



Professional Development

April 2010

Through

September 2010

Registration Information

Mail the registration form along with your check. Registration will no longer be accepted by telephone. There will be no confirmation sent. No more than three staff members per child care site may register for any one workshop.

Check will be returned if the class is full. ***Fees are not refundable***; credit will be applied if The Children's Home Society of NJ cancels a class.

Cancellation

Workshops can be cancelled due to low enrollment, bad weather or an instructor emergency. If a class is cancelled you will be notified by telephone and given the opportunity to choose an alternate workshop.

Workshop Attendance

Workshop sign in will begin 15 minutes prior to the starting time. All attendees are asked to arrive early so there will be no disruption during the workshop and all participants can benefit from the full training. **There will be no certificates or refunds for those arriving more than 15 minutes late to class or for those who need to leave early.**

Certificates

Certificates of attendance will be given at the end of each workshop. They will include the title and hours of training. These workshops may be used to meet the in-service training requirements for family child care providers and the Office of Licensing requirements for staff development for child care center and school age child care personnel. (CEUs) We are also registered with the ***Professional Development Provider Registration System*** to meet the professional hours needed for public school teachers. Provider ID#1651.

If you have any questions, please call: 732-557-9633 x105

Email: bschoen@chsofnj.org

Workshops

Yoga for Children Monday, April 12, 2010 Time:6:30-8:30p Presenter: Michelle Keenan	CDA Content Area:2
Yoga for children is a natural way to exercise, relax, focus and be mentally alert. Taking 5 or 10 minutes out of the day to share easy exercises with the students require no special equipment. Techniques will be demonstrated and attendees will participate. Wear comfortable clothing. Class limited to 25 participants.	

Social/ Emotional Development Thursday, May 20, 2010 Time: 6:30-8:30p Presenter: Winnie Coleman	CDA Content Area: 3
This workshop will explore the social and emotional milestones of children. Emotion and behavior are based on the child's developmental stage and temperament. Some children may be cheerful and adaptable and easily develop regular routines responding positively to new situations; while others are not very adaptable and may have great irregularities in their routine and respond negatively to new situations, while others are in between.	

Nutrition for Children: It's A Family Affair Tuesday, June 8, 2010 Time: 6:30p-8:30p Presenter: Joanne Kinsey	CDA Content Area:1
Children learn about food and nutrition in the classroom environment from just about every angle, including math, science, social studies, art and physical education. Families & caregivers can improve the quality of nutritional foods & snacks presented to children. Proper nutrition in childhood can reinforce lifelong eating habits that contribute to children's overall well being.	

Emotional Disorders Thursday, September 30, 2010 Time: 6:30p-8:30p Presenter: Winnie Coleman	CDA Content Area:3
The number of young people and their families who are affected by mental, emotional and behavioral disorders are significant. Disorders in children can be caused by biological factors such as genetics, chemical imbalances, and damage to the central nervous system. Environmental factors include exposure to violence, extreme stress, and the loss of an important person. Attend this workshop to find resources that work and can help meet the needs of young people and their families.	

****Directors' Trainings****

Self Esteem 101 Friday, May 7, 2010 Time: 9:30-11:30a Presenter: Arline Oberst	CDA Content Area:3
The building of a high self-esteem is a continuing process, not something that can be developed overnight. From my experience of working with hundreds of people, every person has the capacity for a high self-esteem. The only question is, are you ready to make the commitment necessary to increase your self-esteem? If your answer is yes, we'll explore the 12 steps to get you started.	

Self Esteem 102 Monday, May 10, 2010 Time: 9:30-11:30a Presenter: Arline Oberst	CDA Content Area:3
Self esteem increases your confidence as a Director. If you have confidence you will respect yourself and then you can respect others, especially your center staff, and the parents you serve. This will improve your relationship with staff and parents. It will make everyone around you much happier...this is not a selfish goal as you will contribute more and share yourself more with the world and those close to you.	

Please note: Workshops will be held at: 1433 Hooper Avenue, 3rd Floor, North Wing, Toms River. Please arrive 15 minutes prior to the start of the workshop and note the day and time each workshop begins and ends.

Classes are limited to 30 attendees so sign up early for the classes you are interested in.

Registration Form

(Make additional copies as needed)

Please indicate which workshop (s) you will be attending

Workshop FEES are **\$10.00** Unless Otherwise Noted

- Yoga for Children, Monday, April 12, 2010, 6:30p-8:30p*
- Social/ Emotional Development, Thursday, May 20, 2010, 6:30-8:30p*
- Nutrition for Children: It's a Family Affair, Tuesday, June 8, 2010, 6:30p- 8:30p*
- Emotional Disorders, Thursday, September 30, 2010, 6:30-8:30p*

Directors' Trainings

- Self-Esteem 101, Friday, May 7, 2010, 9:30a-11:30a*
- Self-Esteem 102, Monday, May 10, 2010, 9:30a-11:30a*

First Aid and CPR may be offered in separate flyers.....

Total Workshop Fee (s) \$ _____

Classes will be held at our Toms River office unless otherwise noted. Please mail your registration form along with your check made out to: The Children's Home Society of NJ (CHS of NJ), 1433 Hooper Avenue, Suite 340, Toms River, NJ 08753. Classes fill quickly, and waiting lists will be maintained. (Telephone registration will no longer be accepted.) **No more than three staff members per child care site** may register for any one workshop. Registration forms received do not guarantee class acceptance. For further assistance call 732-557-9633 x105, or email: bschoen@chsofnj.org

Name: _____

Please check one box: Center Family Child Care Other

Center Name: _____

Contact Phone #: _____ (work or home)

Attention: Barbara

*Professional
Development
Calendar
April 2010- September 2010*



**The
Children's
Home Society**

OFFICE NEW JERSEY

1433 Hooper Avenue, Suite 340

Toms River, NJ 08753

732-557-9633

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