



On Demand Child Care Training

Featured module:

Mindful Practice for ECE Professionals: Begin the Journey

Throughout an early care and education (ECE) professional's day, there is a constant stream of activity. Attention is given to guiding children as they learn, management of the environment, and management of daily stress. The development of mindful practice strategies offers a pathway for ECE professionals to maintain a healthy sense of personal well-being and balance, while also nurturing children's development, relationships, cooperation, creative thinking, and problem solving.



Learn to:

- Learn the definition of mindfulness and mindful practice.
- Plan ways to incorporate mindful practice into daily activities.
- Recognize how teacher mindful practice relates to more effective teaching in the learning setting.
- Understand how use of mindful practice supports stress management.

Spanish modules available
Eligible for CEUs
Accepted for CDA

Content for this and 200+ other On Demand professional development modules is available at no cost. If a certificate of completion is needed or required, a \$5.00 fee is charged.

See the status of module approval in your state at <http://tinyurl.com/bkc-states>

extension.psu.edu/youth/betterkidcare