



First Steps Infant/Toddler Initiative Workshops Winter/Spring 2019

*****Please note: These workshops will include current trends from the Program for Infants & Toddler Care approach.** The Program for Infant/Toddler Care seeks to ensure that America's infants get a safe, healthy, emotionally secure and intellectually rich start in life. The goal of PITC is to help infant/toddler care teachers recognize the crucial importance of giving tender, loving care and assisting in the infants' intellectual development through an attentive reading of each child's cues.***

Thursday, January 17, 2019	6:00 – 8:00 PM	Event #111879
The Importance of Primary Care		Karen Fisher
Through primary care, the teacher, child, and the child's family begin to develop the bonds of comfort, familiarity, trust, and love. The workshop focuses on the importance of a primary care system for giving infants and toddlers in child care the personal relationships and responsive care they need to thrive.		

Tuesday, January 29, 2019	6:00 – 8:00 PM	Event #116457
Perinatal Mood Disorder/ CMV Virus		Allison Goldschlag Reinking & Pat Vena, CJFHC
2 topics-1 workshop!		

About 1 in 7 women will experience perinatal mood disorders while pregnant, and up to a year after having a baby, miscarriage or stillbirth. Maternal depression/anxiety/other mood disorders impact the whole family. You will learn about risk factors, strategies for communicating and referrals.

Cytomegalovirus or CMV is the most common viral infection and the leading cause of non-genetic hearing loss in infants in the United States. CMV is prevalent & the awareness is low, only 9% of women understand this infection. We will learn about the virus, understand their risk in working with young infants and toddlers & learn ways to better serve children with CMV and how to prevent transmission.

Early Learning Standards Series

We will begin this series with an introduction of the Standards and how they align to early childhood curriculums. Then, we will discuss the optimum way to use this tool in your daily classroom environment. Each participant will be given a book to keep at the end of this series-on a first come, first serve basis.

Tuesday, February 5, 2019	6:00 – 8:00 PM	Event #111209
Overview		Karen Fisher

Thursday, February 7, 2019	6:00 – 8:00 PM	Event #111211
Social/Emotional Development		Karen Fisher

Wednesday, February 13, 2019	6:00 – 8:00 PM	Event #111212
Language Development		Karen Fisher

Thursday, February 21, 2019	6:00 – 8:00 PM	Event #111213
Cognitive Development		Karen Fisher

Tuesday, February 26, 2019	6:00 – 8:00 PM	Event #111214
Physical Development		Karen Fisher



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Thursday, February 28, 2019	6:00 – 8:00 PM	Event #111880
Together in Care: Small Groups		Karen Fisher
<p>In this workshop, we will discuss how small group care supports the development of trusting relationships between infants and adult caregivers. We will identify ways in which small group size can be achieved and intimacy can be increased. Also, we should be able to describe the elements of quality group care for infants and toddlers.</p>		

Wednesday, March 6, 2019	6:00 – 8:00 PM	Event #116458
Making the Most of Scheduling and Routines		Karen Fisher
<p>As we know, young children rely on adults to provide them with all their primary needs. However; caregivers should understand the value of scheduling and routines. We will discuss ways to gain the most out of your day and create valuable time for discovery and independent learning for your little ones.</p>		

Thursday, March 7, 2019	6:00 – 8:00 PM	Event #111881
Amazing Brains		Karen Fisher
<p>This workshop will explore the fascinating area of infant/toddler brain development. You will truly be and amazed at all the information which is gathered and processed in a little one! You may gain knowledge and understanding while incorporating new ideas into you classroom.</p>		

Wednesday, March 13, 2019	6:00 – 8:00 PM	Event #111882
Space to Grow		Karen Fisher
<p>The ideal setting for an infant or a toddler is one that supports the security, caring and predictability that comes from intimate relationships. In child care, these relationships are profoundly influenced by the environment in which they develop. This workshop will show ways to set the tone for a safe and inviting world for youngsters to explore.</p>		

Thursday, March 14, 2019	6:00 – 8:00 PM	TBA
Nutrition News for Little Ones		Judi Connor, BSN, RN, CCHC
<p>Good nutrition is one of the keys to developing strong bodies and minds, ready and willing to learn and explore. We will discuss your role in preventing childhood obesity by serving healthy foods and beverages and creating a positive environment where children are excited about trying new foods and staying healthy. Our final topic will be infant nutrition and the importance of providing nursing mothers a warm and inviting area in which to nurse their child.</p>		

*** **Registration for this workshop must be done through the Central Jersey Family Health Consortium on NJCCIS.** ***



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Wednesday, April 17, 2019

6:00 – 8:00 PM

Event #116464

Observing and Recording Infant/Toddler Behavior

Karen Fisher

Our workshop will cover the intrinsic value of observation during infant & toddler care. We will begin to explore the importance of observation and child development. Then, we will begin to learn the basic guidelines for writing an observation and perhaps write a practice observation.

Tuesday, April 30, 2019

6:00 – 8:00 PM

Event #11645

Intro to Infant/Toddler Mental Health

Karen Fisher

We will delve into the nature of human attachment in infants and young children. We explore their needs of safety, security and consistency of care. Then, our focus will shift to the basics of early identification and treatment of developmental and emotional difficulties. In addition, we will touch upon the process of reflection so we can better understand ourselves and the families we serve.

Wednesday, May 1, 2019

6:00 – 8:00 PM

Event #111216

Responding to Families: Becoming More Culturally Sensitive

Karen Fisher

This training provides up-to-date information and perspectives on the influence of culture and language on children's development. It offers practical ideas on how to create collaborative relationships with families from diverse cultural backgrounds and connections between the home and early care setting.