

Training Opportunities for Early Childhood Providers

Winter 2023 Calendar



YWCA Northwestern Illinois

4990 East State Street

Rockford, Illinois 61108

815.484.9442/800.872.9780

Training Ext. 211

www.ywcanwil.org



YWCA Hours of Operation:

Monday-Friday

8:00am – 5:00pm

Walk-Ins 8:30am-4:30pm



YWCA Building Closures:

Monday, January 16th, 2023

Highlighted Trainings:

(Locate registration information in calendar)

Infant and Toddler Behaviors

Presenter: Andrea Capriotti

January 23rd, 2023

Physical Activity Learning Sessions (PALS)

Presenter: Stephanie Siemens

February 11th and February 18th, 2023

Circle of Security

Presenter: Mary Kelley, LCPC, I/ECMH-C

March 1st, March 8th, March 15th and March 22nd, 2023

I Hear you, But I'm Not Listening

Presenter: Stephanie Koclanis

March 21st, 2023

**IN PERSON CPR WILL TAKE PLACE AT THE
YWCA ON THE FOLLOWING DATES, FROM 9AM-3PM:
1/21/2023, 1/28/23, 2/4/23, 2/25/23, 3/4/23 and 3/11/23.
SPACE IS LIMITED. Please contact Annemarie Toldo at:
AnnemarieT@ywcanwil.org or 815-484-9442 Ext 211
for registration information.**

Next **PALS**
Training
Scheduled for
February 11th & 18th
9am – 12pm



What are the Physical Activity Learning Sessions (PALS)?

Physical Activity Learning Sessions are a series of workshops that focus on physical activity for children from birth to 6 years of age in early learning environments such as preschools, child care settings, and family child care homes.

PALS workshops examine the eight areas of best practice areas for physical activity and address the challenges early care and education (ECE) professionals face in supporting active play. Participants consider their practices and environments and then develop action steps to get kids moving!



Why should I attend a PALS training?

ECE professionals play an important role in helping children master movement skills and learn to enjoy being physically active. PALS workshops equip ECE professionals with knowledge on why physical activity is so important in early childhood and strategies to apply to their work the next day!



For more information on PALS training, contact

YWCA Child Care Solutions

4990 E State Street, Rockford, IL 61108


815-484-9442 Ext. 234

Contact Stephanie to register.



PALSECE@Nemours.org

Nemours.
Children's Health System

Date	Training Title	Time & Address	Audience & Course Description	Registration CDA Area & Fee
Monday, 1/9/2023, 1/16/2023, 1/23/2023 & 1/30/2023 	Strengthening Business Practices: Module 1- Budgets, Projections, and Planning for Center-Based Child Care Providers Introductory Presenter: Stephanie Koclanis	5:00 PM to 8:00 PM In person YWCA 4990 East State Street, Rockford, 61108	Child Care Center Providers This is a 4-part series focusing on building and strengthening your business. There will be small group discussion and homework after each session. A business plan will need to be completed at the end of the series to achieve credit.	To register contact: Annemarie Toldo at AnnemarieT@ywcawil.org *Participants must attend ALL 4 sessions in order for credit to be given* CDA: 5 & 6 FREE
Wednesday, 1/11/2023	Director's Dialogue: Round Table Discussion Introductory Presenter: Stephanie Siemens	1:00 PM to 2:00 PM In person YWCA 4990 East State Street, Rockford, 61108 or Zoom Live	Center Directors Only Child Care Center Directors are invited to a midday discussion as it relates to the rewards and obstacles programs face on a daily basis. We will have open discussion, so please bring questions and concerns. We hope each participant leaves a bit more informed and enthused about the next day!	To register contact: Stephanie Siemens at StephanieS@ywcawil.org FREE
Wednesday, 1/11/2023	Giving and Receiving Feedback Intermediate Presenter: Stephanie Koclanis	6:00 PM to 7:00 PM Zoom Live	All providers Knowing how to give and receive feedback is a very important skill in being heard and feeling valued. Communicating honestly, while also being sensitive, is key. In this training you will gain tips in communicating to parents and staff authentic information effectively.	Register here CDA: 4, 5 & 6 FREE

Date	Training Title	Time & Address	Audience & Course Description	Registration CDA Area & Fee
Monday, 1/16/2023	<p>Strengthening Business Practices: Module 2- Financial Reports and Internal Controls</p> <p>Introductory</p> <p>Presenter: Stephanie Koclanis</p>	<p>5:00 PM to 8:00 PM</p> <p>In person YWCA 4990 East State Street, Rockford, 61108</p>	<p>Child Care Center Providers</p> <p>This is a 4-part series focusing on building and strengthening your business. There will be small group discussion and homework after each session. A business plan will need to be completed at the end of the series to achieve credit.</p>	<p>To register contact: Annemarie Toldo at AnnemarieT@ywcawil.org</p> <p>*Participants must attend ALL 4 sessions in order for credit to be given*</p> <p>CDA: 5 & 6</p> <p>FREE</p>
Thursday, 1/19/2023	<p>Wow Up Dramatic Play</p> <p>Introductory</p> <p>Presenter: Stephanie Siemens</p>	<p>6:00 PM to 7:00 PM</p> <p>Zoom Live</p>	<p>All Providers</p> <p>Dramatic play is an integral part of a child's social, emotional and cognitive development. We will discuss why dramatic play is important to a child's development and how to relay this to parents. There will be many different themes discussed in creating variety in your dramatic play area and how children are developing through the activities presented.</p>	<p>Register here</p> <p>CDA: 8</p> <p>FREE</p>
Monday, 1/23/2023	<p>Infant Toddler Behaviors</p> <p>Introductory</p> <p>Presenter: Andrea Capriotti</p>	<p>6:00 PM to 8:00 PM</p> <p>In person YWCA 4990 East State Street, Rockford, 61108</p>	<p>Providers Ages 0-3</p> <p>During this training, participants will dive deeper into challenging behaviors infants and toddlers display. Participants will gain new language and actions to handle these behaviors within the classroom along with positive and cooperative language. Participants will also look into what these behaviors typically mean and how to navigate each day with a positive outlook while maintaining a nurturing, safe, and inviting atmosphere.</p>	<p>To register contact: Annemarie Toldo at AnnemarieT@ywcawil.org</p> <p>CDA: 3 & 8</p> <p>FREE</p>




Date	Training Title	Time & Address	Audience & Course Description	Registration CDA Area & Fee
Monday, 1/23/2023	Strengthening Business Practices: Module 3- Marketing Your Program Introductory Presenter: Stephanie Koclanis	5:00 PM to 8:00 PM In person YWCA 4990 East State Street, Rockford, 61108	Child Care Center Providers This is a 4-part series focusing on building and strengthening your business. There will be small group discussion and homework after each session. A business plan will need to be completed at the end of the series to achieve credit.	To register contact: Annemarie Toldo at AnnemarieT@ywcawil.org *Participants must attend ALL 4 sessions in order for credit to be given* CDA: 5 & 6 FREE
Wednesday, 1/25/2023	Creating a Sensory Smart Environment Introductory Presenter: Stephanie Koclanis	6:00 PM to 7:00 PM Zoom Live	All providers Our senses! They provide us with constant input about the world around us. In this training, providers will gain knowledge of 8 components that make up the sensory system, how the brain interprets the input, and ways to “smarten up” your program.	Register here CDA: 3, 7 & 8 FREE
Monday, 1/30/2023	DNL: Round Table Discussion Introductory Presenter: Andrea Capriotti	7:00 PM to 8:00 PM Zoom Live	Providers Ages 0-3 Providers are invited to an evening of discussion as it relates to the rewards and obstacles providers face on a daily basis. We will have open discussion so please bring questions and concerns. The desired outcome of these meetings aims for participants to leave a bit more informed and enthused about the next day!	Register here *This is an educational meeting. No certificate will be awarded. * FREE

Date	Training Title	Time & Address	Audience & Course Description	Registration CDA Area & Fee
Monday, 1/30/2023	<p>Strengthening Business Practices: Module 4- Staff Recruitment & Retention for Center-Based Care Providers</p> <p>Introductory</p> <p>Presenter: Stephanie Koclanis</p>	<p>5:00 PM to 9:00 PM</p> <p>In person YWCA 4990 East State Street, Rockford, 61108</p>	<p>Child Care Center Providers</p> <p>This is a 4-part series focusing on building and strengthening your business. There will be small group discussion and homework after each session. A business plan will need to be completed at the end of the series to achieve credit.</p>	<p>To register contact: Annemarie Toldo at AnnemarieT@ywcawil.org</p> <p>*Participants must attend ALL 4 sessions in order for credit to be given*</p> <p>CDA: 5 & 6</p> <p>FREE</p>
Monday, 2/6/2023	<p>Prime Times: Excellence in Infant Toddler Programs</p> <p>Introductory</p> <p>Presenter: Andrea Capriotti</p>	<p>7:00 PM to 8:30 PM</p> <p>Zoom Live</p>	<p>Providers Ages 0-3</p> <p>Excellence in early childhood programs should always be a priority. Quality happens through intentionality and the children in our care benefit immensely from making sure we are maintaining quality and establishing a strong program. Providers will learn what quality means and how to implement it daily.</p>	<p>Register here</p> <p>CDA: 3, 8</p> <p>FREE</p>
Wednesday, 2/8/2023	<p>Little Scientists</p> <p>Introductory</p> <p>Presenter: Stephanie Siemens</p>	<p>6:00 PM to 7:00 PM</p> <p>Zoom Live</p>	<p>All Providers</p> <p>Children's development is supported through engagement opportunities. We explore how STREAM activities and nature play a part in how little minds explore the world around them. Full hands-on, use-tomorrow activities and ideas will be presented.</p>	<p>Register here</p> <p>CDA: 8</p> <p>FREE</p>

Date	Training Title	Time & Address	Audience & Course Description	Registration CDA Area & Fee
Thursday, 2/9/2023	Connecting Effectively with Parents Introductory Presenter: Stephanie Koclanis	6:00 PM to 7:00 PM Zoom Live	All Providers A good relationship between families and providers is a top factor in positive student outcome. In this training, providers will learn how to break down some communication barriers as well as how to navigate difficult conversations.	Register here CDA: 4, 5 & 6 FREE
Saturday, 2/11/2023 Session 1 & Saturday, 2/18/2023 Session 2	Healthy Kids, Healthy Future Physical Activity Learning Session (PALS) Introductory Presenter: Stephanie Siemens	9:00 AM to 12:00 PM In person YWCA 4990 East State Street, Rockford, 61108	All Providers Through participation in the PALS training, ECE providers will increase their knowledge of the best practices for physical activity for children birth – age 5, receive resources and materials to support practice and policy changes in their program – leading to healthier, more active children.	To register contact: Stephanie Siemens at StephanieS@ywcawil.org *Participants must attend BOTH sessions in order for credit to be given* CDA: 5 FREE
Wednesday, 2/15/2023	Name That Feeling Introductory Presenter: Stephanie Koclanis	6:00 PM to 7:00 PM Zoom Live	All Providers: Feelings are complicated! It's important to begin teaching children about their emotions as early as possible since their feelings affect every choice they make. Children who understand their emotions are less likely to act out by using temper tantrums, aggression, and defiance to express themselves. Providers will gain information on how to get children to notice and label their feelings to better respond, rather than react, to a situation.	Register here CDA: 3, 7 & 8 FREE

Date	Training Title	Time & Address	Audience & Course Description	Registration CDA Area & Fee
Monday, 2/27/2023	No I In Team Introductory Presenter: Andrea Capriotti	6:00 PM to 8:00 PM In person YWCA 4990 East State Street, Rockford, 61108	All Providers Working in a classroom full of children can be stressful and this is amplified when the teachers are not on the same page. In this training, participants will learn how to communicate with their co-workers and how to work together in times of stress.	To register contact: Annemarie Toldo at AnnemarieT@ywcawil.org CDA: 3, 5 & 6 FREE
Wednesday, 3/1/2023, 3/8/2023, 3/15/2023 & 3/22/2023	Circle Of Security Introductory Presenter: Mary Kelley, LCPC, I/ECMH-C	6:00 PM to 8:00 PM Zoom Live	All Providers Circle of security is a 4-week, attachment-based parenting/caregiver education program, that helps parents/caregivers better understand and build their relationships with their children. During each session, participants will explore the child's emotional world and learn to identify the child's needs, cues and miscues. Participants will also learn attuned and attentive responding strategies and discuss how to repair ruptures while providing a safe haven.	To register contact: Annemarie Toldo at AnnemarieT@ywcawil.org *Participants must attend ALL 4 sessions in order for credit to be given* CDA: 3 & 4 FREE
Monday, 3/13/2023	Managing Emotions Introductory Presenter: Andrea Capriotti	6:00 PM to 8:00 PM Zoom Live	All Providers During this training, participants will learn new ways to navigate challenging emotions and how to manage them within the classroom on a daily basis.	Register here CDA: 3, 8 FREE

Date	Training Title	Time & Address	Audience & Course Description	Registration CDA Area & Fee
Thursday, 3/16/2023	<p>Let the Walls Talk</p> <p>Introductory</p> <p>Presenter: Stephanie Siemens</p>	<p>6:00 PM to 8:00 PM</p> <p>In person Freeport Public Library 100 E. Douglas St. Freeport, 61032</p>	<p>All Providers</p> <p>Print Rich Environments help children make connections between printed words and language. Discover how to develop an environment that promotes children's speaking, reading, and writing development. We will also explore words to use while children play in dramatic play, blocks, and science centers. Many resources to support a Print Rich Environment including hands-on, make-n-take projects to use right away in your programs.</p>	<p>To register contact: Stephanie Siemens at StephanieS@ywcawil.org</p> <p>CDA: 8</p> <p>FREE</p>
Tuesday, 3/21/2023	<p>I Hear you, But I'm Not Listening</p> <p>Introductory</p> <p>Presenter: Stephanie Koclanis</p>	<p>6:00 PM to 8:00 PM</p> <p>In person YWCA 4990 East State Street, Rockford, 61108</p>	<p>All Providers</p> <p>By being receptive and open to others, we're able to elicit and understand other people's thoughts, needs, or emotions, and then steer the conversation in an appropriate manner. In this training, you'll learn listening skills that can help when working with children and adults, and techniques for becoming an effective active listener. Participants will engage in active listening activities for better understanding.</p>	<p>To register contact: Annemarie Toldo at AnnemarieT@ywcawil.org</p> <p>CDA: 6</p> <p>FREE</p>
Wednesday, 3/29/2023	<p>Blue Light Blues: Screen Effects on Children's Development</p> <p>Introductory</p> <p>Presenter: Stephanie Koclanis</p>	<p>6:00 PM to 8:00 PM</p> <p>In person YWCA 4990 East State Street, Rockford, 61108</p>	<p>All Providers</p> <p>As technology becomes more prevalent and important in our lives, children are exposed to visual and auditory stimulation earlier than ever before. Participants will gain knowledge in the three C's: Content, Context, and Child according to screen time and how it affects development.</p>	<p>To register contact: Annemarie Toldo at AnnemarieT@ywcawil.org</p> <p>CDA: 1, 3, 5 & 8</p> <p>FREE</p>

Date	Training Title	Time & Address	Audience & Course Description	Registration CDA Area & Fee
For your convenience, we have added Icons to the Trainings that are Gateways Registry approved, ExceleRate or Health and Safety Trainings-please refer to the key below:				
	Gateways Registry Approved Trainings			
	ExceleRate Approved Trainings			
	Health & Safety Trainings			

IDHS Required Health and Safety Trainings For License Exempt Providers

One-time trainings:	Format:	How to Access:
CPR/First Aid	Hybrid (Online/In-person) and Traditional (In-person)	Approved CPR providers: American Heart Association; American Safety & Health Institute (ASHI); American Red Cross; American Trauma Event Management (ATEM); Emergency Care and Safety Institute (ECSI); Edward Atkinson/Emergency Response Health Network; Ellis & Associates, Inc.-Orlando, FL; EMS Safety Services; MEDIC FIRST AID; National Safety Council; Pro-Trainings, LLC; R.H. Sanders & Associates/Titan CPR Associates <i>*Contact CPR entities directly for time/dates of trainings</i>
Child Abuse and Neglect/Mandated Reporter Training	Online	Link to website : Illinois Mandated Reporter Training (dcfstraining.org)
ECE credential: Level 1	Online through Illinois Gateways i-Learning system	Link to Illinois Gateways i-Learning: https://courses.inccrra.org .
Child Development, Health & Safety Basics: Six (6) hours	Online through Illinois Gateways i-Learning system	Link to Illinois Gateways i-Learning: https://courses.inccrra.org .

ADDITIONAL ONLINE TRAININGS:

All Gateways approved trainings can be found at <https://courses.inccrra.org>.

You must be a Gateways Member to take the courses, become a member [here](#)

ADDITIONAL RESOURCES:

Winter Reading and Family Events at the Rockford Public Library [Link](#)

Winter Reading and Family Events at the Freeport Public Library [Link](#)

****CPR****

In-person CPR at the YWCA has resumed. In- person dates and times are listed on the “Highlighted Trainings” page in the calendar. If you are unable to participate, a list of alternate entities is below. You will need to follow up with the individual entities to find course offerings and times. If you have further questions, please follow up with your DCFS Representative. Look for our new First Aid/CPR Funds Program application, available soon.

List of approved CPR providers (Effective June 14, 2022):

1. American Heart Association
2. American Safety & Health Institute (ASHI)
3. American Red Cross
4. American Trauma Event Management (ATEM)
5. Emergency Care and Safety Institute (ECSI)
6. Edward Atkinson/Emergency Response Health Network
7. Ellis & Associates, Inc.-Orlando, FL
8. EMS Safety Services
9. Know CPR
10. MEDIC FIRST AID
11. National Safety Council
12. Pacific Medical Training
13. Pro-Trainings, LLC
14. Titan CPR Associates

YWCA Northwestern Illinois Child Care Solutions Provider Services

How can we help YOU?

Carol Lyons- CORE Receptionist

- Handles all front office, administration duties for CORE team
- Responsible for greeting guests, answering phones, handling company inquiries and the sorting and distribution of mail

**Extension:
200**

Jennifer Wicklein – Data, Recruitment & Retention Specialist

- Maintains and updates provider database
- Assists in the recruitment and retention of child care providers
- Assists with data entry for training registrations and provides applicable training certificates
- Offers information on starting a child care business

**Extension:
218**

[Email Jennifer](#)

Annemarie Toldo – Training & Technical Assistance Coordinator & Referral Lead

- Creates and manages the quarterly training calendar for ongoing professional development
- Manages and processes applications for CPR/First Aid Reimbursement and Professional Development Funds
- Offers technical assistance regarding Gateways Registry membership, online trainings, credentials and accreditations, and various training related information
- Provides customized child care referrals upon request

**Extension:
211**

[Email Annemarie](#)

Leisha Kury– Community Systems Development & Grants Specialist

- Works and connects with programs and services across health, early care and education, family support, and social services
- Coordinates community outreach and collaborations
- Responsible for the promotion, technical assistance, receiving, and awarding of funds for:
 - Quality Improvement Cohorts
 - Training Stipends
 - Accreditation Assistance
- LECC Health & Safety Grants

**Extension:
204**

[Email Leisha](#)

Andrea Capriotti – Infant Toddler Specialist

- Promotes the ExceleRate Illinois program and offers technical assistance to licensed Family Child Care Providers and licensed Child Care Centers; assists with Silver Circle of Quality renewal process
- Coordinates consultations, trainings, observations, and assessments of children ages 0-3
- Assists with implementing Continuous Quality Improvement Plans

**Extension:
228**

[Email Andrea](#)

Stephanie Siemens – Quality Specialist

- Promotes the ExceleRate Illinois program to licensed Family Child Care Providers and licensed Child Care Centers; assists with Silver Circle of Quality renewal process
- Coordinates consultations, trainings, observations, and assessments of children ages 3-12
- Assists with implementing Continuous Quality Improvement Plans

**Extension:
234**

[Email Stephanie](#)

Silvia Diaz- Higher Education Navigator

- Recruits and connects incumbent early childhood care and education workforce members with appropriate early childhood programs at 2- and 4-year institutions
- Creates strong relationships with early care and education employers, members of the incumbent workforce, and ECE programs at 2- and 4-year institutions of higher education
- Maintains an up-to-date and ongoing understanding of all early childhood programs offered by 2- and 4-year institutions within SDA1
- Provides assistance with the technicalities of completing the FAFSA to qualify for federal aid, access state scholarship monies for the EC workforce, and apply to the relevant institution and programs.

Extension:

205

[Email Silvia](#)

Training Policies and Procedures

The following training policies and procedures apply to all YWCA Northwestern Illinois Child Care Solutions sponsored workshops and conferences.

Registration

- The training calendar indicates how to register for a workshop/series. *Please note, not all trainings offered have registrations through YWCA Northwestern Illinois Child Care Solutions.
- Pre-registration is required for all trainings.
- Typically, class size is limited. When class maximum has been met, registration will be closed.
- Participants are registered on a first come, first serve basis.
- Registration forms for YWCA Northwestern Illinois Child Care Solutions sponsored trainings can be found in the monthly training calendar and/or online at www.ywcanwil.org.
- Registration forms for all YWCA Northwestern Illinois Child Care Solutions sponsored trainings are accepted via mail or office walk-in only. Faxed registrations are accepted for non-fee trainings only.
- Registration closes 7 days prior to the scheduled training date.
- Payment must accompany the registration form for any training that has a fee. The registration request will not be processed if the fee is not included with the registration form.
- Upon receipt of a completed registration form and payment (if applicable), a copy will be sent to the provider confirming status of registration.
- Walk-ins are discouraged and may not be allowed admittance.

Training Participation

- Late arrivals—a 15 minute Grace Period will be given at all training sessions (including virtual trainings). This grace period begins at the advertised start time. Participants will not be allowed in after the 15-minute grace period.
- Early departures will not receive a training certificate; participants must stay until the training is finished.
- At the discretion of the trainer—if an attendee is considered to be disruptive in behavior, he/she may be asked to leave the training and will not receive a certificate or refund (if there was a fee).
- Adult learners' only; Children are not to be in attendance at training sessions.

Fees, Refunds, & Cancellations

- If YWCA Child Care Solutions cancels a workshop/series due to low enrollment all participants that registered will be contacted by phone or email no later than two days prior to the session and a refund will be processed, as applicable.
- If unforeseen circumstances occur, including but not limited to inclement weather, presenter cancellation/illness, or power outage, registrants will be notified as soon as possible. Every effort will be made to contact each provider via phone call or email.
- A participant may cancel a class for which they are registered up to 5 business days prior to the scheduled date to receive a refund. If it is 4 business days or less before the class is to be held, no refunds will be given nor will substitutions be made.
- Pre-registration fees are non-refundable for no-show registrants.

Certificates

- A certificate of attendance will be distributed at the end of each workshop/ or conclusion of a series.
- To receive a training certificate, participants must stay until the trainer is finished.

- Replacement certificates must be issued at the request of an individual participant. A processing fee of \$5.00 will be charged and the certificate will be held until payment is made.
- Certificates are only to be released to the individual who participated at the training.

Virtual Learning

- Please utilize a webcam to maximize the relationship and connection between trainer and participants
- Attendance, participation and interaction with trainer is required and will be verified through virtual platform
- Your safety and attention must be verified: No driving, shopping, etc. while participating in training
- Must complete evaluation form after each training, before certificate can be issued