



TEN NEW HOURS!!!

Pre-registration is required!

Call 479-474-5286 no later than one week prior to classes in which you wish to enroll.

Location: Extension Office at 105 Pointer Trail West, Van Buren

2009 SCHEDULE

SATURDAY, JANUARY 10, 1:00 TO 4:00 P.M.

- 1. Terrible or Terrific** - Young children face many obstacles in the first few years of life. Children are faced with fears, anxiety, biting, and temper tantrums. In this lesson, you will learn how to handle and help children deal with the obstacles that face them on a day-to-day basis.
- 2. Strong Bones Start in Childhood** – Teach children to enjoy calcium-rich foods and you will affect their bone health for a lifetime. In this lesson, you'll learn the importance of choosing calcium-rich foods, such as dairy. Also take home activities and recipes that will help the children in your care love the foods that build their bones!
- 3. Thrive by Five: Teaching Preschoolers about Money** – Children see adults using money and buying things from a very early age. Early childhood educators can help preschoolers learn about money with this lesson based on the Credit Union National Association's Thrive by Five program. You'll learn tips and activities for teaching preschoolers about money and what a five-year-old should know about money.

SATURDAY, FEBRUARY 21, 1:00 to 4:00 P.M.

- 4. What's in Your Classroom: Children's Environmental Health** – Each day, children may be exposed to a variety of environmental hazards. These hazards can have harmful effects on children's health and behavior. Learn about the risks of lead, asbestos and mold, and what you can do to protect children from these harmful hazards.
- 5. Apple Juice or Air Freshener: Can Children Tell the Difference?** – Young children are curious and love to explore. They often confuse medicines, cleaning products and/or personal grooming supplies as something yummy to eat or drink. In this lesson, you'll learn some life-saving tips that will help prevent a poison emergency.

6. Something Better than Fighting: Finding Solutions Together – Conflict is going to happen. Even though we try to get along, we find ourselves at odds with other early childhood professionals, with parents, and even with the children at times. Is there a way to solve problems without causing bad feelings? This lesson teaches methods of peaceful problem-solving and cooperation. We can even help children learn how to get along.

SATURDAY, MARCH 28, 1:00 TO 5:00 P.M.

7. The Amazing Journey of Toddler Development – Toddlers are at a very special time in their life. The period from 18 to 36 months is full of exploring, questioning, discovery, and determination to find meaning in events, objects, and words. This lesson will show you what toddlers learn through play, observation, and exploration.

8. Happiness Within Reach – Life can be difficult, regardless of your age. But the field of positive psychology has identified six skills that can help us live productive and happy lives. This lesson will describe these six skills and show how you can use them personally and with children.

9. Because I Saw it on TV: Food Marketing and Eating Behaviors – Why do we like certain foods? Do children know how much to eat? Are our food preferences controlled by our biology or commercials? In this lesson, you'll explore the psychology behind eating and how children are affected by food marketing.

10. Early Childhood Goes Green – Early childhood professionals can help to improve their program and the environment. In this lesson you'll discover ideas for going green in your early childhood program and activities to help teach children about taking care of the world in which they live. Small changes we can make now make big improvements on our environment in the future.

The Best Care provides verified training through the Arkansas Early Childhood Professional Development System.