

# Anita's Workshops

## Workshops for Child Care Staff and Parents Too!

By Anita Preble, M.S.

Telephone: (508)572-2977

On the Web: [anitasworkshops.com](http://anitasworkshops.com)

### **PROFESSIONAL DEVELOPMENT WORKSHOPS FOR STAFF AND PARENTS**

#### **Stress Management for adults and children**

- What causes stress in our lives?
- How does stress affect us physically, emotionally, behaviorally?
- How to cope with stress effectively and appropriately
- Practicing mental imagery, meditation and relaxation techniques
- Stress management for children

#### **Mental Health Issues in Children**

- Anxiety, Depression, Bipolar Disorder, ADHD
- What are the signs/symptoms?
- Dealing with the behaviors
- Talking to parents about the concerns

#### **Sensory Issues and ADHD**

- Identifying sensory issues
- Getting a child evaluated
- Working with parents and professionals
- Symptoms of ADHD and strategies

#### **Nutrition and Fitness in Children**

- Causes of childhood obesity
- Appropriate nutrition and imparting healthy eating to kids
- Creative ideas for picky eaters
- Encouraging and incorporating fitness in the daily schedule

#### **Toddler Biting and other behaviors**

- Developmental issues
- Reasons for biting
- Appropriate responses
- Tantrums – how to cope
- Sensory issues related to behavior

#### **Self-esteem and Resiliency**

- What is "self-esteem"?
- Empathy and conflict resolution
- Self-confidence and motivation
- Promoting optimism and resiliency

#### **Setting Limits and Consequences**

- Natural vs. Logical consequences
- Understanding why kids act out
- Teaching kids responsibility & empathy
- Developing follow-through
- Using positive discipline in the classroom

#### **Special Needs – Red Flags for early childhood**

- Categories of impairment
- Noticing the red flags – what to look for
- Evaluation for concerns – where to go when
- Talking to parents about your concerns
- Differences between IEP and 504 Plan

#### **Autism, Asperger's and P.D.D.**

- Warning signs, symptoms, age of onset
- Causes and predispositions
- Behavioral issues and strategies

### **TRAINING FOR CHILD CARE PROFESSIONALS ONLY**

#### **\*\*Tools for Calming Children**

- Handling tantrums and outbursts

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- Understanding why these outbursts occur
- Teaching children skills for self-soothing
- Teaching anger management/stress management skills

### Child Abuse and Neglect

- Signs of abuse/neglect
- Domestic Violence
- Filing 51 A's - when & how
- What happens next at DCF?
- Interviewing children
- Support in the classroom

### Domestic Violence –affects on young children

- Power and Control
- How to talk to children/parents about it
- Legal aspects and Restraining orders
- Involving Dept of Children & Families
- Support in the classroom

### \*\*Strengthening Families

- Getting families involved in your program
- Helping with parenting skills
- Preventing child abuse through education and engagement
- Ideas for activities to promote literacy and social and emotional development

### \*\*Social and emotional learning in young children

- The importance of teaching social skills
- Connection between SEL and academic skills
- Incorporating SEL into current curriculum
- Ideas for activities for social and emotional development

**Workshop length = 2 hours      Cost = \$200 per workshop**

**(includes Handouts & Certificates)**

References available from: Compass for kids, Kindercare Learning centers, Mulberry Child Care, Clarendon Family Child care, Sunny Bear Academy, Child Care Circuit, Child Care Resources, Parenting Resources, Knowledge Beginnings, Washington Street Daycare, Quincy School Age program, Terri's Little Pumpkins, and others