



Classes

Published for members and friends of RMH Childcare Connection

First Aid/CPR Certification

First Aid Certification - Infant, Child & Adult.

Two year certification. Registration and payment must be received before class. Cost: \$35.

- ◆ **Harrisonburg:** RMH Atrium, 9 am - 12 noon
 - Saturday, Jan. 7
 - Saturday, Feb. 11
 - Saturday, Mar. 10
 - Saturday, Apr. 7
 - Saturday, May 5
 - Saturday, Jun. 30
- ◆ **Stanley:** Virginia Cooperative Extension, 5:30 - 9:30 pm
 - Thursday, March 29 *
 - Tuesday, May 29

* Snow make-up date for Page County will be **Wednesday, April 4** at Virginia Cooperative Extension.

CPR Certification- Infant, Child & Adult. Two year certification. Registration and payment must be received before class. Cost: \$35.

- ◆ **Harrisonburg:** RMH Atrium, 1 - 5 pm
 - Saturday, Jan. 7
 - Saturday, Feb. 11
 - Saturday, Mar. 10
 - Saturday, Apr. 7
 - Saturday, May 5
 - Saturday, Jun. 30
- ◆ **Stanley:** Virginia Cooperative Extension, 5:30 - 9:30 pm
 - Tuesday, Feb. 21 *
 - Tuesday, May 15

* Snow make-up date for Page County will be **Tuesday, March 6** at Virginia Cooperative Extension.

Weather-related cancellations will be announced by a message on the RMH Childcare Connection voicemail.

Please call the Harrisonburg office at 1-800-377-4453 or the Northern Office at 1-866-599-1273 for information on cancellations.

Beyond Baby Fat/ Environmental Experiences

Beyond Baby Fat: This morning session will cover childhood obesity, including health/emotional risks/consequences. Also covered will be causes of obesity, snack, and meal-planning, and the providers role in helping keep our children healthy.

Environmental Experiences: The afternoon session will bring the outdoors into your classroom! Use the Project Learning Tree curriculum to teach childcare providers how to incorporate nature and children's senses in the outdoors. The curriculum involves songs, crafts, and children's literature. Each daycare will receive a Project Learning Tree book.

Trainers : Brittany Wilkins and Karen Ridings

COST: \$10 for class materials (will be collected before class)

- ◆ **Winchester, Va**
Valley Health Systems Support Bldg,
Winchester Medical Center Campus
Saturday, January 14
Registration: 8:30 am 9:00 am—3:00 pm
There will be a one-hour break for lunch

Snow make-up date will be January 28

Child Abuse and Neglect

Spotting Child Abuse and Neglect/Mandated Reporting:

Beth Lawler from Child Protective Services will be speaking on the signs and symptoms of child abuse and neglect. She will also be discussing the providers role as a mandated reporter.

- ◆ **Harrisonburg: Thursday, March 15, 6-8, Atrium**

Advanced registration required for ALL

Childcare Connection is funded by RMH Healthcare in partnership with Valley agencies.

Harrisonburg Office

411 Stone Spring Road, Harrisonburg
Phone: (540) 433-4531 or (800) 377-4453
Monday - Thursday, 9 am to 4 pm; closed Friday.

Northern Office

294 East Main Street, PO Box 12, Stanley
Phone: (540) 778-4600 or (866) 599-1273
M, T, Th, 9 am to 3 pm; closed Wednesday & Friday.

Childcare Connection

Playing is Learning

This workshop will show different types of play and how it's applicable to the milestones of learning via cognitively, socially or emotionally.

Clear Brook: Thursday, March 22 6:00—8:00 pm

Classroom Design

Learn the elements to good early childhood classroom design. Participants need to bring a drawing of their classroom floor plan.

Front Royal: Thursday, May 24 6:30—8:30 pm
Elizabeth B. Sherman

Stages and Behaviors

Child Development Stages and Behaviors: Learn appropriate stages of development for children as well the correct expectations. We will also talk about reducing undesirable behaviors.

Stanley: Thursday, April 26 6:30-8:30 pm
Virginia Cooperative Extension

Early Childhood Leadership Summit

Tuesday, March 13
8:00am to 2:00 pm

Register at
www.valleysmartbeginnings.org

Online Training

At last! Quality online child care trainings for your convenience. You can participate in training when you want it, without leaving the comfort of your own home. You can take a class whenever you wish and complete it at your own pace. Our courses are designed to provide quality, accessible, educational opportunities for child care professionals pursuing a [CDA credential](#), [CDA renewal](#), or completing annual training hours. RMH Childcare Connection and Virginia Child Care are committed to helping you meet your professional development needs through convenient online classes available 24 hours a day, 365 days a year.

Type in

www.smarthorizons.org/naccrra/vccr/

Let's Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Combining comprehensive strategies with common sense, *Let's Move!* is about putting children on the path to a healthy future during their earliest months and years.

When you sign up for the Let's Move! Child Care initiative, we'll show you how to implement key nutritional and physical activities.

Free online trainings

www.healthykidshealthyfuture.org,

Focus on the Child:

Celebrating Teaching

Saturday, March 24, 2011

James Madison University CISAT Building
9:30 am - 2:00 pm

Look for more information soon!
Call HealthSource at 564-7200 to register.

Childcare Connection

Boot Camp

This class is a basic introduction to early childhood classroom practices for new child care center staff. Topics covered will include brain development, classroom routines, setting up the classroom for safe care, transitions, planning activities, and working with children in the classroom. This class is an introductory-level workshop and is not intended for experienced center staff. Light snacks and water will be provided – bring your own coffee! FREE

Saturdays:

- ◆ **Generations Crossing- Feb. 25 8:30 -12:30 pm**
- ◆ **Busy Beez Daycare- April 21 9:00 —1:00 pm**
- ◆ **Generations Crossing- May 12 8:30—12:30 pm**

Communication Skills

Learn verbal and non-verbal communication skills through hands-on activities. Discuss how undesirable behaviors may be the result of poor communication skills. Learn tips and techniques to improve communications skills.

- ◆ **Stanley: Thursday, Feb 23 6:30-8:30 pm**
Va Cooperative Extension (snow date March 1)
- ◆ **Front Royal: Thursday, March 8 6:30-8:30 pm**
Angels Corner #2 (snow date March 15)

Directors' Roundtables

QRIS—Why it is important and how it affects your program. Join other area directors for a discussion about Virginia's Star Quality Rating Improvement System. Local master rater and mentor Cheryl Burke will answer all of your questions and explain local funds to make this happen. FREE

- ◆ **Winchester: Thursday, April 5 6:30-8:30 pm**
Winchester Medical Systems Support Bldg
- ◆ **Harrisonburg: Thursday, April 26 6:30 - 8:30 pm**
RMH Atrium

Special Needs

Inclusion of Special Needs Children: This workshop will help providers learn the most successful ways to include children with special needs into their classroom.

- ◆ **Harrisonburg: Thursday, May 16 6:30-8:30 pm**
RMH Atrium

Daily Health Observations

Daily Health Observation and Medication Administration. Introduction to the signs and symptoms of common childhood illnesses. This class meets Virginia licensing standards for conducting daily health checks and includes an overview of medication administration. This class does **not** fulfill the training requirement for administering medications in a child day program. Cost: \$20.

- ◆ **Harrisonburg: RMH Atrium 7-9 pm**
Monday, February 13
Monday, May 14

Garden Chef

Discover the Secrets of the Garden Chef: Meet the garden assistants Buzzy Bee and Wiggly Worm and learn the role of each in building a bountiful garden. Discover the secret of the Garden Chef's prize-winning healthy vegetables. Attend this workshop to learn how to integrate science, language arts, and health into your day. Cost: FREE

- ◆ **Harrisonburg: Thursday, February 2,**
6:30-8:30 pm (snow date Feb 9) RMH Atrium

Business

Taxes and Budgeting for Child Care Providers.

This workshop will focus on setting up budgets, doing taxes, business use of your home, and setting appropriate fees for your daycare/center Cost: Free

- ◆ **Harrisonburg: Wednesday, Feb 22,**
6:00-8:00 pm
Harrisonburg Cooperative Extension Office

Healthy Kids=Healthy Future

Learn how to select and serve snacks and meals that will improve children's daily intake of nutritious foods. Also, learn how healthy kids will lead to a healthy future.

- ◆ **Front Royal: Monday February 6**
(Feb 13 snow date) 6:30-8:30 pm
Warren County Govt Center Board Room

Advanced registration required for ALL classes.

To register, please call RMH Healthsource at 564-7200 or 855-564-7200.

Childcare Connection

HANDS scholarships being offered in Front Royal

HANDS (Helping and Nurturing Developmental Stages) was originally developed in 1998 by the Virginia Department of Social Services, division of Licensing Programs. The program has been modified and updated to reflect current research and best practice. HANDS is a structured educational program that provides 120 hours of instruction scheduled over thirteen months and 16 hours of required conferences and/or workshops. Upon completion participants will receive 12 Continuing Education Units (CEUs) from JMU and will have completed all the course work necessary to apply for the Child Development Associate (CDA), Informational meetings will be held:

The next class will begin in March in Front Royal. Due to a partnership with DSS, the cost of this class is only \$200.

Parenting Education and Support (PEAS)

Twelve-week sessions begin:

- ◆ **Harrisonburg: January 10, 2012**
- ◆ **Page County: February 27, 2012**

These FREE classes are offered for expectant parents, parents of infants and toddlers, parents of children ages 2 - 11, and parents of teenagers. **Child care and dinner are provided for all classes.**

Please call 433-4531 or 778-4600 for more information.

Winter/Spring 2012 Calendar

January

- 7 CPR/1st Aid - RMH Atrium
- 10 PEAS - Harrisonburg
- 14 Beyond Baby Fat/Environmental Experience—Winchester

February

- 2 Secrets of the Garden Chef-RMH Atrium
- 6 Healthy Kids=Healthy Future- Front Royal
- 11 CPR/First Aid—RMH Atrium
- 13 Daily Health Observation—RMH Atrium
- 21 CPR - Stanley
- 22 Taxes and Budgeting for Child Care Providers-RMH Atrium
- 23 Communication Skills and Behaviors— Stanley
- 25 Boot Camp- Generations Crossing, Harrisonburg
- 27 PEAS—Page County

March

- 8 Communication Skills—Front Royal
- 10 CPR/First Aid—RMH Atrium
- 15 Spotting Child Abuse & Neglect- RMH Atrium
- 22 Playing is Learning—Clear Brook
- 24 Celebrating Teaching—Harrisonburg
- 29 First Aid—Stanley

April

- 5 Director's Roundtable -Winchester
- 7 CPR/1st Aid - RMH Atrium
- 10 PEAS—Harrisonburg
- 21 Boot Camp—Clear Brook
- 26 QRIS Director's Roundtable—RMH Atrium
- 26 Child Development Stages & Behaviors—Stanley

May

- 5 Beyond Baby Fat—Mt Jackson
- 6 CPR/First Aid-RMH Atrium
- 12 Boot Camp—Generations Crossing
- 14 Daily Health Observations—RMH Atrium
- 15 CPR—Stanley
- 16 Inclusion of Special Needs Children—RMH Atrium
- 15 CPR-Stanley
- 24 Classroom Design—Front Royal
- 29 First Aid—Stanley