

Instructor Modules and Packages

Better Kid Care makes it easy for instructors* to offer research-based workshops, without spending a lot of time on preparation. We do the research and development. You do the delivery.

Each 2-hour workshop module includes an Instructor's Manual, videos, participant handouts, and instructions for participant activities.

Use the [Order Form](#) to order Instructor Modules.

bkc-od-media.vhost.psu.edu/documents/InstructorModuleOrderForm.pdf

For more information: e-mail betterkidcare@psu.edu or call 814-863-0339

*In Pennsylvania, only PQAS instructors may award PQAS professional development hours to participants attending these workshops.

Title	Description of Workshop
Art Appreciation 101 for Young Children (CDA2)	Believe it or not, even infants can begin to appreciate art. Learn how to introduce and talk with children of all ages about art made by them and others. Try creative ways to react to art.
Building Relationships with Children and Youth Who Challenge Us (CDA3)	Have you ever been secretly pleased when one of the children in your group is absent? Some children are more difficult to work with than others. This professional development program will help you to take an honest look at children and your feelings about them. Explore what professionals can do to build positive relationships with all children – even the ones who challenge us.
Childhood Obesity Prevention: Inspiring Physical Activity (CDA2)	<i>Let's Move! Child Care (LMCC)</i> is part of Let's Move!, a comprehensive initiative started by Michelle Obama to help turn the rising tide of childhood obesity in the United States. Child care providers play an important role in helping to develop healthy eating and physical activity habits in young children. The two <i>Let's Move! Child Care</i> goals that relate to physical activity are the focus of this workshop.
Childhood Obesity Prevention: Promoting Healthy Eating (CDA1)	<i>Let's Move! Child Care (LMCC)</i> is part of Let's Move!, a comprehensive initiative started by Michelle Obama to help turn the rising tide of childhood obesity in the United States. Child care providers play an important role in helping to develop healthy eating and physical activity habits in young children. The three <i>Let's Move! Child Care</i> goals that relate to healthy eating and nutrition are the focus of this workshop.
Creating Special Moments with Infants and Toddlers (CDA3)	Special moments should occur more often than celebrating children's birthdays or developmental milestones. This professional development program will help you discover how to create special moments with infants and toddlers every day. Learn how to turn diaper changing and other routine tasks into special moments that you share with each child

Title	Description of Workshop
Emergency Preparedness in Child Care Centers: Developing the Plan (CDA1)	Fire, flood, bomb threat, missing child, utility disruption, tornadoes... No one likes to think of all the possible emergencies that can occur. But that's no excuse for not being prepared. This professional development program will help child care program directors and administrators to develop an emergency preparedness plan for their facility to help staff, children, and families to be prepared for any type of emergency situation.
Every Child Counts: Building Community (CDA3)	Jamal seems different from the rest of the children in your group. He usually plays by himself and when he asks to join others in play, they usually say, "No." This professional development program will help you learn how to bring out nurturing, caring behaviors in children to create a community where children support each other. You'll learn ways to help Jamal and others like him to rise from being loners in the group to being leaders.
Family Child Care: Getting Started (CDA5)	This workshop is an overview of key points to think about before opening a family child care home, including personal and family considerations, state regulations, and business aspects of this occupation. The DVD segments accompanying this workshop contain interviews with experienced family child care providers discussing the advantages and disadvantages of family child care as a profession.
Getting Ready to Read and Write: Supporting Children's Development (CDA2)	Before learning to read and write, children need to develop a variety of important foundational skills. These emergent literacy skills develop over time and are important in a child's journey to becoming a successful reader and writer. Learn developmentally appropriate ways to promote and enhance the development of children's emergent literacy skills.
Giving Your Best: Making Secure Attachments (CDA3)	If you make a list of qualities of successful adults it will likely include: confidence, independence, strong social skills, resilience, cooperation, etc. The foundation for these traits is built on the relationships that infants and toddlers form with the adults in their world. Learn what you can provide for children today to help prepare them to be successful adults tomorrow.
Healthy Air + Healthy Spaces = Healthy Children (DVD contains PowerPoint, no video) (CDA1)	Have you ever considered that a child care home or center could be making children sick? This workshop will help participants explore the connections between children's health and indoor environments of child care facilities. Participants will learn safer practices to help assure that indoor environments are safe for children.
How to Turn Good Play into GREAT Play (CDA2)	Learn the secrets of how to help children expand their play: when to step in, when to step out, what questions to ask, how to get them to think. AND find out how great play reduces discipline problems.
Improving Transition Times (CDA1)	Moving from place to place, activity to activity, is often filled with tears, screaming, and tantrums. Learn how you can smooth transitions to make them productive, fun times for children and stress free for adults.
Math for Every Age (CDA2)	If you're able to add 1 + 1 and get 2, you can do math with children. Learn what young children understand about math at each age and simple math activities to do with infants, toddlers, and preschoolers.
Music for the Non-Musical (CDA2)	Need new ideas and inspiration for including music in your child care program? Learn songs for the non-singer, how to make simple musical instruments, and lots of music and movement activities to do with the children.
Problem Solving with Children (CDA3)	Hitting, grabbing, pushing, and biting: how do children learn to play nicely? Children can learn to solve their own problems, but they need adults to teach them how to do it.

Title	Description of Workshop
The Ins and Outs of Good Circle Times (CDA2)	The real goal of circle time is far more than teaching children to sit and listen — it is to help children join together and form a community. Learn what makes circle and group times successful. This lesson offers tips and ideas for gathering children together and keeping them involved.
Your #1 Priority: Keeping Children Healthy and Safe (CDA 1)	Keeping children healthy and safe should be the top priority for all child care providers. No one wants to see children get sick or hurt. How do you know that the germs are gone or that play equipment is safe? You'll learn the latest and best ways to keep the children in your care healthy and safe.

Instructor Module Packages

For more in-depth learning, instructors may choose to offer two or three sessions, based on a theme. Following are suggestions for linking several instructor modules to provide a professional development package on a particular topic. These are only suggestions. You are welcome to select multiple titles to create your own professional development package of any length.

Curriculum Planning

- Art Appreciation 101 for Young Children
- Math for Every Age
- Music for the Non-Musical

Focus on Infants and Toddlers

- Creating Special Moments with Infants and Toddlers
- Giving Your Best: Making Secure Attachments

Fostering Relationships

- Every Child Counts: Building Community
- Building Relationships with Children and Youth Who Challenge Us

Health and Safety

- Healthy Air + Healthy Spaces = Healthy Children
- Emergency Preparedness in Childcare Centers: Developing the Plan

Preventing Childhood Obesity

- Childhood Obesity Prevention: Inspiring Physical Activity
- Childhood Obesity Prevention: Promoting Healthy Eating

Supportive Practices

- How to Turn Good Play into GREAT Play
- Improving Transition Times
- The Ins and Outas of Good Circle Times
- Getting Ready to Read and Write: Supporting Children's Development

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