

# Better Kid Care Resources

## Information and order form for residents outside Pennsylvania

### Distance Education Resources

#### Mail-Based Lessons (2-hour)

Mail-Based lessons consist of a workbook, instructional video, and assignment questions which are mailed upon receiving order and prepayment of \$15.00 per lesson. Completed assignments can be reviewed by an early childhood instructor by submitting assignments with Registration Form, Review Form, and \$10.00 payment. After successful completion and review, Better Kid Care will issue a certificate to participant.

#### Web-Based Lessons (2-hour & 1-hour)

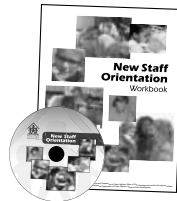
These two-hour and one-hour lessons are viewed online. Assignments are electronically submitted to Better Kid Care for review by an early childhood instructor. Online access is given for a 3-month period to participant upon receipt of registration and pre payment of \$15.00 for each lesson. After successful completion and review, Better Kid Care will issue a certificate to participant.

*CEUs are available and apply to CDA hours.*

complete list  
of lessons on  
following pages.

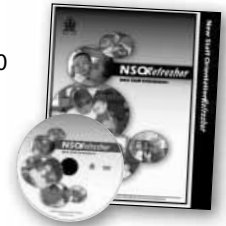
• **New Staff Orientation Curriculum** is specifically designed for new staff members in child care centers. Included in this 15-hour training package is a workbook that is used with 30 units of video available on VHS or DVD.

- N-01V VHS Videos & Workbook - \$50.00
- N-01D DVD Videos & Workbook - \$50.00
- N-02V VHS Videos Only - \$35.00
- N-02D DVD Videos Only - \$35.00
- N-03 Workbook Only - \$15.00
- N-04 Workbook Only (Spanish) - \$15.00



• **New Staff Orientation REFRESHER** helps center staff continue to learn and grow in their new positions! Included in this 6-hour training package is a workbook that is used with 6 units of video available on DVD.

- NR-05 DVD Video & Workbook - \$45.00



Completed assignments can be reviewed by an early childhood instructor by submitting assignments with Review Payment Form, Registration Form, and \$20 payment. After successful completion and review, Better Kid Care will issue a certificate to participant.

• **Home-Based Caregiver Orientation Curriculum** is intended for people caring for children in their homes. This three-part series includes workbooks and video.

- H-01V VHS Video and three Workbooks - \$45.00
- H-01D DVD Video and three Workbooks - \$45.00
- H-02 Workbooks Only (Spanish) - \$15.00



Completed assignments can be reviewed by an early childhood instructor by submitting assignments with Review Payment Form, Registration Form, and \$20 payment. After successful completion and review, Better Kid Care will issue a certificate to participants.

*CEUs are available and apply to CDA hours.*

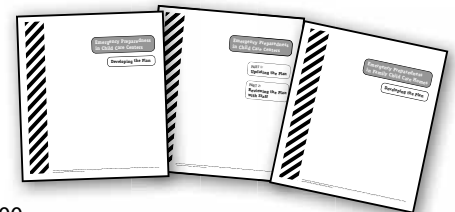
#### • Emergency Preparedness Curricula

Trainer modules that take a step-by-step approach to writing an emergency plan for administrators of child care centers and group homes and family child care providers. Each curriculum includes manual, handouts, and DVD.

- E - 01 Developing the Plan – Child Care Center and Group Homes -- \$35.00
- E - 02 Developing the Plan – Family Child Care Homes -- \$35.00
- E - 03 Updating the Plan – for Center Directors -- \$35.00

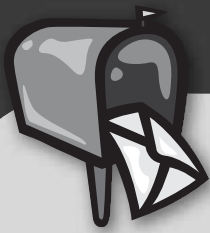
*Translated to Spanish*

- E - 04 Spanish (handouts only) Developing the Plan – Child Care Center -- \$15.00
- E - 05 Spanish Updating the Plan – for Center Directors -- \$35.00
- E - 06 Spanish (handouts only) Developing the Plan – Family Child Care Homes -- \$15.00



#### Additional Resources

- A - 01 Child Care: Is it the Job for Me? DVD video -- \$10.00
- A - 02 (Spanish) Child Care: Is it the Job for Me? VHS tape -- \$10.00
- A - 03 Educational informational packet for child care providers - \$5.00  
Includes *101 Ways to Keep Kids Busy* and *101 Ways to Care for Kids* booklets



# Out-of-State Mail-Based Lessons

These two-hour lessons consist of a workbook, DVD, and assignment questions which are mailed to practitioners upon receiving order and prepayment of \$15.00 per lesson. Completed assignments are returned by mail to Better Kid Care for review by an early childhood instructor. Review of each lesson will be \$10.00. Practitioners are sent a certificate upon successful completion of each lesson.

## K1 Child Growth and Development

### INFANTS AND TODDLERS COURSE

- USP2A01: **What Does Brain Research Tell Us About Infant Care?** (K1C1) CDA 2
- USP2A02: **Caring for Infants and Toddlers** (K1C1) CDA 2
- USP2A03: **Toddlers: Terrible or Terrific?** (K1C1) CDA 3

### GENERAL CHILD DEVELOPMENT COURSE – PART 1

- USP2B01: **Understanding & Supporting Children's Physical and Cognitive Development** (K1C1) CDA 6
- USP2B02: **Understanding & Supporting Children's Language and Social/Emotional Development** (K1C1) CDA 6

### GENERAL CHILD DEVELOPMENT COURSE – PART 2

- USP2B11: **What's Normal Development? What's Not?** (K1C1) CDA 2
- USP2B12: **Supporting Stressed Children** (K1C1) CDA 3

### GENERAL CHILD DEVELOPMENT COURSE – PART 3

- USP2B21: **See as a Child, Feel as a Child** (K1C1) CDA 3
- USP2B22: **Biting and Sharing** (K1C1) CDA 3

### PLAY AND YOUNG CHILDREN COURSE

- USP2C01: **A Good Four-Letter Word – PLAY** (K1C1) CDA 2
- USP2C02: **Let's Play** (K1C1) CDA 2

## K2 Environment, Curriculum, & Content

### BEHAVIOR MANAGEMENT COURSE – Part 1

- USP2D01: **Secrets for Preventing Problem Behaviors** (K2C1) CDA 3
- USP2D02: **Let's Talk... Discipline** (K2C1) CDA 3
- USP2D03: **Behavior is Contagious** (K2C1) CDA 3

### BEHAVIOR MANAGEMENT COURSE – Part 2

- USP2D11: **When is Behavior OK or Not OK?** (K2C1) CDA 3
- USP2D12: **Dealing with Anger – the Children's and Yours** (K2C1) CDA 3
- USP2D13: **Violence, Kids, Discipline and Keeping the Peace** (K2C2) CDA 3

## K2 (continued)

### SUPPORTING POSITIVE BEHAVIOR COURSE

- USP2E01: **How to Work with Active Children** (K2C1) CDA 3
- USP2E02: **Avoid Behavior Problems – Teach Self-Control** (K2C2) CDA 3
- USP2E03: **Problem Solving with Children** (K2C1) CDA 3 **NEW**

### PROGRAM PLANNING COURSE

- USP2F01: **New Ways to Plan Activities** (K2C2) CDA 7
- USP2F02: **Active Kids are Learning Kids** (K2C1) CDA 2

### CURRICULUM PLANNING COURSE

- USP2F11: **Child Care... for Mixed Ages** (K2C1) CDA 2
- USP2F12: **The Ins and Outs of Good Circle Times** (K2C1) CDA 2

### PLAN FOR TRANSITIONS COURSE

- USP2F21: **Active Times – Quiet Times: Making Transitions Easier** (K2C1) CDA 5
- USP2F22: **Improving Transition Times** (K2C2) CDA 1 **NEW**

### CHILD CENTERED LEARNING COURSE

- USP2G01: **Easy Ways to Boost Kids' Brain Power** (K2C1) CDA 2

### EFFECTIVE LEARNING ENVIRONMENTS COURSE

- USP2H01: **Changing Spaces** (K2C2) CDA 1

### PLAY TYPES AND FACILITATION COURSE

- USP2I01: **The Art and Science of Playing with Young Children** (K2C1) CDA 3
- USP2I02: **Fighting Children's Obesity Through Active Play** (K2C2) CDA 2
- USP2I03: **How to Turn Good Play into GREAT Play** (K2C2) CDA 2

### LEARNING THROUGH PLAY COURSE

- USP2I11: **Is Block Play Really Important?** (K2C1) CDA 2
- USP2I12: **Taking a New Look at Dramatic Play** (K2C1) CDA 3



## K2 (continued)

### LANGUAGE DEVELOPMENT AND LITERACY SKILLS COURSE

- USP2J01: **Learning to Read Before Six?** (K2C1) CDA 2
- USP2J02: **Believe It or Not... You Can Be a Storyteller** (K2C1) CDA 2

### ART IN THE CLASSROOM COURSE

- USP2K01: **How to Make and Use Puppets** (K2C1) CDA 5
- USP2K02: **Using Art Materials** (K2C1) CDA 5

### MUSIC AND MOVEMENT COURSE

- USP2L01: **Music for the Non-Musical** (K2C1) CDA 5
- USP2L02: **The "M" Show: Music, Movement and Math** (K2C1) CDA 2

### MATH FOR YOUNG CHILDREN COURSE

- USP2M01: **Activities for Learning Math: Numbers, Colors, and Shapes** (K2C1) CDA 2
- USP2M02: **Math for Every Age** (K2C1) CDA 2 **NEW**

### SCIENCE FOR YOUNG CHILDREN COURSE

- USP2M11: **Exciting Backyard Science Activities** (K2C1) CDA 2
- USP2M12: **Science for Young Thinkers** (K2C1) CDA 2 **NEW**

### EXPLORING MATH AND SCIENCE IN ACTION COURSE

- USP2M21: **Junk Makes Great Learning Material** (K2C1) CDA 5
- USP2M22: **Summertime Care** (K2C1) CDA 5
- USP2M23: **Pets in Child Care** (K2C1) CDA 5
- USP2M24: **Working with Wood -- Kids Can Do It!** (K2C1) CDA 5

## K3 Family and Society

### CULTURAL DIVERSITY COURSE

- USP2N01: **Let's Celebrate!** (K3C1) CDA 5

### PARTNERSHIPS WITH PARENTS COURSE

- USP2O01: **Secrets of How to Get Parents Involved** (K3C1) CDA 4
- USP2O02: **How to Work with Problem Parents** (K3C1) CDA 4

### PARENT/FAMILY RELATIONSHIPS COURSE

- USP2P01: **Parents: Friends or Foes?** (K3C1) CDA 4
- USP2P02: **How to Get Parents on Your Team** (K3C2) CDA 4

## K4

## Child Assessment

### HELPING CHILDREN SUCCEED COURSE

- USP2Q01: **What Children Need to Know to Start School** (K4C1) CDA 6
- USP2Q02: **Improving and Using Your Observation Skills** (K4C1) CDA 7

## K5

## Communication

### TALKING WITH CHILDREN COURSE

- USP2R01: **Communicating with Children** (K5C1) CDA 3
- USP2R02: **Let's Talk** (K5C1) CDA 5

## K6

## Professionalism and Leadership

### FAMILY CHILD CARE COURSE (for Family Child Care Practitioners)

- USP2S01: **Family Child Care... It's a Business** (K6C1) CDA 6

### STRESS MANAGEMENT COURSE

- USP2T01: **How to Take the Stress Out of Caregiving** (K6C1) CDA 6

## K7

## Health, Safety, and Nutrition

### KIDS AND FOOD COURSE

- USP2U01: **Eating Times: The Ups and Downs** (K7C1) CDA 1
- USP2U02: **Snack Time: It's More than Juice and Crackers** (K7C1) CDA 1
- USP2U03: **Obese Kids: They Are What They Eat** (K7C2) CDA 1

### INDOOR/OUTDOOR PLAY COURSE

- USP2V01: **The Ups and Downs of Outdoor Play** (K7C1) CDA 1
- USP2V02: **Active Play: Fighting Obesity and Diabetes and Keeping Children Healthy** (K7C1) CDA 1
- USP2V03: **Your #1 Priority: Keeping Children Healthy and Safe** (K7C1) CDA 1



# Out-of-State Web-Based Lessons

## Registration Includes:

- E-mail notification of registration and instructions (allow 72 hours for registration process)
- Three-month online access to individual lesson materials upon receipt of registration fee (\$15.00 per lesson)
- Completed assignments reviewed by an early childhood instructor (allow 2 weeks to process review)
- E-mail notification of successful completion and online access to instructor's comments.
- Certificate issued and mailed upon successful completion of each lesson

## K1 Child Growth and Development

### ONE HOUR LESSONS

#### AGES AND STAGES COURSE

- USW1A01: **Baby Play** (K1C1) CDA 8
- USW1A02: **Through the Eyes of an Infant** (K1C1) CDA 8
- USW1A03: **Through the Eyes of a Toddler** (K1C1) CDA 8
- USW1A04: **Through the Eyes of a Three-year-old** (K1C1) CDA 8
- USW1A05: **Through the Eyes of a Four-year-old** (K1C1) CDA 8
- USW1A06: **Through the Eyes of a Five-year-old** (K1C1) CDA 8

#### YOUNG CHILDREN: WHAT TO EXPECT COURSE

- USW1B01: **Toilet Learning** (K1C1) CDA 8
- USW1B02: **Is Sharing a Problem?** (K1C1) CDA 3
- USW1B03: **Playing Detective About Biting** (K1C1) CDA 8
- USW1B04: **Understanding Temperament** (K1C1) CDA 8
- USW1B05: **All By Myself: Self Help Skills in Childcare** (K1C1) CDA 3
- USW1B06: **Are You Ready for a Special Needs Child?** (K1C1) CDA 5

#### HELPING CHILDREN GROW AND LEARN COURSE

- USW1B21: **Teach Self-Regulation** (K1C2) CDA 3 **NEW**

### TWO HOUR LESSONS

#### INFANTS AND TODDLERS COURSE

- USW2A01: **What Does Brain Research Tell Us About Infant Care?** (K1C1) CDA 2
- USW2A02: **Caring for Infants and Toddlers** (K1C1) CDA 2
- USW2A03: **Toddlers: Terrible or Terrific?** (K1C1) CDA 3

#### GENERAL CHILD DEVELOPMENT COURSE – PART 1

- USW2B01: **Understanding & Supporting Children's Physical and Cognitive Development** (K1C1) CDA 6
- USW2B02: **Understanding & Supporting Children's Language and Social/Emotional Development** (K1C1) CDA 6

## K1 (continued)

### TWO HOUR LESSONS

#### GENERAL CHILD DEVELOPMENT COURSE – PART 2

- USW2B11: **What's Normal Development? What's Not?** (K1C1) CDA 2
- USW2B12: **Supporting Stressed Children** (K1C1) CDA 3

#### GENERAL CHILD DEVELOPMENT COURSE – PART 3

- USW2B21: **See as a Child, Feel as a Child** (K1C1) CDA 3
- USW2B22: **Biting and Sharing** (K1C1) CDA 3

#### PLAY AND YOUNG CHILDREN COURSE

- USW2C01: **A Good Four-Letter Word – PLAY** (K1C1) CDA 2

## K2 Environment, Curriculum, & Content

### ONE HOUR LESSONS

#### PROGRAM AREAS IN YOUR HOME COURSE

- USW1C01: **Space for Playing and Learning in a Family Child Care Home** (K2C1) CDA 1
- USW1C02: **What Will the Children Play With?** (K2C1) CDA 5
- USW1C03: **Block Play Builds Learning Skills** (K2C1) CDA 8
- USW1C04: **Learning Through Play with Table Toys** (K2C1) CDA 8
- USW1C05: **Are You Ready for an Infant?** (K2C1) CDA 8

#### PLANNING FOR THE DAY COURSE

- USW1D01: **What's the Plan for Your Day?** (K2C1) CDA 5
- USW1D02: **Caring for Groups of Mixed Age Children** (K2C1) CDA 5
- USW1D03: **Children and Television** (K2C1) CDA 5
- USW1D04: **Photographs: Creative Uses in Family Child Care** (K2C1) CDA 7
- USW1D05: **Time for Transitions** (K2C1) CDA 5
- USW1D06: **Transitions – Taking it Easy** (K2C2) CDA 7 **NEW**

#### ACTIVE CHILDREN COURSE

- USW1D21: **Prevent Obesity: Get Children Moving!** (K2C2) CDA 2



# Out-of-State Web-Based Lessons

## K2 (continued)

### ONE HOUR LESSONS

#### MAKE IT A GREAT DAY COURSE

- USW1E01: Making a Great Day for Babies (K2C1) CDA 5
- USW1E02: Making a Great Day for Toddlers (K2C1) CDA 5
- USW1E03: Making a Great Day for Preschoolers (K2C1) CDA 5

#### APPROACHES TO LEARNING COURSE

- USW1F01: Approaches to Learning: Part 1 (K2C1) CDA 2 **NEW**
- USW1F02: Approaches to Learning: Part 2 (K2C1) CDA 2 **NEW**

#### UNDERSTANDING CHILDREN'S BEHAVIOR COURSE

- USW1G01: How to Turn a "No" into a "Yes" (K2C1) CDA 5
- USW1G02: Let's Look at Time Out (K2C1) CDA 5
- USW1G03: Fun Ways to Improve Behavior (K2C1) CDA 5
- USW1G04: Problem Solving – and Puppets! (K2C2) CDA 2 **NEW**
- USW1G05: Tips for Working with Active Children (K2C2) CDA 3

#### EXPLORE YOUR ENVIRONMENT COURSE

- USW1H01: Field Trip Fun (K2C1) CDA 5
- USW1H02: Rainy Day Ideas (K2C1) CDA 5

#### SENSORY LEARNING COURSE

- USW1I01: Super Sand (K2C1) CDA 1
- USW1I02: Wonderful Water (K2C1) CDA 1
- USW1I03: Play Dough: The Best Recipe for Fun and Learning (K2C1) CDA 2

#### ART DISCOVERY COURSE

- USW1J01: Home Spun Art (K2C1) CDA 2
- USW1J02: Sensory Art (K2C1) CDA 2

#### SCIENCE EXPLORATION COURSE

- USW1K01: Backyard Discoveries (K2C1) CDA 2
- USW1K02: Gardening with Young Children (K2C1) CDA 2
- USW1K03: Kitchen Science (K2C1) CDA 2
- USW1K04: Think about Science (K2C1) CDA 2 **NEW**

#### MUSIC, DANCE, AND DRAMA COURSE

- USW1L01: Dramatic Play (K2C1) CDA 3
- USW1L02: Let's Make a Parade (K2C1) CDA 2
- USW1L03: Music Magic (K2C1) CDA 2

#### MATH WORKS COURSE

- USW1M01: Math Basics for Young Children (K2C1) CDA 2
- USW1M02: Math Can Be Fun (K2C1) CDA 2
- USW1M03: Math Magic (K2C2) CDA 2

## K2 (continued)

### ONE HOUR LESSONS

#### EARLY LITERACY COURSE

- USW1N01: Emergent Literacy Begins at Birth (K2C1) CDA 5
- USW1N02: Reading to Children (K2C1) CDA 2
- USW1N03: Writing is Exciting (K2C1) CDA 5

### TWO HOUR LESSONS

#### BEHAVIOR MANAGEMENT COURSE – PART 1

- USW2D01: Secrets for Preventing Problem Behaviors (K2C1) CDA 3
- USW2D02: Let's Talk... Discipline (K2C1) CDA 3
- USW2D03: Behavior is Contagious (K2C1) CDA 3

#### BEHAVIOR MANAGEMENT COURSE – PART 2

- USW2D11: When is Behavior OK or Not OK? (K2C1) CDA 3
- USW2D12: Dealing with Anger – the Children's and Yours (K2C1) CDA 3
- USW2D13: Violence, Kids, Discipline and Keeping the Peace (K2C2) CDA 3

#### SUPPORTING POSITIVE BEHAVIOR COURSE

- USW2E01: How to Work with Active Children (K2C1) CDA 3
- USW2E02: Avoid Behavior Problems – Teach Self-Control (K2C2) CDA 3
- USW2E03: Problem Solving with Children (K2C1) CDA 3 **NEW**

#### PROGRAM PLANNING COURSE

- USW2F01: New Ways to Plan Activities (K2C2) CDA 7
- USW2F02: Active Kids are Learning Kids (K2C1) CDA 2

#### CURRICULUM PLANNING COURSE

- USW2F11: Child Care... for Mixed Ages (K2C1) CDA 2
- USW2F12: The Ins and Outs of Good Circle Times (K2C1) CDA 2

#### PLAN FOR TRANSITIONS COURSE

- USW2F21: Active Times – Quiet Times: Making Transitions Easier (K2C1) CDA 5
- USW2F22: Improving Transition Times (K2C2) CDA 1

#### CHILD CENTERED LEARNING COURSE

- USW2G01: Easy Ways to Boost Kids' Brain Power (K2C1) CDA 2

#### EFFECTIVE LEARNING ENVIRONMENTS COURSE

- USW2H01: Changing Spaces (K2C2) CDA 1

#### PLAY TYPES AND FACILITATION COURSE

- USW2I01: The Art and Science of Playing with Young Children (K2C1) CDA 3



## K2 (continued)

### TWO HOUR LESSONS

#### PLAY TYPES AND FACILITATION COURSE (continued)

- USW2I02: **Fighting Children's Obesity Through Active Play** (K2C2) CDA 2
- USW2I03: **How to Turn Good Play into GREAT Play** (K2C2) CDA 2

#### LEARNING THROUGH PLAY COURSE

- USW2I11: **Is Block Play Really Important?** (K2C1) CDA 2
- USW2I12: **Taking a New Look at Dramatic Play** (K2C1) CDA 3

#### LANGUAGE DEVELOPMENT AND LITERACY SKILLS COURSE

- USW2J01: **Learning to Read Before Six?** (K2C1) CDA 2
- USW2J02: **Believe It or Not... You Can Be a Storyteller** (K2C1) CDA 2

#### ART IN THE CLASSROOM COURSE

- USW2K01: **How to Make and Use Puppets** (K2C1) CDA 5
- USW2K02: **Using Art Materials** (K2C1) CDA 5

#### MUSIC AND MOVEMENT COURSE

- USW2L01: **Music for the Non-Musical** (K2C1) CDA 5

#### MATH FOR YOUNG CHILDREN COURSE

- USW2M01: **Activities for Learning Math: Numbers, Colors, and Shapes** (K2C1) CDA 2
- USW2M02: **Math for Every Age** (K2C1) CDA 2 NEW

#### SCIENCE FOR YOUNG CHILDREN COURSE

- USW2M11: **Exciting Backyard Science Activities** (K2C1) CDA 2
- USW2M12: **Science for Young Thinkers** (K2C1) CDA 2 NEW

#### EXPLORING MATH AND SCIENCE CONCEPTS COURSE

- USW2M21: **Junk Makes Great Learning Material** (K2C1) CDA 5
- USW2M22: **Summertime Care** (K2C1) CDA 5
- USW2M23: **Pets in Child Care** (K2C1) CDA 5
- USW2M24: **Working with Wood -- Kids Can Do It!** (K2C1) CDA 5

## K3

### Family and Society

#### ONE HOUR LESSONS

##### FAMILY FRIENDLY CHILD CARE COURSE

- USW1O01: **How to Get Through to Parents** (K3C1) CDA 4
- USW1O02: **Supporting Children's Families** (K3C1) CDA 4

## K3 (continued)

### ONE HOUR LESSONS

#### CULTURAL DIVERSITY COURSE

- USW1P01: **Child Care Celebrations** (K3C1) CDA 5
- USW1P02: **Adventures in Multicultural Cooking: Taste Bud Travel** (K3C1) CDA 5

### TWO HOUR LESSONS

#### CULTURAL DIVERSITY COURSE

- USW2N01: **Let's Celebrate!** (K3C1) CDA 5

#### PARTNERSHIPS WITH PARENTS COURSE

- USW2O01: **Secrets of How to Get Parents Involved** (K3C1) CDA 4
- USW2O02: **How to Work with Problem Parents** (K3C1) CDA 4

#### PARENT/FAMILY RELATIONSHIPS COURSE

- USW2P01: **Parents: Friends or Foes?** (K3C1) CDA 4
- USW2P02: **How to Get Parents on Your Team** (K3C2) CDA 4

## K4

### Child Assessment

#### ONE HOUR LESSONS

##### OBSERVING CHILDREN'S PROGRESS COURSE

- USW1Q01: **Stepping Stones to School Readiness** (K4C1) CDA 8
- USW1Q02: **Getting to Know the Kids through Observation** (K4C1) CDA 7

##### THE ART OF OBSERVATION COURSE

- USW1R01: **Observation: It Starts with YOU!** (K4C1) CDA 7
- USW1R02: **Observation: Preparing to Observe** (K4C1) CDA 7
- USW1R03: **Observation: A Toolkit of Methods** (K4C1) CDA 7
- USW1R04: **Observation: Connections with Children** (K4C1) CDA 7
- USW1R05: **Observation: Connections with Families** (K4C1) CDA 7

#### TWO HOUR LESSONS

##### HELPING CHILDREN SUCCEED COURSE

- USW2Q01: **What Children Need to Know to Start School** (K4C1) CDA 6
- USW2Q02: **Improving and Using Your Observation Skills** (K4C1) CDA 7



# Out-of-State Web-Based Lessons

**K5**

## Communication

### ONE HOUR LESSONS

#### EFFECTIVE COMMUNICATION SKILLS COURSE

- USW1S01: **Baby Talk** (K5C1) CDA 2
- USW1S02: **Toddler Talk** (K5C1) CDA 2
- USW1S03: **Powerful Communication with Parents** (K5C1) CDA 4
- USW1S04: **Get Kids Talking** (K5C1) CDA 3

#### GETTING TO KNOW YOUR FAMILIES COURSE

- USW1T01: **Getting to Know Families with Infants** (K5C1) CDA 4
- USW1T02: **Getting to Know Families with Toddlers** (K5C1) CDA 4
- USW1T03: **Getting to Know Families with Preschoolers** (K5C1) CDA 4

### TWO HOUR LESSONS

#### TALKING WITH CHILDREN COURSE

- USW2R01: **Communicating with Children** (K5C1) CDA 3

**K6**

## Professionalism and Leadership

### ONE HOUR LESSONS

#### FAMILY CHILD CARE COURSE

- USW1U01: **Getting the Word Out: Marketing Your Family Child Care** (K6C1) CDA 6
- USW1U02: **Running Your Child Care Home as a Business** (K6C1) CDA 6
- USW1U03: **Professional Development Records (PDR) - A Valuable Tool for Child Care Providers** (K6C1) CDA 6

#### UNDERSTANDING ETHICS COURSE

- USW1V01: **Ethics: Your Responsibilities to Children** (K6C1) CDA 6
- USW1V02: **Ethics: Your Responsibilities to Families** (K6C1) CDA 6
- USW1V03: **Ethics: Your Responsibilities to Coworkers and Community** (K6C1) CDA 6

**K6 (continued)**

### TWO HOUR LESSONS

#### FAMILY CHILD CARE COURSE (for Family Child Care Practitioners)

- USW2S01: **Family Child Care... It's a Business** (K6C1) CDA 6

#### STRESS MANAGEMENT COURSE

- USW2T01: **How to Take the Stress Out of Caregiving** (K6C1) CDA 6

**K7**

## Health, Safety, and Nutrition

### ONE HOUR LESSONS

#### GROWING UP HEALTHY COURSE

- USW1W01: **Picky Eaters** (K7C1) CDA 1
- USW1W02: **Is Naptime Necessary?** (K7C1) CDA 1
- USW1W03: **Preventing Childhood Obesity: Encourage Healthy Eating Habits** (K7C2) CDA 1

#### IMPORTANT ROUTINES AND PRACTICES COURSE

- USW1X01: **Safe and Smart Supervision** (K7C1) CDA 1
- USW1X02: **Outdoor Play** (K7C1) CDA 1
- USW1X03: **Playing Outdoors – Safety First!** (K7C1) CDA 1 NEW
- USW1X04: **Fighting Germs: Tips for Indoor Sanitation** (K7C1) CDA 1 NEW

#### COOKING AND LEARNING TOGETHER

- USW1Y01: **Beyond Juice and Crackers: Snack Time for Your Family Child Care Home** (K7C1) CDA 1
- USW1Y02: **Cooking with Young Children** (K7C1) CDA 5

### TWO HOUR LESSONS

#### KIDS AND FOOD COURSE

- USW2U01: **Eating Times: The Ups and Downs** (K7C1) CDA 1
- USW2U02: **Snack Time: It's More than Juice and Crackers** (K7C1) CDA 1
- USW2U03: **Obese Kids: They Are What They Eat** (K7C2) CDA 1

#### INDOOR/OUTDOOR PLAY COURSE

- USW2V01: **The Ups and Downs of Outdoor Play** (K7C1) CDA 1
- USW2V02: **Active Play: Fighting Obesity and Diabetes and Keeping Children Healthy** (K7C1) CDA 1
- USW2V03: **Your #1 Priority: Keeping Children Healthy and Safe** (K7C1) CDA 1



# Better Kid Care Out-of-State Order Form

For office use only

Transaction # \_\_\_\_\_

CCO# \_\_\_\_\_

## Order Information

Item #	Quantity	Description of Materials/Title of Lesson(s)	Unit Cost	Total Cost
<b>TOTAL AMOUNT DUE</b>				<b>\$</b>

**REQUIRED**  
for Web-Based  
Registration  
online access  
**ONLY**

Online access will be given for lesson titles listed above to the following participant. Use separate form for each participant.

Name of Participant	E-mail	FPS User ID (example: abc123)

Each person must obtain a separate FPS User ID. To obtain FPS account go to [www.fps.psu.edu](http://www.fps.psu.edu) select Create Account and follow instructions. Remember to save password for future use.

## Shipping Information *(Please allow 3-4 weeks for delivery of ordered materials)*

Ship to:  Residence  Business

Name <small>(Person placing order)</small>		Business Name
Address		City
State	Zip	County
Phone ( )	Fax ( )	E-mail

**MAIL** with payment to: Penn State Better Kid Care  
Distance Education Program  
253 Easterly Parkway  
State College, PA 16801

**FAX** with credit card number information to: 814-865-7893  
**PHONE** with credit card information to: 814-863-0339

## Method of Payment *(prepayment is required) DO NOT SEND CASH*

**Check** (payable to **The Pennsylvania State University**) is enclosed  
(A \$10 charge will be assessed for all returned checks)

Check # \_\_\_\_\_

**Charge to:**  Visa  MasterCard

Expiration Date

<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>
Month			Year	

Cardholder's Name:  
(as listed on card)

Cardholder's E-mail Address:  
(Electronic receipt is sent when payment is processed)

Cardholder's Telephone:  
( ) -

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Credit Card Number

Cardholder's Signature: \_\_\_\_\_

Authorizes total amount to be charged

**For Questions Call: 814-863-0339**