

Better Kid Care Instructor Modules

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, DVD with video, camera-ready participant handouts, and instructions for participant activities.

Use the Order Form to order Instructor Modules. For more information, e-mail betterkidcare@psu.edu or call 814-863-0339.

For information on the structure and content of the Instructor Modules, please contact Lyn Horning, Assistant Director of Programs (lch5@psu.edu or 814-863-5568).

Title	Description of Workshop
Art Appreciation 101 for Young Children	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.
Avoid Behavior Problems – Teach Self-Control	How can you help children learn self-control skills? First we need to understand what we can expect from children as they grow and develop. In this lesson, learn how to analyze the level of self-control for each child in your care. Identify ways to adapt your program and teach children skills that promote self-control. Help children develop this important skill to be ready to start school.
Building Relationships with Children and Youth Who Challenge Us	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.
Creating Special Moments with Infants and Toddlers	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
Emergency Preparedness in Child Care Centers: Developing the Plan	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	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	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.
Fighting Children's Obesity Through Active Play	The percentage of children in this country who are overweight has doubled in the last ten years. Keeping children active is one way to help fight childhood obesity. How much active play time do children need each day? Learn great active play ideas for keeping children moving indoors and out.

Title	Description of Workshop
Giving Your Best: Making Secure Attachments	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)	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 Get Parents on Your Team	Does the thought of meeting with certain parents sometimes scare you? Do parent meetings seem like drudgery? Learn how to plan and prepare for good and useful parent meetings. Analyze the way you communicate with parents and develop strategies for building better relationships.
How to Turn Good Play into GREAT Play	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.
I want! I Want!! I WANT!!! : building good consumers	Advertising captures children. Take a close look at what advertising doesn't want you to know. Learn the effects of marketing on children.
Improving Transition Times	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	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.
Obese Kids: They Are What They Eat	Childhood obesity is a national problem. What children eat is critically important. It doesn't matter if you care for children in a center or a home, every adult that works with young children needs to be aware of what children are eating. This workshop will have lots of ideas to get children to eat healthy snacks and lunches and tips to share with parents.
Parents: Friends or Foes	How do you feel about parents who work? What do parents think about child care providers? This workshop will examine the mixed feelings from both sides and give strategies for bridging the gap.
Problem Solving with Children	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.
Science for Young Thinkers	Find out how to make science exploration and learning fun for children and adults. Discover science basics, activity ideas, and the scientific method. Learn how you can offer hands-on science exploration every day.
Sparking Kids' Curiosity	What's so great about curiosity? How to help kids to grow curiosity. Clever materials to spark children's creative thinking and learning.
What Does "Time" Mean to Children?	What do children of different ages know and understand about time? Why do children and adults struggle when it's time to clean up? Learn ways to build on children's understanding of "yesterday," "today," and "tomorrow."
Your #1 Priority: Keeping Children Healthy and Safe	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.

Better Kid Care has also developed an Extra Training Credit Assignment page to help participants apply what they learned in each session. This page could be given as homework at the end of a session with the opportunity to earn an extra hour of training if the page is completed and returned.

All about Math

Math for Every Age

What Does "Time" Mean to Children?

Child Centered Learning

Sparking Kids' Curiosity

I want! I Want!! I WANT!!! : building good consumers

Curriculum Planning

Art Appreciation 101 for Young Children

Math for Every Age

Science for Young Thinkers

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

Your #1 Priority: Keeping Children Healthy and Safe

Emergency Preparedness in Childcare Centers:
Developing the Plan

Partnerships with Parents

How to Get Parents on Your Team

Parents: Friends or Foes

Play and Young Children

How to Turn Good Play into GREAT Play

Sparking Kids' Curiosity

Positive Guidance

Avoid Behavior Problems – Teach Self-Control

Problem Solving with Children

Preventing Childhood Obesity

Fighting Children's Obesity Through Active Play

Obese Kids: They Are What They Eat

Promoting Creative Thinking

Science for Young Thinkers

Sparking Kids' Curiosity

Supportive Practices

How to Turn Good Play into GREAT Play

Improving Transition Times

What Does "Time" Mean to Children?