



Urban League of
Hudson County

*Empowering Communities.
Changing Lives.*



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PROFESSIONAL DEVELOPMENT CALENDAR

The 2015-2016 Urban League
Professional Development
Calendar of Events



INTRODUCTION

The Urban League of Hudson County's Child Care Resources & Referral Division supports professional development in the Hudson County child care community. The Urban League offer workshops, orientations and events that address essential topics of interest and topics required by Division of Family Development (DFD), Department of Human Service (DHS) and the Office of License (OOL) for the early childhood community including parents and families. The workshops are typically 2-3 hours of discussion, interaction and hands-on-activities, facilitated by instructors approved by Professional Impact New Jersey (PINJ). Other special events and trainings include invited speakers, director's monthly meetings, and monthly orientations for family child care providers, family friends and neighbor providers and parents and social and stakeholders networking events.

Over the past 19 years, the Urban League CCR&R has served hundreds of thousands of families. The Urban League staff has been a mainstay in our community, providing families with valuable information about available child care options, quality indicators and other important factors to consider when choosing child care arrangements for their children.

The Urban League is recognized for its capacity to develop, manage and implement initiatives to improve the quality of services provided by community based child care programs.

CORE SERVICES INCLUDE:

- Child care referrals and information
- Parenting education
- Professional Development
- Consumer Education
- Technical Assistance
- Data Collection and Analysis
- Advocacy.
- Administration of child care subsidy programs

WHAT IS E-CHILD CARE?

E-Child Care or ECC is the new way of reporting child care attendance and absences. Parents or their designees confirm that the child care was provided to their children, by using either a telephone or a card reading machine called a Point of Service (POS) device.

*Trainings will be held the second Thursday of the month between the hours of 10:00 am to 12:00 pm. Please contact us at 201-451-8888 ext. 122.

ORIENTATION FOR PARENTS

The Urban League conducts monthly parent orientations and group presentations. The Staff will provide information about the different types of program settings and program types to help make informed decisions.

*Orientations will be held the second Tuesday of every month at 10:00 am and 6:00 pm.

ORIENTATION TRAINING FOR PROVIDERS

The Urban League provides monthly orientations for providers enrolled in child care subsidy programs.

- Licensed child care center director orientations will be offered on the 3rd Wednesday 10:00 am to 12:00 pm.
- Family Child Care Providers (FCC) can attend orientations every 1st Monday from 6:00 pm to 8:00 pm or every 1st Saturday from 9:00 am to 11:00 am.
- Family Friends and Neighbor (FFN) orientations will be held on the 2nd and 4th Saturdays of every month from 9:00 am to 12:00 pm.

Orientations focus on the following:

- * Overview of the Key Provider Eligibility Requirements
- * Health and Safety Requirements
- * ECC Requirements and Issues / Payment Requirements

Licensed childcare centers and FCC providers can contact Lois Carter at 201-451-8888 ext. 194

lcarter@ulohc.org

FFN providers can contact Audra Polite at 201-451-8888 ext. [186 apolite@ulohc.org](mailto:186apolite@ulohc.org)

FCC PRE-SERVICE TRAINING

Eight hours of pre-service training for each provider or applicant and alternate provider prior to the issuance of a regular Certificate of Registration.

July 2015
Tuesday 7/14/2015 10:00 am-2:00 pm
October 2015
Thursday 10/15/2015 10:00 am -2:00 pm
January 2016
Tuesday 1/12/2016 10:00 am-2:00 pm
April 2016
Thursday 4/14/2016 10:00 am - 2:00 pm
July 2016
Tuesday 7/12/2016 10:00 am - 2:00 pm

Pre-service training includes information regarding, but not limited to, the following subjects:

- *Child Growth and Development
- *Discipline
- *Safety first aid and emergency evacuation procedures
- *Health and Sanitation
- *Program Activities
- *Recognizing Child Abuse & Neglect
- *Preventing Sudden Infant Death Syndrome / Shaking Baby Syndrome

FCC IN-SERVICE TRAINING

Intended Audience: Family Child Care Providers

The Office of Licensing mandates that all CCR&R'S conduct 2 In-Service Trainings per year for all Family Child Care Providers. In addition, each registered Family Child Care Provider is required to complete 20 hours of training during the three year registration Period.

All In-Service Training will take place at the: **Urban League of Hudson County**
253 Martin Luther King Drive
Jersey City, NJ 07305

TOPICS

In-Service I

July 2015 - September 2016

- *Maintaining a Safe & Healthy Environment Birth-8 years
- *Child Abuse & Prevention
- *SIDS & Shaken Baby Syndrome
- *Including all Children: Inclusion
- *Principles of Early Childhood Development
- *Understanding the ECC process
- *Emergency Preparedness
- *Open Discussion (Questions & Ides)

In-Service II

October 2015 - November 2015

- *SIDS & Shaken Baby Syndrome
- *Guiding the Behavior of Young Children
- * Review of the Manual of Requirements
- *Emergency preparedness Review
- * Understanding the ECC process, part II
- *Record Maintenance Management
- *Open Discussion (Questions & Ideas)

FAMILY CHILD CARE IN SERVICE TRAINING DATES

ENGLISH

Providers whose last name begins with the following letters:

A - M

Day: Tuesday

Date: July 14, 2015

Time: 10:00 am - 10:00 pm

U I

Day: Tuesday

Date: August 18, 2015

Time: 10:00 am - 2:00 pm

Providers whose last name begins with the letters:

N - Z

Day: Thursday

Date: September 17, 2015

Time: 5:00 pm - 9:00 pm

ESPAÑOL

Provedoras con los apellidos empezando con las letras:

A - M

Dia: Sabado

Fecha: Octubre 3, 2015

Hora: 10:00 am - 2:00 pm

Provedoras con los apellidos empezando con las letras:

N - Z

Dia: Sabado

Fecha: Noviembre 7, 2015

Hora: 10:00 am - 2:00 pm

ENGLISH

Providers whose last name begins with the following letters:

A - M

Day: Tuesday

Date: April 4, 2016 Time:

5:00 pm - 9:00 pm

Providers whose last name begins with the following letters:

N - Z

Day: Thursday

Date: May 4, 2016

Time: 5:00 pm - 9:00 pm

ESPAÑOL

Provedoras con los apellidos empezando con las letras:

A - M

Dia: Sabado

Fecha: Junio 18, 2016

Hora: 10:00 am - 2:00 pm

Provedoras con los apellidos empezando con las letras:

N - Z

Dia: Sabado

Fecha: Julio 18, 2016

Hora: 5:00 pm - 9:00 pm

Workshops topics are directly related to Health & Safety

INFANT/ PRESCHOOL FIRST AID & CPR TRAINING

The Urban League provides Infant/ Preschool First Aid & CPR classes to Family Child Care providers. Infant Preschool First Aid & CPR classes are offered during the week and on Saturdays. Classes are offered at no cost for registered providers. Each course is taught by a certified instructor, approved by Professional Impact New Jersey. The 5 hour class consists of hands on training and instructor led demonstrations and discussions. First Aid & CPR is required for Family Child Care providers.

LOCATION: Urban League of Hudson County 253
Martin Luther King Drive Jersey
City, NJ 07305

TIME: 10:00 am - 3:00 pm

DAY: Saturday

DATES: July 11, 2015
October 10, 2015
January 9, 2016
April 9, 2016
July 9, 2016
September 10, 2016

Family Friends & Neighbor Provider (FF&N)

FF&N are providers who care for up to five children (from one family), or two non-related children in their home or the child's home.

The state of New Jersey requires that the provider must be made eligible to receive payments for childcare services. To become an eligible provider you must complete:

- 1- CARI Background Check with approval from OOL
- 2- Attend Orientation Workshop
- 3- Complete and Pass CPR / First Aid Training
- 4- Pass Home Inspection of place of care

Once all these requirements have been successfully passed you will be made an eligible provider by the Urban League of Hudson County's CCR&R Division.

All trainings are on the 2nd and 4th Saturday of the Month 9:00 am - 12:00 pm

Orientation - CPR - First Aid Training Schedule

FF&N Overview	Shaken Baby Syndrome
Provider Definitions	Child Abuse / Neglect
E - Childcare	Emergency Preparedness
Medication Administration	Sudden Death Syndrome
Hands on Activities	Importance of Daily Schedule
Immunization Records	

July 11, 2015	January 9, 2016
July 25, 2015	January 23, 2016
August 8, 2015	February 13, 2016
August 22, 2015	February 27, 2016
September 12, 2015	March 12, 2016
September 26, 2015	March 26, 2016
October 10, 2015	April 9, 2016
October 24, 2015	April 23, 2016
November 14, 2015	May 14, 2016
December 12, 2015	May 28, 2016
	June 11, 2016
	June 25, 2016
	July 9, 2016
	July 23, 2016

EMERGENCY PREPAREDNESS FOR CHILD CARE: A HOW TO GUIDE

To ensure that child care centers and family child care providers have the disaster resources they need to keep children safe and businesses open, the National Association of Child Care Resource and Referral Agencies (NACCRRRA) has produced a new comprehensive training curriculum. Emergency Preparedness for Child Care: A How to Guide, includes NACCRRRA's *"Is Your Child Care Program Ready?"* We will use recommended national standards for emergency preparedness in child care. The Urban League provides emergency preparedness training for family child care providers and family friends and neighbor. Emergency Preparedness training is provided on Saturdays and evenings.

July 14, 2015 Tuesday 6:00 pm - 8:00 pm
September 15, 2015 Tuesday 6:00 pm - 8:00 pm
November 10, 2015 Tuesday 6:00 pm - 8:00 pm
May 21, 2016 Saturday 9:00 am - 12:00 pm
August 20, 2016 Saturday 9:00 am - 12:00 pm

INFANTS / TODDLERS

July 25, 2015 - 9:00 am-12:00 pm

Creating a Safe & Healthy Environment for Infants & Toddlers (birth -18 months)

How you make an infant care environment a "neat place to be" takes planning. Infants are cared for in places that are safe and interesting. The workshop instructor will focus on the importance of creating and maintaining a safe and healthy environment for the children through: proper disinfecting, changing tables, classroom furniture, equipment and toys.

September 19, 2015 - 9:00 am-12:00 pm

Appropriate Hand Washing and Diapering Instruction for Caregivers of Infants & Toddlers

Teachers of infants and toddlers come in contact with a variety of bodily fluids on a daily basis. It is of the utmost importance that they be trained in ways to protect their own health and the health of the children in their care. Through video and discussion, the instructor will demonstrate proper hand washing and diapering procedures.

December 19, 2015 - 9:00 am-12:00 pm

Healthy Meals & Snack Ideas for Toddlers

Eating healthy is an important part of a healthy life style and is something that should be taught from a young age. This workshop will give caregivers ideas for preparing healthy meals in their classrooms or in homes of child care providers. Participants will be introduced to songs, finger plays and activities that will engage the interest of older infants and toddlers and encourage healthy eating habits.

July 20, 2015 - 6:00 pm-9:00 pm

Brain Development: Understanding the Effects of Nurture and Nature on the Development of the Brain (Birth to Three)

Between birth and age three, children rapidly achieve many important milestones that create the foundation for later growth and development. The instructor will provide general knowledge about child development during infancy and toddlerhood, including physical development, thinking and language development, social interaction, self-awareness, and communication. Specific suggestions for activities that can positively influence children's development are offered.

September 21, 2015- 6:00 pm-9:00 pm

Problem Solving Activities for Toddlers (18 months to 3 years)

In this first year, babies are learning very important concepts. They learn about cause and effect, such as when they shake a rattle and hear a sound, or when they pull on their mother's glasses and hear her say "no" (much sterner than usual) tell them not to pull! This workshop will introduce participants to child interactions and toys that encourage and support problem solving and thinking skills for infants and toddlers.

September 28, 2015- 6:00 pm-9:00 pm

Gross Motor Activities for Infants & Toddlers

Both gross motor skills and fine motor skills are what enable all of us, babies, toddlers, children and adults to be physically active and control our bodies. While the baby's motions may seem random and uncontrolled, control over his limbs develops gradually. Gross motor development involves the large muscles that control the head, shoulders, arms, back, abdomen and feet. Participants will learn through hands-on participation, various gross & fine motor activities for infant and toddlers.

February 15, 2015- 6:00 pm-9:00 pm

Developing and Supporting Social and Emotional Development in Infants & Toddlers

Infants experience, express, and perceive emotions before they fully understand them. Through role playing, discussion and video will explore the importance of developing and supporting social and emotional development in infants and toddlers.

February 20, 2016- 9:00 am-12:00 pm

Appropriate Hand Washing and Disinfecting of Tables, Furniture and Toys in the Preschool Classroom

Keeping the child care environment clean and orderly is very important for health, safety, and the emotional well-being of both children and providers. The instructor will discuss important steps in reducing the

Number of germs, and the spread of disease in child care centers and family child care provider homes. **March**

19, 2016- 9:00 am-12:00 pm

Maintaining a "Safe" Preschool Classroom Environment through Appropriate Routines & Transitions (3-6 years old)

Children thrive in a well-ordered and predictable environment, where daily routines such as arrivals and departures, mealtimes, nap times and toileting are dealt with consistently by all caregivers. Participants will learn the why's and how's of implementing appropriate routines & transitions in the classroom.

(Ages 2.5 5 years)

April 30, 2016- 9:00 am-12:00 pm

Healthy Meals & Snack Ideas for Preschoolers (2.5-5 years old)

Studies show, what most teachers and parents already know, that when kids are well nourished, they perform better in school and are better equipped to fight off disease. This workshop will focus on preparing healthy meals and snacks in the classroom. Then recipes will not require the use of a stove. In addition, the children will be able to assist with the preparation.

August 22, 2015- 9:00 am-12:00 pm

Math for Preschoolers: Focus on Hands-on Activities that will support number recognition, counting and problem solving.

This course is designed to expose pre-k and kindergarten teachers to innovative ways to teach math concepts. Music, games, and make and take activities will assist them in producing instructionally sound plans For their classrooms.

November 7, 2015- 9:00 am-12:00 pm

Developing and Supporting Problem Solving & Thinking Skills: Focus on Science Activities (2.5-5 years old)

This class will provide teachers with easily managed inquiry based science activities that enhance the curriculum. Participants will leave this course with ideas for implementation of activities and a plan to fit them into the instructional day.

March 19, 2016- 9:00 am-12:00 pm

Supporting Creativity Through Hands-on Language Activities Art Activities for Young Children: Focus on Finger Painting, Collages and Abstract Drawing

One of the key ideas in encouraging creativity in children is to make sure their learning and play involves as many of the senses as possible. Creativity is about shifting learning away from just processing information visually. A child is more likely to learn and remember more effectively if the learning or play activity involves touch, smell, hearing or tasting, as well as seeing. This workshop explores ways to promote creativity through literacy activities, including acting out familiar children stories and creative movement.

SCHOOL - AGE

June 4, 2016- 9:00 am-12:00 pm

Creating a Successful School-Age Program: Focus on "Fun" Activities that will Support Home Work & Classroom Curriculum

July 9, 2016 - 9:00 am-12:00 pm

Activity Ideas for Summer Camp Programs for School-Age Children

This workshop is designed to give summer camp instructors, ideas of appropriate school-age activities for children 5-8 years. Activities will include: gross motor & table top games, creative writing, and science experiments, cooking and recommendations for field trips.

INCLUSION

August 22, 2015 - 9:00 am-12:00 pm

Including All Children in the Preschool Classroom: Supporting Inclusion in the Pre-School Classroom

Disability is a natural part of the human experience. Almost everyone knows someone who has or will have a disability - or will directly experience disability themselves. Viewing **disability as a form of diversity** rather than a deficiency enables positive outcomes. Each person's contributions add to the richness of the whole community. Inclusion is ensuring that each person belongs and can participate.

This workshop will help teachers why and how to include children with disabilities in their classroom.

October 17, 2015- 9:00 am-12:00 pm

Supporting a Diverse Preschool Classroom Environment Year Round

This workshop is designed to engage and assist teachers to include more consideration for diversity into their classrooms. The instructor will discuss the "why and what" of diversity, and offer exercises to begin identifying how to integrate changes in the classroom.

Participants will be given the opportunity to discuss and share their personal experiences and think about tools, exercises, and techniques to use in the classroom to create environments where diversity can thrive increased student hands-on participation.

February 20, 2016- 9:00 am-12:00 pm

Selecting Material and Equipment that Support Children with Disabilities

The workshop instructor will provide samples of supplies, toys and equipment that can be utilized by all children in child care centers and in the homes of providers.

**CAREER DEVELOPMENT
CDA CHILD DEVELOPMENT ASSOCIATE
STUDY TO BECOME A CHILD DEVELOPMENT ASSOCIATE**

Qualify to earn 9 or more college credits towards an Associate of Arts in Education at Hudson Community College

The CDA is a nationally recognized credential for teachers of young children ages birth to eight. The CDA course is offered in English and Spanish to Family child care providers in conjunction with FCC Accreditation. The course includes: 120 clock hours of early childhood education instruction on theory, practice, and child development. Also included are mentoring, accreditation preparation, and onsite observation and coaching.

To Enroll, You Must:

Be a registered family child care provide

Tuition & Fees:

Tuition is free to registered providers \$50.00 Registration is required.

“Your CDA Credential is valid for three years from the award date”

Information Session

Wednesday July 1, 2015, 6:30-8:30 pm (English & Spanish Session)

Urban League

**253 Martin Luther King Drive 4th fl.
Jersey City New Jersey 07305**

Schedule of Classes

English

Monday & Wednesday Evening

6:00 pm-9:00 pm

Urban League

253 Martin Luther King Drive 4th fl.

Jersey City New Jersey 07305

Spanish

Shine Day Care Center

2404 Bergenline Avenue

Union City, New Jersey 07087

Support

Mentoring and continuous technical assistance will be provided to ensure success for the providers. For registration and questions, please call 201-451-8888 ext. 194 or email

lcarter@ulohc.org / trainings@ulohc.org

STRENGTHENING FAMILIES

STRENGTHENING FAMILIES SCHEDULE OF TRAINING

2015

July 13,

Child Abuse & Prevention (ENG. & SPAN)

The goal of this training is to enhance the essential skills and knowledge and attain positive outcomes linked to child abuse prevention. By increasing the knowledge and skills of individuals and organizations who work with families, this informative session can improve the outcomes of the children and families they serve.

October 3, 2015 9:00 am-12:00 pm

Parental Resilience: Protective Factor 1 (ENG. & SPAN)

Resilience is the lifelong process of enduring and growing through crisis and change. No one can prevent stress or crisis from happening to families at some point in time. A variety of strategies can help families find the tools they need to respond effectively so a crisis does not escalate, and the fall-out from a crisis does not negatively impact their parenting. Through discussion parents, teachers and providers will discuss ways that they can work together to ensure that families do not feel isolated in times of a crisis.

STRENGTHENING FAMILIES SCHEDULE OF TRAINING

2016

January 16, 2016 9:00 am-12:00 pm

Social Connections: Protective Factor 2 (ENG. & SPAN.)

Everybody needs a network of friends, colleagues, family, and professionals who provide a wide variety of support and companionship along the way to being a great parent. Research shows again and again that it isn't how many people that an individual knows, but the quality of the relationships people have and the support they feel. This training focus on providing examples and encouragement to parents, center staff and providers, ways to strengthens social connections within their programs.

Time:

April 2, 2016 9:00 am-12:00 pm

Concrete Support in Times Need: Protective Factor 3 (ENG. & SPAN)

Not knowing where to turn in a crisis or how to find help can be extraordinarily stressful for families – and cause significant trauma for children. The stress in turn can be a barrier to a parent ability to be persistent in the face of daunting circumstances. This training will allow participants to participate in discussion on resources that are available in “times of need.”

July 16, 2016 9:00 am-12:00 pm

Social and Emotional Competence of Children (ENG. & SPAN)

Social and emotional competence is the foundation of every child's development. It comes through the ongoing interactions between the child and the adults in her life, beginning with parents and other family members. The adult's capability to foster the child's ability to talk, regulate their behavior and interact positively with others is important to the child's development. Through discussion, parents, teachers and providers will discuss ways to support their child's social and emotional development.

September 17, 2016 9:00 am-12:00 pm

Strengthening Parent Relationships (ENG. & SPAN)

This training will focus on developing and or improving the relationships of parents, teachers, caregivers and providers. The importance of positive communication and involving parents in the programs curriculum will be explored.

Parent Workshops

September 19, 2015 9:00 am to 12:00 pm

Resources for Parents with Children Who Have Disabilities

Many parents who have a child with a disability find themselves asking this question; "Where can I learn more about the range of assistive technology devices and services that might help my child?" This workshop will focus on informing parents of available stakeholders/resources for families in the community.

December 12, 2015 9:00 am to 12:00 pm

Why is Quality Care Important?

More and more, research tells us that our children's healthy development depends on a safe and positive experiences during the first few years of life. If you are a parent who works during these early years, choosing good child care is one of the most important decisions you will ever make for your child. This workshop is designed to give parents insight into what a quality center "looks like." Discussion will include, the importance of a developmentally hands-on curriculum for children birth to five and how to support their child's curriculum at home.

March 26, 2016 9:00 am to 12:00 pm

Effective Ways to Work with Your Child's Teacher

This workshop will be comprised of parents, teachers and family child care providers who will discuss ways to improve communication between Parents and Professionals who care for their children.

HOW TO REGISTER FOR TRAININGS

All workshop registration is done through Professional Impact New Jersey (PINJ). To attend Urban League training, you must be an active member of the New Jersey Registry. The Urban League provides ongoing assistance for online registration to providers and center staff.

For assistance please call (201) 451-8888 ext. 194. Website: PINJ.org

On-Site Trainings

Trainings are held at the Urban League of and other convenient locations throughout Hudson County. Trainings are conducted in English and Spanish. The trainings are aligned with the regulations of Department of Human Service (DHS), Department of Faculty Development (DFD) and Office of License (OOL) and New Jersey's Race to The Top Goals. We offer continuing education units (CEU's). Trainings are offered to the early childhood community and sample topics include: Child Growth Development, Curriculum Planning, and Caring for Infant & Toddler Care.

REGISTRATION DEADLINE TWO (2) WEEKS PRIOR TO WORKSHOP. NO PAYMENTS ACCEPTED ON DAY OF WORKSHOP

WORKSHOP REGISTRATION FORM

Participant Information

Date/Fecha: _____

Name
Nombre: _____

Home Address
Direccion: _____

Apt / Piso: _____

City / Ciudad: _____

Zip Code /Codigo Postal: _____

Telephone
Telefono: _____

Family Child Care? Yes No

Center
Name: _____

Center Telephone: _____

Contact Person: _____

Workshop Information

Date of Workshop
Taller Fecha: _____

Title of
Taller Titulo: _____

Time of Workshop
Taller Hora: _____

Location of Workshop
Lugar: _____

FEE \$15.00 _____

Check One: English Spanish

REQUIREMENTS:

Payment **MUST** be included with Registration

All participants must register / Todas
Participantes deben registrar.

NO EXCEPTIONS

Registration is on a first come first serve
basis.

Use a separate registration form for each
participant and each workshop.

Fees are non-refundable

For more information call 201-451-8888 ext. 194

RETURN TO: Urban League of Hudson County
253 Martin Luther King Drive
Jersey City, NJ 07305
Attention: Lois Carter