PROFESSIONAL DEVELOPMENT COURSES

FOR EARLY CHILDHOOD PROGRAMS

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ABOUT OUR PROGRAM

As a part of the City of Alexandria's Department of Community and Human Services (DCHS), the Early Childhood Wellness and Provider Development team provides an array of services to support our youngest residents in Alexandria and their families, caregivers, and the professionals that support them.

DCHS is now located at 4850 Mark Center Drive. The Early Childhood Division is on the 6th floor.

The Provider Development team supports prospective individuals in completing the necessary steps to become an in-home childcare provider. Additionally, they offer guidance, training, and monitoring to help existing local agency regulated and state licensed providers operating in the City of Alexandria. The program also provides ongoing training and professional development opportunities both in-person and virtually.

The Early Childhood Wellness team is available to provide supports related to the social-emotional and behavioral needs of young children birth to five years of age. Culturally-sensitive, evidence-based, and age-appropriate supportive interventions are provided. Infant and Early Childhood Mental Health consultations can also be provided upon request. For more information, please visit: www.alexandriava.gov/dchs/children-youth-and-family-services-hub

Trainings listed in this course catalog are provided free of charge to the following: center-based childcare programs currently receiving public funding (i.e. childcare subsidy); programs associated with the Alexandria City Public Schools (ACPS); DCHS programs.

Applies to trainings listed on pages 4-17

OUR TEAM

ROSARIO PAREDES CARRION,
SUPERVISOR
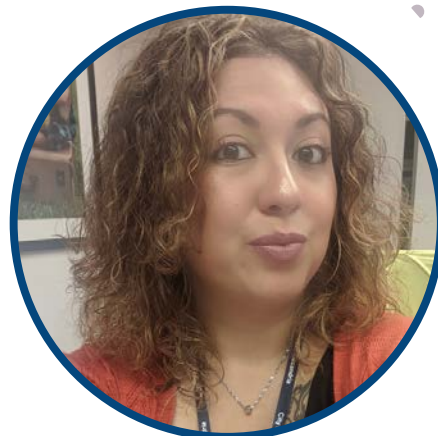
SYLVIA SALAMANCA,
ADMINISTRATIVE SUPPORT

PATRICIA EITEMILLER,
PROVIDER TRAINING

PAMELA LITTLE,
SENIOR THERAPIST

NATALIA SPINNER,
PROVIDER SUPPORT

ROSA CHAVEZ,
PROVIDER SUPPORT

Ages & Stages

Full Description: The Ages & Stages Questionnaires®, Third Edition (ASQ®-3) is a developmental screening tool designed for use by early educators and health care professionals. It relies on parents as experts, is easy-to-use, family-friendly, and creates the snapshot needed to catch delays and celebrate milestones. It is a developmental screening tool that pinpoints developmental progress in children between the ages of one month to 5 ½ years. Its success lies in its parent-centric approach and inherent ease-of-use—a combination that has made it the most widely used developmental screener across the globe. Evidence shows that the earlier development is assessed—the greater the chance a child has to reach his or her potential. Learn more about ASQ-3 at www.agesandstages.com.

Introduction to the Ages & Stages Questionnaires®, Third Edition (ASQ®-3)

Description: During this training, early childhood professionals will have the opportunity to learn the components of the Ages & Stages Questionnaires®, Third Edition (ASQ®-3), practice scoring, and understand ways this tool can be used within their programs to screen, monitor, and identify potential developmental concerns of the children in their care. Delivering screening results and next steps will also be discussed.Copies of the screening questionnaire and resources are provided by the trainer.
Format: Virtual or In-Person
Time: 90 -120 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Ages & Stages Questionnaires®, Third Edition (ASQ®-3) - Refresher

Description: Designed for early childhood professionals familiar with or previously trained in the use of the Ages & Stages Questionnaires®, Third Edition (ASQ®-3) this training will support their continued use of this important tool that allows them to screen, monitor, and identify potential developmental concerns of the children in their care. This training can be adapted or modified to meet the specific needs of an individual program by request.
Format: Virtual or In-Person
Time: 90 -120 minutes
Adaptable: This training can be adapted to best suit the needs of the program.
Instructor: Patricia Eitemiller, M.Ed.

Virtually Delivering the Ages & Stages Questionnaires®, Third Edition (ASQ®-3)

Description: Designed for early childhood professionals familiar with or previously trained in the use of the Ages & Stages Questionnaires®, Third Edition (ASQ®-3) this training will support early childhood professionals in the use of the ASQ®-3 through a virtual format. Adaptations and considerations for how to successfully administer this tool virtually while partnering with children's families or caregivers will be discussed and resources will be shared. This training can be adapted or modified to meet the specific needs of an individual program by request.
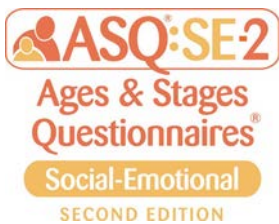**Format**: Virtual
Time: 90 minutes
Adaptable: This training can be adapted to best suit the needs of the program.
Instructor: Patricia Eitemiller, M.Ed.

BUILD YOUR CAPACITY ● ENHANCE YOUR SKILLS ● STRENGTHEN RELATIONSHIPS

Ages & Stages:
Social Emotional

Full Description: The Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2) is a parent-completed, highly reliable system focused solely on social-emotional development in young children. Accurately identifying behavior through ASQ:SE-2 paves the way for next steps—further assessment, specialized intervention, or ongoing monitoring, for examples—to help children reach their fullest potential during their most formative early years. modeled after the acclaimed ASQ®-3 and is tailored to identify and exclusively screen social and emotional behaviors. ASQ:SE-2 is an easy-to-use tool with all the advantages of ASQ-3—it's cost-effective, parent-completed, photocopiable, and culturally sensitive. With questionnaire results, professionals can quickly recognize young children at risk for social or emotional difficulties, identify behaviors of concern to caregivers, and identify any need for further assessment. Learn more about ASQ-3 at www.agesandstages.com.

Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2)
Description: During this training, early childhood professionals will have the opportunity to learn when to use the ASQ®:SE-2, the components of the tool, practice scoring and next steps. Participants should have knowledge and experience using the ASQ®-3. Delivering screening results and next steps will also be discussed. Copies of the screening questionnaire and resources are provided by the trainer.
Format: Virtual or In-Person
Time: 90 -120 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2) - Refresher
Description: Designed for early childhood professionals familiar with or previously trained in the use of the Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2), this training will support their continued use of this important tool that allows them to screen for and identify behavior that could lead to further assessment, intervention or ongoing monitoring. This training can be adapted or modified to meet the specific needs of an individual program by request.
Format: Virtual or In-Person
Time: 90 -120 minutes
Adaptable: This training can be adapted to best suit the needs of the program.
Instructor: Patricia Eitemiller, M.Ed.

Virtually Delivering the Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2)
Description: Designed for early childhood professionals familiar with or previously trained in the use of the Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2) this training will support early childhood professionals in the use of the ASQ®:SE-2 through a virtual format. Adaptations and considerations for how to successfully administer this tool virtually while partnering with children's families or caregivers will be discussed and resources will be shared. This training can be adapted or modified to meet the specific needs of an individual program by request.
Format: Virtual
Time: 90 minutes
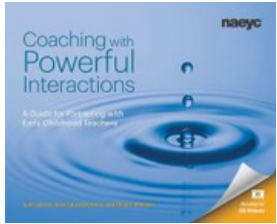**Adaptable**: This training can be adapted to best suit the needs of the program.
Instructor: Patricia Eitemiller, M.Ed.

BUILD YOUR CAPACITY ● ENHANCE YOUR SKILLS ● STRENGTHEN RELATIONSHIPS

Coaching with
Powerful Interactions

Full Description: Starting in 2021, the Alexandria Professional Learning Council (PLC) leadership team in partnership with Kids First Years (formerly, Smart Beginnings Alexandria) choose the book, Powerful Interactions: How to Connect with Children to Extend Their Learning (2020) as a tool to better support and strengthen the interactions of our early childhood teachers, professionals, children, and families within the Alexandria community as a means for supporting our early childhood community as a whole. For the second year of this project, the PLC chose the book, Coaching with Powerful Interactions: A Guide for Partnering with Early Childhood Teachers to further support the early childhood professionals in the City of Alexandria community. Comprised of facilitated and interactive small group discussions, this book study will empower early childhood leaders in our community through coaching strategies while keeping the three steps of powerful interactions at the forefront of their partnership with the professionals they are coaching. At the end of the course, participants will be able to take the concepts studied in this book and incorporate them to strengthen and enhance their support of the teachers and professionals they are coaching to improve the overall quality of teaching practices. Learn more at: www.naeyc.org/resources/pubs/books/coaching-powerful-interactions

Course Materials: Jablon, J., Dombro, A.L., & Johnsen, S. (2016). Coaching with powerful interactions: A guide for partnering with early childhood teachers. National Association for the Education of Young Children.

Coaching with Powerful Interactions Book Study Series

Description: Participants in this training series will engage in a four-session professional learning community/book study examining the book: "Coaching with Powerful Interactions: A Guide for Partnering with Early Childhood Teachers" and applying the three steps of Powerful Interactions; Be Present, Connect, and Extend Learning to their coaching practice. Participants will have the opportunity to engage in thought-provoking discussions that will enhance and strengthen their coaching skills as they support the educators, staff, professionals, and colleagues in their Early Childhood environments. This training is designed for center-based programs or professionals that regularly engage in coaching whether as a coach or a professional receiving coaching support. Participants must have completed the full Powerful Interactions course (either the virtual series or full day in-person option) to enroll in this course and be participating in the VQB5 system. Books will be provided several weeks prior to the start of the course.
Format: Virtual
Time: 90 minutes per session for four sessions
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Coaching with Powerful Interactions Book Study (Full Day)

Description: Adapted from the monthly, virtual training series this offering allows participants to engage in a professional learning community/book study examining the book: "Coaching with Powerful Interactions: A Guide for Partnering with Early Childhood Teachers" and applying the three steps of Powerful Interactions; Be Present, Connect, and Extend Learning to their coaching practice. Participants will have the opportunity to engage in thought-provoking discussions that will enhance and strengthen their coaching skills as they support the educators, staff, professionals, and colleagues in their Early Childhood environments. This training is designed for center-based programs or professionals that regularly engage in coaching whether as a coach or a professional receiving coaching support. Participants must have completed the full Powerful Interactions course (either the virtual series or full day in-person option) to enroll in this course and be participating in the VQB5 system.
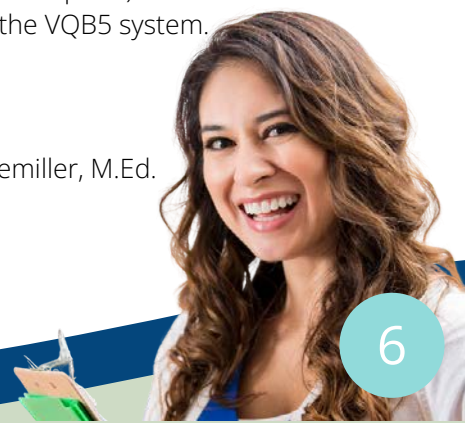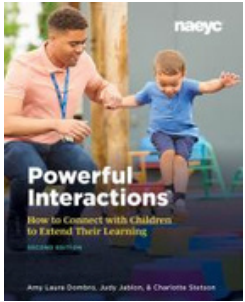**Format**: In-Person
Time: Full Day
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Powerful Interactions

Full Description: Starting in 2021, the Alexandria Professional Learning Council leadership team in partnership with Kids First Years (formerly, Smart Beginnings Alexandria) chose the book, Powerful Interactions: How to Connect with Children to Extend Their Learning (2020) as a tool to better support and strengthen the interactions of our early childhood teachers, professionals, children and families within the Alexandria community. Comprised of facilitated and interactive small group discussions, this book study will empower more leaders in our community to engage in powerful and meaningful interactions with the children and families we serve. At the end of the course, participants will be able to take the concepts studied in this book and incorporate them to strengthen and enhance the care and education they provide to young children. Learn more at: www.naeyc.org/resources/pubs/books/powerful-interactions-2

Course Materials: Dombro, A.L., Jablon, J., & Stetson, C. (2020). Powerful interactions: How to connect with children to extend their learning (2nd ed.) National Association for the Education of Young Children.

Powerful Interactions Book Study Series

Description: Participants in this training series will engage in a professional learning community/book study focused on the book: "Powerful Interactions: How to Connect with Children to Extend Their Learning." Over the course of the sessions, participants will explore the three steps of Powerful Interactions: *Be Present, Connect, and Extend Learning* and engage in thought-provoking discussions that will enhance the quality of the care and support they provide to the children in their care. This course is designed to support providers in strengthening and enhancing their interactions paralleling those skills identified by the CLASS observation tool. Participants are expected to read portions of the book prior to the meetings. It is open only to providers participating in the VQB5 system. This is a five-session course. Books will be provided several weeks prior to the start of the course.
Format: Virtual
Time: 75 minutes per session for five sessions
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Powerful Interactions Book Study (Full Day)

Description: Adapted from the monthly, virtual training series this offering allows participants to in a professional learning community/book study focused on the book: "Powerful Interactions: How to Connect with Children to Extend Their Learning" in a one-day, full day, in person training. Participants will explore the three steps of Powerful Interactions: *Be Present, Connect, and Extend Learning* and engage in thought-provoking discussions, that will enhance the quality of the care and support they provide to the children in their care. This course is designed to support providers in strengthening and enhancing their interactions paralleling those skills identified by the CLASS observation tool. Participants are expected to read the entire book prior to the course. It is open only to providers participating in the VQB5 system. Books will be provided several weeks prior to the start of the course.
Format: In Person
Time: Full Day
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

BE PRESENT

CONNECT

EXTEND

LEARNING

Protective Factors
Framework

CHILDREN'S Alliance **TRUST FUND**

Full Description: The Strengthening Families approach and protective factors framework is a research-informed, strengths-based approach that prevents child abuse and neglect by focusing on the well-being of all families and helping families identify and build on their own protective factors. The Strengthening Families™ Protective Factor Framework includes the following five protective factors: Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Concrete Support in Times of Need, Social and Emotional Competence of Children. Learn more at: ctfalliance.org/protective-factors/

Protective Factors Framework (Full Series)
Description: The Strengthening Families™ Protective Factors Framework curriculum allows participants to understand and communicate the importance of how to use the Framework as professionals engage with children and families as they go about their everyday work; how culture impacts families as they seek to build protective factors as well as how culture shapes how we individually feel, act and think; and emphasizes the critical role parents play in strengthening families by viewing parents as valuable partners in every phase of their work. This is a seven-session course, including an introductory session, an in-depth session on each of the five Protective Factors and a wrap-up moving from knowledge to action session.
Format: Virtual or In-Person (by request)
Time: 90-120 minutes per session for seven sessions
Adaptable: This training can be adapted to deliver the full course, or individual sessions per request.
Instructor: Patricia Eitemiller, M.Ed.

Individual Session Descriptions
Title: Introduction to the Protective Factors
Description: In the Introduction Course you will have the opportunity to explore all five protective factors and learn about seven program strategies that help families to build those protective factors. You will be encouraged to consider and reflect about what it means to work with families in a strength-based way. You will also learn about some tools that will help you be more intentional in using the framework as an everyday part of your work. This course is recommended for those that have no prior knowledge or training on the Protective Factors Framework or as an introduction to the full course.
Format: Virtual or In-Person (by request)
Time: 90-120 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Title: Parental Resilience
Description: Resilience, simply defined, means the ability to recover from difficult life experiences. Resilient parents and caregivers have empathy for themselves and others and are able to keep a positive attitude, solve problems creatively and take life's events in stride. This course will equip you to define and recognize signs of parental resilience, identify actions you can take to help build the resilience of parents with whom you work, share examples of ways to value and support parents and to respond to families in crises. You will be encouraged to integrate these concepts into your everyday practice with families.
Format: Virtual or In-Person (by request)
Time: 90-120 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Title: Social Connections
Description: Positive social connections that support families through the diverse challenges they encounter can help families to stay strong, get through the hard times and enjoy family life. This course will help you to understand the value of helping parents and families connect to others in a variety of ways that reduce their isolation and increase their social supports. You will also consider ways to partner with parents to help foster these kinds of connections. Finally, you will create some concrete plans to assist parents in developing new and positive sources of support, both in the workplace and the community.
Format: Virtual or In-Person (by request)
Time: 90-120 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed

Protective Factors
Framework

Title: Knowledge of Parenting and Child Development
Description: Parents need information about their children's development and ideas for how to parent at every stage. Knowledge of parenting and child development is one of the protective factors that help to prevent child maltreatment. In this course you will define what it means for parents to have knowledge of parenting and child development and identify actions you can take to help increase this knowledge among families you serve. You will also create a plan to intentionally integrate these ideas into your everyday work.
Format: Virtual or In-Person (by request)
Time: 90-120 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed

Title: Concrete Support in Times of Need
Description: All families need help sometimes – a ride to work when the car breaks down, a hot dinner delivered to the family of a new baby or low-cost health insurance for families who are not covered by employer plans. With support we are better able to handle stressful situations and nurture and provide for our children, even when times are tough. In this course you will learn of ways you can provide welcoming, non-threatening support to families. You will be challenged to think of ways in your own community that you can link families to services and opportunities and to consider ways in which culture and tradition can play into the challenge of doing this. We will also reflect on ways that lack of support, when under stress, can sometimes lead to child maltreatment.
Format: Virtual or In-Person (by request)
Time: 90-120 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed

Title: Children's Social and Emotional Competence
Description: Children's social and emotional competence is seen in their ability to communicate clearly, recognize and regulate their emotions, establish and maintain relationships with others and engage in problem solving and resolution. Children who have these skills are likely to grow up to have healthier behaviors, better peer relationships and a higher capacity to respond to stress. Helping children develop these skills can also improve family relationships and prevent child abuse and neglect. In this course you will explore this protective factor, learning about the characteristics of children who are emotionally healthy. You will discuss realistic expectations of the development of this protective factor at various developmental stages and how healthy social and emotional competence can help make child maltreatment less likely to occur. Finally, you will see examples of how parents and other caregivers can develop strategies that will help children to grow emotionally and socially and create an action plan to intentionally integrate effective strategies into your everyday work.
Format: Virtual or In-Person (by request)
Time: 90-120 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed

Title: Moving from Knowledge to Action (Wrap Up)
Description: After deep exploration of each of the protective factors, it is important to review what you have learned, reflect on how you can strengthen families in your personal and work experiences and to reexamine not only how you do your work, but why you do it. In this course you will review basic information about the Strengthening Families ™ Protective Factors Framework in order to feel confident in your understanding of this approach. You will be encouraged to recognize and acknowledge ways that systems and policy changes can play in establishing this way of working with families as "the new normal." Finally, you will create an action play to begin to intentionally integrate or continue to expand these ideas and strategies in your everyday work.
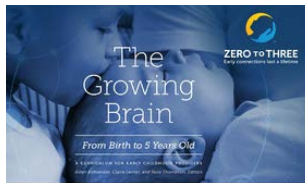**Format**: Virtual or In-Person (by request)
Time: 90-120 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed

Zero to Three's:
The Growing Brain

Full Description: The Growing Brain (TGB) uses evidence-informed strategies to prepare early childhood professionals and parents/caregivers in their important role in building healthy brains. The interactive curriculum supports early childhood professionals and parents/caregivers by building their knowledge of brain development (architecture and neurobiology) to inform their practice; supporting language, cognition, prosocial behavior, and social-emotional development; reducing toxic stress that can negatively influence brain development of very young children. The Growing Brain curriculum is its entirety is comprised of seven units, however each unit can be used independently from one another or combined to create a more comprehensive training. Topics include the following: basics about the brain development, factors affecting brain growth and development, and the impact of the brain's development on communication and language, cognition and executive function, social-emotional development, understanding behavior, everyday play. For more information visit: www.zerotothree.org

The Growing Brain Training Series (Full Series)
Description: How babies' brains grow in the context of relationships and learning about the foundations of brain development along with strategies to support its growth is one of the most important topics in early childhood development. This training series, adapted from Zero to Three's The Growing Brain curriculum will explore how the brain grows and develops from conception to 5 years of age and how you can support healthy brain development during these years when the brain is the most plastic, or receptive to change.This is a seven-session course.
Format: Virtual or In-Person (by request)
Time: 90 minutes per session for seven sessions
Adaptable: This training can be adapted to deliver the full course, or individual sessions per request.
Instructor: Patricia Eitemiller, M.Ed.

Individual Deeper Dive Sessions
Title: Blame it on the Brain: The Truth About Temperament
Description: As Early Childhood Professionals, you have likely been asked by parents and caregivers the meaning behind a child's behavior. We will use this session to dig deeper into how temperament traits play a part in a child (and adults) actions, behaviors, and interactions. We will look at the various factors that impact an individual's temperament and how we can support a parent or caregiver in understanding how temperament plays a role in a child's behavior. This training serves as a deeper dive into content introduced in Zero to Three's The Growing Brain curriculum. Participants are not required to have completed the entire Growing Brain Training series to

attend this training.
Format: Virtual or In-Person (by request)
Time: 90 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Title: Implementing the 5 R's of Healthy Brain Development
Description: Wonder how you can support healthy brain development? Join us to learn how to implement the 5R's of Healthy Brain Development: Relationships, Responsive Interactions, Respect, Routines, and Repetition. Participants will explore each component to understand how to implement strategies using the 5R's of Healthy Brain Development to support each family. This training serves as a deeper dive into content introduced in Zero to Three's The Growing Brain curriculum. Participants are not required to have completed the entire Growing Brain Training series to attend this training.
Format: Virtual or In-Person (by request)
Time: 90 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Zero to Three's:
The Growing Brain

Title: Understanding Social Emotional Development and How It Impacts Behavior

Description: Social emotional development has been a hot topic in the early childhood world for years now. During this training, participants will explore the effect of stress on social emotional development, understand how empathy develops in very young children, learn about basic brain anatomy and the connection between the various areas of the brain that influence children's behavior. Participants will also understand the root causes of challenging behavior and effective strategies for helping children with these difficulties. This training serves as a deeper dive into content introduced in Zero to Three's The Growing Brain curriculum. Participants are not required to have completed the entire Growing Brain series to attend this training.

Format: Virtual or In-Person (by request)

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Using the 6 C's to Support Everyday Play

Description: We know play encompasses all areas of a child's learning, but as coaches in early intervention do you struggle with how to explain WHY play is important in a child's learning to their caregivers?Participants will explore the six "C's" or core skills for supporting play and develop practical strategies they can use in their practice to support each family. This training serves as a deeper dive into content introduced in Zero to Three's The Growing Brain curriculum. Participants are not required to have completed the entire Growing Brain Training series to attend this training.

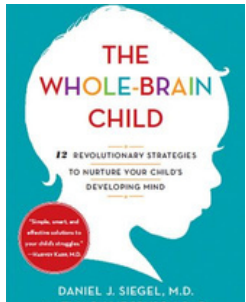**Format**: Virtual or In-Person (by request)

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

The Whole Brain Child

Full Description: Based on neuropsychiatrist and author Daniel J. Siegel, and parenting expert Tina Payne Bryson's book, The Whole Brain Child, participants will learn to demystify the meltdowns and aggravation, explaining the new science of how a child's brain is wired and how it matures. The "upstairs brain," which makes decisions and balances emotions, is under construction until the mid-twenties. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids can seem-and feel-so out of control. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth. Raise calmer, happier children using twelve key strategies, including: Name It to Tame It; Engage, Don't Enrage; Move It or Lose It; Let the Clouds of Emotion Roll By; SIFT; and Connect Through Conflict. Complete with clear explanations, age-appropriate strategies for dealing with day-to-day struggles, and illustrations that will help you explain these concepts to your child, this training teaches participants how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives. For more information please visit: drdansiegel.com/book/the-whole-brain-child/

The Whole-Brain Child
Description: During this training, participants will learn and practice the 12 strategies described in "The Whole-Brain Child" book by Daniel J. Siegel and Tina Payne Bryson. These strategies foster healthy brain development and focus on building connections between young children and adults to facilitate self-regulation and processing of emotional information among young children.
Format: Virtual or In-Person
Time: 4 sessions of 1.5 hours each
Adaptable: This training can be adapted to best suit the needs of the program.
Instructor: Rosario H. Paredes Carrion, Psy.D.

Positive Discipline

Full Description: Positive Discipline is a program developed by Dr. Jane Nelsen and based on the work of Alfred Adler and Rudolf Dreikurs and designed to teach young people to become responsible, respectful, and resourceful memberss of their communities. Positive Discipline teaches important social and life skills in a manner that is deeply deeply respectful and encouraging for both children and adults (including parents, teachers, childcare providers, youth workers, and others). Based on five criteria for effective discipline, positive discipline teaches adults to employ kindness and firmness at the same time and is neither punitive nor permissive. For more information, please visit: www.positivediscipline.com/

Introduction to Positive Discipline
Description: During this workshop, participants will learn the principles and philosophy behind "Positive Discipline" and will explore if this approach fits their goals to educate young children (birth to 5 years) Additionally, participants will practice specific strategies that facilitate positive interactions between young children and adults.
Format: In-Person
Time: 3 hours
Adaptable: This training can be adapted to best suit the needs of the program.
Instructor: Rosario H. Paredes Carrion, Psy.D.

Diversity & Inclusion

Full Description: Diversity, Equity, and Inclusion trainings and workshops allow the educators and early childhood professionals to examine their roles in providing educational programs that meet the diverse needs of all children in their classrooms. These workshops will also provide participants with the opportunity to gain a deeper understanding of what inclusion is and provide examples on how they can ensure that their classroom or program environment is inclusive of children of all abilities and their families.

Diversity: Early Childhood Educators Making It Happen

Description: During this training, Early Childhood Educators will learn what Diversity is according to National Association for the Education of Young Children (NAEYC). ECE will learn what their role is in the classroom, how to value diversity and all cultures, when to emphasize it during the school year, and positive approaches to helping children and others feel included. This training will be experiential and interactive.

Format: In-person or Virtual

Time: 2 hours

Adaptable: This training can be adapted to best suit the needs of the program.

Instructor: Pamela Little, M.A.

Inclusion: Early Childhood Educators Including the Entire Space

Description: This training focuses on Inclusion of children (birth to five) with disabilities in their care. According to the Virginia Guidelines for Early Childhood Inclusion and other NAEYC resources. Providers will learn what inclusion is, what the Virginia law says, the benefits of inclusion in the classroom, planning and implementation, and collaboration with families. Also, providers will learn through examples given and hands on activities how to adapt their classroom for inclusion.

Format: In-person

Time: 2 hours

Adaptable: This training can be adapted to best suit the needs of the program.

Instructor: Pamela Little, M.A

STREAMin³

Full Description: STREAMin³ is grounded in developmental and early education research. It focuses on 6 STREAM and 5 Core Skills to promote children's development and early learning. The curriculum provides a high-quality option for infant, toddler, preschool, and mixed-age classrooms. STREAMin³ includes training and professional professional development to support educators that choose to use the model in their programs. For educators, STREAMin³ supports intentionality across the day, integration of learning domains, as well as communication and collaboration. For children, STREAMin³ supports active engagement, curiosity and problem solving, and direct experiences. For families, STREAMin³ supports consistent and informative communication with teachers, as well as aligned resources. Please note that the following STREAMin³ offerings are always available. Additional trainings regarding specific components of the curriculum can be developed upon request and/or based upon identified need. For more information, please refer to: streamin3.org/

Introduction to STREAMin³
Description: This introductory session allows early childhood professionals new to the curriculum to dive into the STREAMin³ curriculum model, explore its structure and become familiar with the STREAMin³ lingo used throughout the curriculum. This course is recommended for family day home providers or childcare centers who desire to implement a curriculum into their program and/or switch from an existing one to STREAMin³.
Format: Virtual or In-Person (by request)
Time: 60-90 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Setting the Stage with STREAMin³
Description: In this session, participants will experience a day in the life inside a STREAMin³ classroom. Ways to set up learning spaces, arrange schedules to support responsive and engaging interactions throughout the day will be discussed. Participants will also learn about routines that support children's social-emotional and academic skills. This course is recommended after completion of the Introduction to STREAMin³ course.
Format: Virtual or In-Person (by request)
Time: 60-90 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Weekly Activities with STREAMin³
Description: In this session, participants will dive into the activities, stories, and games that they'll implement each week with STREAMin³. This course is recommended after completion of the Introduction to STREAMin³ and Setting the Stage courses.
Format: Virtual or In-Person (by request)
Time: 60-90 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Family Engagement with STREAMin³
Description: In this session, participants will explore the tools and resources STREAMin³ provides for engaging families in a collaborative and meaningful way. This course is recommended after completion of the Introduction to STREAMin³ and Setting the Stage courses.
Format: Virtual or In-Person (by request)
Time: 60-90 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Assessments with STREAMin³
Description: In this session, participants will explore STREAMin³'s comprehensive set of assessments including: formative assessments that teachers use to guide how to scaffold children during the day, implementation checklists that leaders and coaches use to provide feedback to teachers and progress monitoring assessments of the quality of teacher-child interactions and children's readiness skills. This course is recommended after completion of the Introduction to STREAMin³ and Setting the Stage courses.
Format: Virtual or In-Person (by request)
Time: 60-90 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Self Care & Wellness

Full Description: As Early Childhood professionals, being aware of our own self-care and wellness practices is just as important as continuing to advance our teaching and educational practices. Research indicates that those that engage in regular stress management and self-care routines are more productive in all aspects of their lives including teaching and caring for children. During these sessions, participants will examine stress, understand self-care and take-home strategies they can implement to engage in a better balance in their daily lives and routines.

Understanding Stress Prior to Developing a Self-Care Plan

Description: During this workshop, participants will learn about stress and its relationship to self-care. More specifically, participants will learn what stress is, what common sources of stress are, how stress impacts our bodies and minds, and how we can contribute to create and reduce stress. This workshop hopes to assist participants in recognizing their early signs of stress, as well as most common response(s) to stress as an initial step in developing an individualized self-care plan.
Format: Virtual or In-Person
Time: 2 hours
Adaptable: This training can be adapted to best suit the needs of the program.
Instructor: Rosario H. Paredes Carrion, Psy.D.

We Matter Too: Self Care Strategies for All Practitioners

Description: Living in a global pandemic has resulted in significant and additional stress on early interventionists, childcare providers, and classroom teachers. Recognizing that self-care is an essential part of your daily routine is pivotal as it contributes to positive physical, mental, and emotional health, and equips us to manage stress more effectively. During this session, participants will identify the positive effects of regular self-care, learn to identify their own individual triggers for stress, and explore various strategies to participate in self-care within and across all early childhood environments.
Format: Virtual or In-Person (by request)
Time: 90 minutes
Adaptable: No.
Instructor: Patricia Eitemiller, M.Ed.

Mindfulness & Nature Based Techniques: Let's Self Regulate Out the Gate!

Description: Early emotional regulation sets the foundation for learning. Mindfulness helps children gain control over social emotional behaviors. During this workshop, educators will learn how to integrate nature and the mindfulness tool to address impulsive behaviors and reduce emotional stress while improving self-regulation. The participants will gain knowledge on how tactile tools can support self-regulation, focus, and concentration. Additionally, the benefits of integrating the tool into their daily routine and the positive alternative to conventional discipline.
Format: Virtual or In-person
Time: 2 hours
Adaptable: This training can be adapted to best suit the needs of the program.
Instructor: Pamela Little, M.A.

Self Care & Wellness

Self Care & Wellness

Build A Rein Stick: Self-Care through Mindfulness and Art (Sensory based Self-Regulation)
Description: During this workshop, participants will learn what mindfulness and art process is. The benefits of integrating mindfulness and the art process to improve their emotional and mental wellbeing. The participants will have the opportunity to build their own Rein Stick using mixed art media and become familiar with how to use it. The Rein stick is a sensory based tool that supports self-regulation. The participants will learn the 7 foundational principals of mindfulness described by Jon Kabat-Zinn, Ph.D, the creator of Mindfulness Based Stress Reduction (MBSP). The participants will learn how using simple art images can support strategy to self-regulation. A small amount of information will be touched upon around the brain and the benefits of integrating mindfulness and the art process. This workshop hopes to provide simple techniques to motivate participants towards self-regulation daily.
Format: In-Person
Time: 3 hours
Adaptable: This training can be adapted to best suit the needs of the program.

SELF-REGULATE: Educators Did You Know?
Description: Hmmm, have you wondered how you can support powerful transformations in your classroom? In this training, educators will learn ow to provide many opportunities for children to learn how to self-regulate, leading to healthy attachment styles with peers and adults. Educators will learn 3 or more simple techniques on creating positive emotional pathways to self-regulation. Self-regulation supports executive function for higher learning skills. Using the positive discipline foundation to full classroom transformation.
Format: Virtual or In-person
Time: 2 hours
Adaptable: This training can be adapted to best suit the needs of the program.
Instructor: Pamela Little, M.A.

IT'S NOT ME, IT'S MY BRAIN: The Art of Reducing Classroom Disruption Through Sensory Integration
Description: Educators are you frustrated trying to teach your curriculum due to disruptive behaviors? Are you emotionally drained at the end of the day? I understand. Join us for 2 hours to learn 3 practical ways to connect with your children. 3 helpful tips and tools to support you in maintaining a high-quality lifestyle while teaching. Incorporate the new innovative sensory tools and techniques to help you reduces stress and impulsive urges while teaching.
Format: Virtual or In-Person
Time: 2 hours
Adaptable: This training can be adapted to best suit the needs of the program.
Instructor: Pamela Little, M.A.

New Provider Trainings

Full Description: Designed for individuals wishing to start their own business as an in-home family childcare provider; this series of trainings is required for all prospective child-care providers. Topics range from an in-depth look at what family childcare looks like as a profession, need to know policies and procedures, understanding childcare as a business, health and safety considerations, and emergency preparedness, basic child development and the use of a free curriculum (STREAMin3). Prospective childcare providers will also have the opportunity to learn about the various funding supports and Commonwealth of Virginia criteria that can help sustain and support their business. Individuals must contact the Early Childhood office to enroll.

Choosing Family Child Care as a Profession (Information Session)
Description: Interested in becoming an in-home family childcare provider with the City of Alexandria? Attend this information session to learn about the various types of childcare providers, the standards, regulations, and requirements, the steps to obtain a local agency approved permit, and all the information needed to submit your application. This session in mandatory for all prospective in-home family childcare providers and must be taken prior to any additional training modules to become a locally regulated provider.
Format: In-Person
Time: 90 minutes
Adaptable: No
Instructor: Natalia Spinner & Rosa Chavez

Family Child Care as a Profession (Module 1)
Description: The first in a series of modules required for new in-home family childcare providers following the completion of the information session, this module de-fines what family childcare and the role of a family child-care provider. The content also examines what it means to be a professional and begins to review the standards and regulations for family childcare providers. This course continues with some of the content introduced during the information session and allows participants to examine the professional aspects of becoming a family childcare provider.
Format: In-Person
Time: 90 minutes
Adaptable: No.
Instructor: Natalia Spinner & Rosa Chavez

Policies and Procedures (Module 2)
Description: Laying the foundation for setting up a family childcare business, this course digs into the policies and procedures for childcare providers. Content includes the reivew of capacity regulations, developing their own business policies, and understanding pre-service and ongoing training requirements are all covered in this course.
Format: In-Person
Time: 90 minutes
Adaptable: No
Instructor: Natalia Spinner & Rosa Chavez

Child Care as a Business (Module 3)
Description: This course allows participants to dive into the nitty gritty of running an in-home family childcare business. Content includes an in-depth look at the busi- ness requirements of running an in-home family childcare by examining how to develop a provider-parent contract, establishing fees, maintaini ng records and more. The course also covers strategies for setting up and marketing a small business, enrolling new families, and general appropriate business practices.
Format: In-Person
Time: 90 minutes
Adaptable: No
Instructor: Natalia Spinner & Rosa Chavez

Health and Safety (Module 4)
Description: Necessary for running an in-home childcare business, this course covers the general health and safety guidelines for a safe and healthy home. Topics range from food and nutrition, health and medical, hygiene, transport, and more.
Format: In-Person
Time: 90 minutes
Adaptable: No
Instructor: Natalia Spinner & Rosa Chavez

New Provider Trainings

Emergency Preparedness (Module 5)
Description: Knowing what to do in the event of an emergency is essential for all in-home childcare providers. This course will teach providers how to develop emergency response plans, discuss the frequency and components necessary for fire drills, explain the importance of designating a safe shelter in place location and provide an overview of routine inspections that will take to maintain the safety of their business. Lists regarding the essentials for an emergency supply kit will also be provided.
Format: In-Person
Time: 90 minutes
Adaptable: No
Instructor: Natalia Spinner & Rosa Chavez

Child Care as a Subsidy Provider (Module 6)
Description: For in-home childcare providers who wish to care for children and families who receive subsidy and/or public funding, this course will explain how one becomes a subsidy provider and the additional criteria that is necessary. Participants will learn the next steps from pre-service training to submitting an application and explore the Virginia Electronic Child Care and Vendor Portals.
Format: In-Person
Time: 90 minutes
Adaptable: No
Instructor: Natalia Spinner & Rosa Chavez

Early Learning Development Standards (ELDS)- Experiencing a Healthy Connection Between Provider and Child
Description: The ELD standards start with development at birth. During this workshop, providers will gain an understanding on the importance of the standards and the important aspects of their work with young children. Providers will gain insight into the growth of the brain from basic interactions with children, and how they contribute to quality childhood experiences through their connection. This workshop is experiential and hands-on activities through all 5 developmental areas. Providers will have the opportunity to participate.
Format: Virtual or In-person
Time: 2 hours
Adaptable: This training can be adapted to best suit the needs of the program.
Instructor: Pamela Little, M.A.

CLASS Primer for Teachers Online Course
Description: A CLASS® Primer for Teachers is an online course that introduces teachers to understanding why interactions matter, the purpose of the CLASS® Tool and CLASS® observations and introduces teachers to the frameworks for the selected age level. Learners in this course will complete teacher-focused content that promotes engagement and buy-in. The course introduces teachers to the CLASS Framework and encourages them them to reflect on their classroom practice. The flexible course structure allows teachers to focus on the domains and dimensions of the CLASS tool aligned to their own learning and professional goals. The course offers bite-sized learning opportunities, which can be accessed from any device, to support teachers in fitting professional development into their busy schedules. Coursework available in the following age levels: Infant/Toddler; Pre-K; and K-3.
Format: Virtual
Time: Three hours
Adaptable: No
Instructor: N/A

CPR & First Aid

Full Description: In order to become and maintain a license as an in-home family childcare provider, individuals must complete the Infant, Child, and Adult CPR and First Aid certifications and recertifiy annually for CPR and every two years for First Aid. Taught by a American Red Cross certified trainer, these courses are offered free of charge for City of Alexandria local agency regulated in home family childcare providers only.

Infant, Child & Adult CPR (Initial & Recertifcation)
Description: The Adult, Child and Baby First Aid/CPR/AED course equips students to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and babies. Led by a knowledgeable instructor, this in-person CPR courses combines lecture with hands-on skills sessions.
Format: In-Person
Time: 2 hours
Adaptable: No
Instructor: Susan Miller
*Must email Rosa Chavez at Rosa.Chavez@alexandriava.gov to enroll.

First Aid (Initial & Recertification)
Description: The First Aid Training course gives students the information and the skills they need to help adults and children during many emergency situations. By the end of the course, students are equiped to help those in crisis receive care until medical professionals arrive.
Format: In-Person
Time: 2 hours
Adaptable: No
Instructor: Susan Miller
*Must email Rosa Chavez at Rosa.Chavez@alexandriava.gov to enroll.

Training Request Form

Thank you for your interest in our trainings. In order to schedule a training, please complete the following request form. Once received our team will contact you shortly. If you prefer to complete this form online, please go to the following link: forms.gle/sGRUA9e9wx5t9tBu7

Contact Information

Name: _____

Email: _____

Phone: _____

Training Information

Name of Training Requesting: _____

Training Date (Month/Day/Year) First Choice: _____ Second Choice: _____

Length of Training (in hours): _____

Training Format: ☐ In-Person ☐ Virtual ☐ Hybrid (both virtual & in person)

If Training is to be held in person, please provide the location, including the full address: _____

Participants & Content

Anticipated number of participants: _____ Training is: ☐ Required ☐ Voluntary

Level of prior knowledge on this topic of the participants:

☐ Well-versed (would be a refresher)   ☐ No prior knowledge

☐ Some knowledge   ☐ Participants level of knowledge is mixed

Education Level of Participants:

☐ CDA   ☐ Associates Degree   ☐ Some College   ☐ Bachelors Degree

Any special needs (i.e. physical, sensory, language) of the participants: _____
_____

Is there a need for interpreters: ☐ Yes ☐ No

If so, what language(s): _____

Will you need the training adapted (if the description provides that option): _____

If so, please describe: _____
_____

What is/are the goal(s) of this training? For example, what should participants know and be able to do after the training?: _____
_____

Please return completed form to:
DCHS 4850 Mark Center Drive, 6th Floor, Alexandria, VA 22311 OR
EarlyChildhoodDevelopment@alexandriava.gov

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CONTACT US

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