TRAININGS

\*Названия тренингов, отмеченные галочкой (✓), указывают на то, что тренинг соответствует требованиям. требования к продлению лицензии\*

**85807 Расстройство обработки сенсорной информации через название Глаза ребенка** ✓

ДАТА И ВРЕМЯ: ПОНЕДЕЛЬНИК, 10 МАРТА, 18:00–21:00

ТРЕНЕР: IRINA STUKALOV

Погружение глубже в расстройство сенсорной обработки. На этом тренинге мы изучим, как наше тело получает и организует сенсорную информацию, и как мы реагируем. Мы поделимся идеями о том, как поддерживать младенцев и малышей в самом начале их развития в школьном возрасте. Вы получите множество ресурсов, которые вы можете использовать.

СКС: SN

ВОЗРАСТНАЯ ГРУППА: I/T, PS & SA

SET: 2

СТОИМОСТЬ: БЕСПЛАТНО



# ARABIC TRAININGS

\*Training titles with a check mark (✓) indicate the training meets licensing renewal requirements\*

85529

مكونات وأنظمة التعلم المبكر في ولاية أوريغون

DATE & TIME: SATURDAY, MARCH 1ST, 10:00AM - 12:00PM

TRAINER: MARTINA JALLAD

ضمن هذا التدريب، سوف يتعرف المشاركون على وكالات الطفولة المبكرة المختلفة في ولاية أوريغون، وما هي الخدمات التي تقدمها وكيفية الوصول إلى تلك الخدمات. سنناقش متطلبات التراخيص المختلفة وما يعنيه أن يتم إدراجك في ODHS فيما يتعلق برعاية الأطفال

CKC: PM

AGE GROUP: PM

SET: 1

COST: FREE

