



Parent Classes January – April 2010

Toilet Learning

CDA 3 or 8

How can we tell when our little ones are ready to make this important step in their development and what is the best way to go about it? Participants will learn current thinking on the issue, ways to support and enhance development, and problem solving for issues such as fear and reluctance.

Instructor: Mary Johansen

Time: **Monday, January 4, 6:30-8:30 p.m.**

Fee: \$20.00, 2 in-service hours

Location: Resources for Child Caring, St. Paul

Instructor: Mary Johansen

Time: **Wednesday, March 24, 6:30-8:30 p.m.**

Fee: \$20.00, 2 in-service hours

Location: RCC WEST – Hennepin Square, Minneapolis

Toddler Biting

CDA 3

Are you frustrated by the frequency of children biting in your care? Come learn why toddlers are so quick to bite and learn some techniques for intervening and preventing toddler biting.

Instructor: Judy Davis

Time: **Monday, February 8, 6:30–8:30 p.m.**

Fee: \$20.00, 2 in-service hours

Location: RCC WEST- Hennepin Square, Minneapolis

Instructor: Judy Davis

Time: **Monday, April 26, 6:30–8:30 p.m.**

Fee: \$20.00, 2 in-service hours

Location: Location: Resources for Child Caring, St. Paul

Enhancing our Children’s Self Esteem

CDA 3

What is self-esteem and how do we as caregivers affect children’s self-esteem. Learn various ways to enhance and strengthen the self-esteem of the children in your care. We will also learn self-concept do’s and don’ts.

Instructor: Julie Koritz

Time: **Wednesday, March 17, 6:30–8:30 p.m.**

Fee: \$20.00, 2 in-service hours

Location: RCC WEST – Hennepin Square, Minneapolis



Starting Smart: How Early Experiences Influence Brain Development

CDA 8

Everyone is concerned about children starting school ready to learn, you have seen a lot of information in the news about the importance of early brain development. In this workshop participants will learn how relationships, play, and other experiences help support and create brain growth and later school success!

Instructor: Kristen Wheeler

Time: Thursday, March 25, 6:30–8:30 p.m.

Fee: \$20.00, 2 in-service hours

Location: RCC WEST- Hennepin Square, Minneapolis

Music and Movement Activities for Young Children NEW

CDA 2

Music naturally delights and interests young children, just like it delights and interests you. Brain research has found that music and movement develops both sides of the brain. In addition, music and movement contribute to a child's social and emotional, physical, cognitive, and language development. During this class, we will embark upon a journey to explore the importance of music and movement and how to nurture these concepts at a young age. Come and discover how to incorporate music and movement into your daily program! Describe how music and movement promotes children's development, learn how children engage in music and movement activities and identify strategies for introducing songs to children.

Instructor: Bev Herr

Time: Wednesday, January 13, 7:00–9:00 p.m.

Fee: \$20.00, 2 in-service hours

Location: Oakdale Discovery Center, Oakdale

What's in a Picture Book? You Be the Judge!

CDA 2

Just what makes a picture book a great picture book? Expand your critical skills and learn how to judge the quality and appropriateness of a book for yourself, based on criteria of critics and award judges. Find out what not to read to children, also. Workshop includes presentation of good new books, small group activity, and children's book drawing. Bring your favorite books to share.

Instructor: Shelly Butler

Time: Thursday, January 21, 6:30–8:30 p.m.

Fee: \$20.00, 2 in-service hours

Location: RCC WEST – Hennepin Square, Minneapolis

Homemade Toys for Infant and Toddlers

CDA 2

Have you ever given a young child an expensive present only to find that they are more interested in the box? In this class, we'll demonstrate how to make toys for infants and toddlers that are developmentally appropriate, easy to make, inexpensive, and delightful for the children in your care. You'll make a toy to take home, and get ideas for lots more. Please bring scissors and glue or a glue stick to this class

Instructor: Kathy Lee

Time: Tuesday, January 26, 6:30–9:30 p.m.

Fee: \$30.00, 3 in-service hours

Location: Resources for Child Caring, St. Paul

Counting on Math

CDA 2

This class is filled with age appropriate ideas and activities for teaching the beginning math concepts children need to know: counting, matching, sorting, graphing, patterning, estimating and more. If you are a self-proclaimed math phobic or math hater, this is the class for you!

Instructor: Bev Herr

Time: Wednesday, January 27, 7:00–9:00 p.m.

Fee: \$20.00, 2 in-service hours

Location: RCC WEST-Hennepin Square, Minneapolis

Autism Spectrum Disorders Overview for Caregivers and Other Loved Ones

CDA 8

Do you have questions about a little one in your care? What is **Asperger's** Syndrome? What does it mean to be "on the spectrum?" This class is an introduction to the diagnosis of Asperger's Syndrome, in the Autism Spectrum Disorders Family. Learn what questions to ask yourself if you suspect a child you love may have this, where to go for resources and how to plan for their successful future! Come and listen, learn and be engaged!

Instructor: Stacey Kerkow-Dohmen

Time: Monday, March 1, 6:30–8:30 p.m.

Fee: \$20.00, 2 in-service hours

Location: Savage City Hall, Savage

No More Time-Outs

CDA 3

Toddlers are too young to understand the concept of time-outs. Cause and effect is something toddlers have yet to grasp. In this interesting seminar, we will discuss developmentally appropriate discipline tactics for toddlers.

Instructor: Judy Davis

Time: Monday, January 4, 6:30–8:30 p.m.

Fee: \$20.00, 2 in-service hours

Location: Minnetonka Community Center, Minnetonka

Instructor: Judy Davis

Time: Monday, January 11, 6:30–8:30 p.m.

Fee: \$20.00, 2 in-service hours

Location: Resources for Child Caring, St. Paul

Positive Discipline for Pre-schools

CDA 3

We hug them, laugh with them and brag about them and yet when it comes to disciplining them, we sometimes are hesitant or uncertain what to do. How do you begin to teach boundaries to a six-month old? What type of discipline works best with a two-year old? What do you do with a defiant four-year old? This class will discuss practical solutions and ways to use positive discipline with your pre-schooler.

Instructor: Joyce Flynn

Time: Tuesday, January 19, 6:30–8:30 p.m.

Fee: \$20.00, 2 in-service hours

Location: HSI, Inc., Oakdale

Guidance Techniques

CDA 3

Learn how to pack a suitcase full of guidance techniques that will always be ready for you to use. Understand temperament and how it will help determine what technique to unpack. Learn how and when to move from an open discipline technique to a closed or directive method.

Instructor: Katy Chase

Time: Monday, March 29, 6:30–8:30 p.m.

Fee: \$20.00, 2 in-service hours

Location: Chan Recreation Center, Chanhassen

More, More, More: The Overindulged Child

CDA 3

Occasionally indulgence can be good for a child. But when we start hearing demands for more and more from our children, the occasional indulgence has now become overindulgence. This can lead to lack of responsibility, lack of daily life skills and an inability to relate to peers. This workshop takes a look at what overindulgence looks like and what can we do to handle it.

Trainer: Barb Wagner

Time: Thursday, April 1, 6:30–8:30 p.m.

Fee: \$20.00, 2 in-service hours

Location: Blaine Human Services Center Rm 300, Blaine

Peaceful Parenting in a Violent World

CDA 3 or 4

Join us to learn to raise and discipline children without violence. Learn practical methods of parenting that promote peace and harmony in the home and community. This class will help find non-violent solutions to some child development problems.

Instructor: Burt Berlowe

Time: Wednesday, April 14, 6:30–8:30 p.m.

Fee: \$20.00, 2 in-service hours

Location: RCC WEST- Hennepin Square, Minneapolis

Developing Your EQ-Emotional Intelligence

CDA 6

This workshop explores what Emotional Intelligence is comprised of. Here we will explore the “oceans of emotions” that reside in each of us. Learn about how many emotions there are, some gender considerations regarding emotions, and the “good and bad” emotions. The various skills that make up the concept of Emotional Intelligence will be presented and fleshed out.

Instructor: Steve Roecklein

Time: Thursday, January 7, 6:30–8:30 p.m.

Fee: \$20.00, 2 in-service hours

Location: RCC WEST – Hennepin Square, Minneapolis

Instructor: Steve Roecklein

Time: Thursday, March 4, 6:30–8:30 p.m.

Fee: \$20.00, 2 in-service hours

Location: Resources for Child Caring, St. Paul