



# IN-SERVICE STARS TRAINING MENU



TRAINING TITLE	DESCRIPTION
<p><b>Calming Connections</b></p>	<p>In this interactive and practical workshop, child care providers will learn effective strategies for de-escalating challenging behaviors and fostering calm, positive connections with young children. By understanding the root causes of frustration and distress, participants will gain tools to prevent conflicts before they arise, as well as techniques to safely manage and de-escalate situations when they do occur.</p> <p><i>Core Competency: Interactions</i></p> <p style="text-align: right;"><b>4 STARS Hours</b></p>
<p><b>Understanding the Roots of Behavior</b></p>	<p>Challenging behaviors are often the result of unmet needs. Learn more about the important social/emotional needs of children, and what you can do to meet those needs. When needs are met through positive relationships, children will behave better and be ready to learn.</p> <p><i>Core Competency: Interactions</i></p> <p style="text-align: right;"><b>2 STARS Hours</b></p>
<p><b>Planned Experiences with Infants and Toddlers</b></p>	<p>As caregivers of infant and toddlers, we want to do more than pass the time! We need daily planned activities that build trust and support early development. Come refresh your understanding of what our youngest children need and leave with new ideas for making the most of your time together. Participants will consider developmentally appropriate materials and environments and the importance of adult-child play interactions.</p> <p><i>Core Competency: Curriculum and Learning Environment; Interactions</i></p> <p style="text-align: right;"><b>2 STARS Hours</b></p>

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<p><b>Introduction to Trauma-Informed Care</b></p>	<p>In this introductory course, participants will be introduced to trauma informed care. The training will briefly explore how the brain works, and how temperament and attachment are factors in how people are able to respond to stress and trauma and to develop resilience. Universal and Targeted strategies for working with children and families to build and strengthen resilience and to respond to children who may have experienced trauma will also be introduced.</p> <p><i>Core Competency: Child Growth and Development; Curriculum and Learning Environment; Family and Community Partnerships; Interactions</i></p> <p><b>4 STARS Hours</b></p>
<p><b>Thinking About Executive Function</b></p>	<p>This training will provide an overview of early brain development and explore executive functions and their role and how best to support their development in children.</p> <p><i>Core Competency: Child Growth and Development</i></p> <p><b>4 STARS Hours</b></p>
<p><b>The Importance of Learning Through Play</b></p>	<p>We are wired to learn through play from birth: from infants exploring the movements of their own bodies to preschoolers figuring out how to balance a block tower. Playful interactions with people, space, and materials help a child master the art of being themselves, and being a friend and a citizen of the world! This workshop supports early childhood practitioners in understanding why a play-based approach is the most natural way to teach and learn. Participants will learn about what young children learn through play and how to share the value of play with families, as well as the role of the adult while children are engaged in playful learning.</p> <p><i>Core Competency: Curriculum and Learning Environment</i></p> <p><b>3 STARS Hours</b></p>

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<p><b>Using “Teacher Talk” to Support Learning</b></p>	<p><b>Experts agree: The best teachers are also usually the best talkers! Children thrive when early childhood professionals intentionally use their words to model language, extend conversation, get children thinking, and give thought-provoking feedback. Think you are already doing well in this area? Come find out! We’ll discuss the areas in which most of us can improve the way we speak to children.</b></p> <p><i>Core Competency: Curriculum and Learning Environment</i> <span style="float: right;"><b>2 STARS Hours</b></span></p>
<p><b>Loose Parts and Open-Ended Play</b></p>	<p><b>Young children are wired to learn about their world through hands-on interaction and exploration. When we offer children materials that spark their natural curiosity within a supportive environment, children can engage deeply in playful learning. In this workshop, participants will learn about “loose parts” (open-ended materials), including sourcing and introducing materials to children, and how to scaffold children’s learning with loose parts to encourage problem solving. This workshop is best for caregivers working with 2-5 year-old children.</b></p> <p><i>Core Competency: Curriculum and Learning Environment</i> <span style="float: right;"><b>3 STARS Hours</b></span></p>
<p><b>I’ve Got Your Back</b></p>	<p><b>Our important (and difficult) work with children is easier in a caring, cooperative workplace. Our biggest responsibility to our co-workers is to establish and maintain relationships that support productive work and job satisfaction. Going to work is more enjoyable when we feel we’re part of a supportive team. Let’s talk about how everyone can contribute to that type of environment.</b></p> <p><i>Core Competency: Program Planning and Development</i> <span style="float: right;"><b>2 STARS Hours</b></span></p>

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