

## **Pam McDonald's Workshop Topics (2009-2010)**

### **Environment Rating Scales (ITERS-R; ECERS-r; FCCERS-R; SACERS)...What is It, How Do I Use It and Why?** *(These sessions can be done separately or as a combined introduction)*

These sessions will provide information on what the quality assessment instruments are, how to use them, and the benefits to programs, children and their families in implementing.

### **Environment Rating Scales (ITERS-R; ECERS-r; FCCERS-R; SACERS)...In Depth** *(These sessions are done separately)*

Using the quality assessment tool, caregivers will be provided an expanded version of how to use and implement the scale to achieve the highest possible rating. It will include information about the process from start to finish and explain about key terms and important issues of the scales. Opportunities for questions will be provided.

### **The Creative Curriculum® for Preschool**

*(This session can be an introduction or in-depth)*

The Creative Curriculum® for Preschool is a comprehensive, child development based curriculum that provides teacher with information on how to create an effective environment for preschool children. This workshop is designed to support teachers' effective implementation.

### **The Creative Curriculum® Developmental Continuum Assessment for Ages 3-5**

Teachers will leave this session knowing how to use *The Creative Curriculum Developmental Continuum* following the developmental steps 3- to 5-year-olds take as they progress toward each curriculum objective.

### **The Creative Curriculum® for Infants, Toddlers & Twos**

*(This session can be an introduction or in-depth)*

The Creative Curriculum® for Infants, Toddlers & Twos is a comprehensive curriculum that provides explicit guidance on establishing and sustaining a high-quality program for the care and education of very young children. This workshop is designed to support teachers' effective implementation.

### **The Creative Curriculum® For Infants, Toddlers & Twos Developmental Continuum Assessment**

This session will introduce teachers to Developmental Assessment Continuum and provide information on using it effectively. Teachers will gain insight on how to assess each child's current level of development and to think about likely next steps where you'll be able to plan for each child and the group.

### **Foundations (Early Learning Standards for North Carolina Preschoolers)**

North Carolina has worked hard to improve the quality of early care and education programs, both in public schools and other settings. *Foundations* was designed to help early educators, parents, and others support children in reaching their full potential during their early years. By describing the particular skills and abilities that are important for children's success and providing ideas for fostering their development, *Foundations* will also help early educators plan their curriculum. This workshop will provide strategies on using Foundations to guide your work as you help prepare children for success in school.

### **Playground Safety**

This session will satisfy the current playground safety course required by the North Carolina Division of Child Development. Four specific areas will be addressed: Playground Safety Hazards, Playground Supervision; Maintenance and General Upkeep; and Age and Developmentally Appropriate Equipment.

### **Conversations with Children**

Learn important communication skills that adults sometimes overlook when trying to talk with young children. Demonstrations will show how to engage young children and help them feel comfortable and interested in talking. Additionally, adults will learn how to act as facilitators, helping both language-normal and language-delayed children talk to each other.

### **Not We, But Me**

While all children develop in similar ways, each is unique. Being aware of each child's abilities is a must in meeting individual needs of children, therefore helping the caregiver provide engaging activities as well as having realistic expectations.

### **The Power of Play**

There are compelling reasons for a child's instinct to play. Play is the way a child explores his world, builds skills, exercises his imagination, and learns through experience. All play has a purpose and goes beyond the confines of a purely physical or biological activity. It is a necessary function in a child's growth and development. This workshop defines the value of play and how to support it through environments that encourage play.

### **It Rained, It Poured, and the Children are Bored**

This workshop will provide great ideas for fun activities to do on days when going outside aren't possible. Included will be suggested ways to easily transform the classroom into a place of gross motor play with simple changes.

### **What Can We Play Today?**

This workshop will feature suggestions for activities that embrace spontaneity, fun, cooperation, self-expression, and creativity. Included will be elements of drama, music, movement, language play on words, gestures, and rhyming.

### **Preventive Discipline Strategies, Part 1, 2, and 3**

Prevention is the core discipline practice. Building a prevention strategy will show how to focus on preventing discipline problems that help create a more positive and productive environment. In this three-part series, caregivers will learn how to make a conscious choice about where to direct their time and energy. They will gain an awareness of how to prevent problems rather than wait until disruptions and conflicts erupt.

### **Storybook Super Groups**

Learn the basic guidelines to plan and facilitate activities that engage children, enrich learning, and promote positive interactions. This session will demonstrate key elements to making almost any storybook interactive, thus holding children's attention and interest.

### **Me, Myself, and I.....Responding to Problems and Conflicts with Toddlers and Two's**

As toddlers explore their environment, challenges and conflicts with other are inevitable. Knowing what typical behavior is is important (it's all about me") as you work to encourage children's healthy development. This session will look at steps to keep problems to a minimum and provide techniques for preventing and resolving conflicts. Included will be strategies to support and carefully plan an environment where children will be active, comfortable, and secure and how you, the caregiver, can create a climate of warmth and encouragement in which conflicts are prevented or reduced.

### **Fun with Games and Outdoor Activities**

When we think of the words children and movement, physical development is probably the first benefit to come to mind. What could physical activity possibly have to do with learning? Young children learn best by doing---through play, experimentation, exploration, and discovery. This session will provide information on how to support learning through movement and games.

### **Ages and Stages...What's the Difference?**

To provide high quality care it is essential to recognize how the developmental stages and behaviors affect the environment of a childcare setting. Working with children means being familiar with these stages and what expectations you have of the "typically developing" child, particularly various ages, capabilities, understandings, and interests.

### **Dig This! Pour That!**

Sand and water play are messy.....and fun! Come discover ways to provide wonderful sensory learning experiences for the children in your classroom and how to encourage the "clean-up" process.

### **Bite First and Ask Questions Later?**

This workshop will focus on prevention strategies to use before biting occurs, techniques to handle the situation during biting episodes, and follow-up procedures to lessen the chances of biting happening again. Also included will be tips to educate parents about biting.

### **The Peaceful Classroom**

This session provides information with which to teach children the skills that will enable them to live peacefully and productively with others. By imbedding planned activities with more spontaneous encounters, we can create a powerful and responsive learning environment that encourages friendship, compassion, and kindness in young children.

### **Reframing Discipline, Part 1, 2, & 3**

This three part series addresses the frustrations and concerns teachers have when their discipline efforts aren't working. Part one focuses on how reframing attitudes about the role of discipline and our expectations of children can turn conflicts into teaching situations. Part two shows that the kind of relationship we have with a child has a dramatic effect on whether or not our discipline efforts are successful. Part three teaches how we can begin to read the message behind a child's behavior and with this information identify strategies that will work, helping us reduce misbehavior and increase a child's opportunities for success.

### **Transition Technician**

Transitions are the vehicle that guides children through the day. Are you plagued with transitions that shake and sputter? Do your transitions conk out leaving you with that stranded feeling? Is your transitions timing off? Sounds like you need the ***Transition Technician!*** This workshop will show you how to design your own Transition Toolbox and fill it with the cool tools to "tune-up" your daily transition needs.

### **Effective Communication Strategies**

It isn't always what is said that's inappropriate. ....It's how it's received! It is important to understand that communication is a two-way street that involves giving information and getting feedback. While there are many subtleties to communication between people, some basic skills can help you to be a more effective communicator. Barriers and strategies associated with listening, checking your perceptions, and verbal communication are all useful to explore. This session will explore ways to be an effective communicator.

### **Designing a GREAT Developmentally Appropriate Environment**

In poorly designed environments, well-intentioned staff members experience ongoing frustration because they find themselves spending a great deal of time "managing" the children in order to avert problems, which leaves less time for building emotionally supportive relationships and providing optimal learning experiences. Inadequate classrooms force teachers to act as magicians, entertainers, and disciplinarians -- not leaving them with enough time to be educators. This workshop will provide useful information to transform any space into a "wow" classroom.

### **Shake, Rattle, and Roll**

Music should be a fun learning experience! Music and movement will encourage growth and creative imaginary play while building healthy bodies and stimulating brain development. This workshop will focus on ways to incorporate music and movement throughout the day both indoors and out.

### **Make It! Shake It! Take It!**

Are you looking for more interesting/engaging toys and games in you classroom? Are you struggling to add new materials to the children's centers because of a tight budget? Are the children in your room bored with the toys they play with? If so, this make and take workshop will share ways to transform everyday items into terrific toys that engage children as well as support learning in your classroom.

### **No! Stop! Don't! Quit!.....So How's That Working for You?**

Teachers have been put in the impossible situation of teaching children without the necessary discipline skills to address the emotional and social issues of today's children. Teachers must become empowered! They need answers, new skills, and a better understanding of the behaviors they are seeing and being asked to deal with. The prescriptive "one size fits all" approach to discipline isn't effective. Come learn strategies to help promote permanent behavior changes in both teachers and children.

### **The Spirited Child**

Identifying and understanding individual temperaments can help teachers plan strategies to effectively reduce battles, hassles, tantrums and tears. This workshop will provide information on how to build trusting relationships with all children and learn to have an appreciation of individual temperaments.

### **Come Join In... Guidelines for Successful Group Times!**

Teachers can make almost any activity interactive, and that's how you hold children's interest and attention. Come see how to facilitate group time activities that enrich learning and help children build a sense of community.

### **Performance Standards and Practical Applications (Head Start)**

Head Start Performance Standards mean what they say and say what they mean...or do they? This training involves learning about the practical applications of the Performance Standards in a Head Start Program and why it is essential to implement them to ensure a quality program.

### **Assessment, Huh, What is it Good For?**

Decisions regarding the purposes of assessment should begin with discussions among all the stakeholders--parents, educators, and other members of the community--as appropriate. Assessments made during children's informal work and play is most likely to minimize the many potential errors of various assessment strategies. This session will help teachers understand the value developmentally appropriate assessment of young children and how to determine the practical significance.

### **Good Kids, Challenging Behaviors**

Most children are considered challenging from time to time, mostly when they are being uncooperative or oppositional. The reasons for their difficult behavior are usually obvious. This session will discuss ways to consider seeing children's behaviors as separate from the child and learn new approaches to helping children self-regulate.

### **Mathematics: Big Concepts for Little Children, or Not?**

Good early mathematics is broader and deeper than early practice on "school skills." Quality mathematics is a joy, not a pressure. It is the sum of the experiences children have from birth related to number, space, and patterns. It includes the parent placing cereal in a toddler's hands, saying, "Here are two pieces. One, two!" It includes drawing a "treasure map" of the backyard. It includes noticing that two chants for skipping rope have the same pattern. Come learn ways to easily incorporate math into everyday classroom experiences.

### **More than Books: Transforming Stories into Adventures in the Classroom**

Ever struggled with what to do after reading aloud to young children? Ever wondered how to make a book come alive and extend its interest beyond group time? This workshop will provide information on how stories can become more than just words and pictures in a book. Additionally, information will be shared on why books are so important and how to select the best books for your classroom.

### **Leave No Child Indoors (The Value of Outside Play)**

Fewer children play outdoors than ever before. While some benefits are obvious – fitness, fun, negotiating skills – there are more subtle ways play sustains the spirit that is harder to define. Access to open ended play in natural places promotes healthy physical, emotional, social and cognitive growth and development. This session will share a documentary film "Where Do the Children Play?" followed by discussion on how creativity develops through risk-taking, storytelling and secret world building inspired by imagination.

### **Providing Children with Global Views**

We all want children to grow up in a world free from bias and discrimination, to reach for their dreams and feel that whatever they want to accomplish in life is possible. We want them to feel loved and included and never to experience the pain of rejection or exclusion. But the reality is that we do live in a world in which racism and other forms of bias continue to affect us. Discrimination hurts and leaves scars that can last a lifetime, affecting goals, ambitions, life choices, and feelings of self-worth. This session will help you as a professional to partner with families in nurturing young children of various cultural beliefs and values.

### **Respectful Caregiving**

This workshop will explore the many aspects of respect in the classroom and why it is important. High quality care includes professionals who treat children with respect. This interactive session will involve participants in activities that will help them more fully understand the importance of respect in the classroom.

### **Who Says? Too Many Rules and Regulations and Not Enough Time**

North Carolina Child Care Requirements; Environment Rating Scales; NAEYC Accreditation; Head Start Performance Standards; Individual Program Requirements, OH MY!!! Where do you begin? This session will focus on ways to take the "pain" out of all the rules and regulations of childcare.

### **I Am Your Leader....Where Did You Go?**

What we currently know about how young children learn, within each content area, certain of its objectives or skills seem to be acquired or best acquired in the course of child-guided experience, whereas certain other objectives and skills seem to require adult-guided experience. These two learning contexts are not mutually exclusive. This workshop will help teachers be more intentional in their roles and know when to lead and when to follow.

### **Dirt is My Favorite Color.....Creating a Natural Environment for Children to Play and Learn**

When you recall memories of time and play outdoors as a child, you remember your own creativity, cognitive and emotional development. Outdoor times allow children to experience different activities in a unique learning environment and provide a greater sense of freedom. The natural world offers the opportunity for children to develop an attitude of openness and wonder, become more observant about the world around them and nurture their imagination and creativity. This interactive presentation will include ideas for activities using natural materials, and will share research about the importance of contact with nature on a child's development, attitudes and approaches to learning.

### **The Program Administration Scale (PAS)**

Early childhood administrators are the gatekeepers to quality. Their roles as both leader and manager are pivotal to program success. The PAS is a valid and reliable instrument designed to measure the leadership and management practices of early childhood programs. This session will introduce participants to the scale and demonstrate how it can support their efforts toward quality.

### **Where Has All the Science Gone?**

If children are to develop a sense of science and discovery, we need to bring life into the classroom and the class out into the world. This workshop will focus on how to incorporate science into the daily routine that allows children to experience life in gulps and sips as well as measured doses!

### **Stacking, Pouring, and Dripping; Blocks, Sand and Water in the Preschool Environment**

How do we keep alive this inborn sense of wonder in early childhood classrooms? How can teachers provide children with appropriate experiences and guidance? This session will provide information on the importance of children's experiences in these sensory activities as well as ideas for spicing up these areas.

### **Be Active Kids®**

*Be Active Kids* is an interactive, developmentally appropriate curriculum that focuses on nutrition, food safety and physical activity for four and five year olds. Through the use of the *Be Active Kids* kits, preschool and after-school teachers can integrate fun activities into their existing curriculum that promote healthy lifestyle choices. All teachers of four and five year olds attending this workshop will be provided a FREE *Be Active Kids* kit for use in their classroom.

### **The Happiest Toddler on the Block**

This session is based on the highly acclaimed author, Dr. Harvey Karp's best selling book. Using a stage by stage approach, teachers/parents will learn how Toddler-ese can help transform their pint-sized caveman into a happy, cooperative, and secure child. Included will be strategies to help during the most challenging times: bedtime struggles, separation anxiety, toilet training and aggression.

### **The Happiest Baby on the Block**

If you have experienced a baby who will not stop crying, you know just how frustrating and tiring that can be. What if you could "flip a switch" and not only stop that baby from crying but even put him/her to sleep for several hours. That "switch" is exactly what Dr. Harvey Karp, a pediatrician and Associate Professor of Pediatrics at the UCLA School of Medicine, has discovered for newborn infants. There are five steps to follow which Dr. Karp refers to as the 5 S's. This session will help you help babies calm themselves, thus calming you.

### **POEMS: Preschool Outdoor Environment Measurement Scale**

This workshop will provide information on using the *POEMS* assessment tool for evaluating the quality of outdoor environments in childcare centers for children 3-5 years old.

### **True Colors**

True Colors is about valuing differences and creating unity while helping people learn how to discover their greatest strengths and understand the strengths of others. Your organization can see immediate results, including better communication, more harmonious relationships, improved morale, strengthened teams, reduced absenteeism and decreased turnover. This session is based on the widely known personality profile instrument, *True Colors*.

### **Learning Spaces for Infants and Toddlers**

This session was designed for teachers who want their classrooms to be wonderful learning places for very young children. Included will be strategies for creating interactive environments with areas for individual interests.

**Change is Good.....You Go First!**

This workshop is based on the award winning book, *Who Moved My Cheese?* By Spencer Johnson, MD. Change is inevitable and how we deal with it is imperative. This workshop presents a humorous, yet amazing way to deal with change in your work and your life.

**Infant-Toddler Foundations** (Guidelines for Development and Learning for North Carolina's Infants and Toddlers)

This workshop is based on North Carolina's guidelines for supporting the development and learning of all infants and toddlers. Included are the characteristics, skills, and knowledge we want children in North Carolina to develop from birth to 36 months of age.