



# Jefferson-Lewis Childcare Project

a program of

COMMUNITY ACTION PLANNING COUNCIL

518 Davidson Street • Watertown NY 13601

315.782.4900 • [jlcp@capcjc.org](mailto:jlcp@capcjc.org)

[www.capcjc.org](http://www.capcjc.org)

## JLCP Workshop Catalog

Fall–Winter 2019

### Upcoming Workshops at Community Action Planning Council

You can register for the following workshops online at [capcjc.org/programs/jlcp/training](http://capcjc.org/programs/jlcp/training) or complete and mail the registration form at the end of this catalog. If there is a fee for your training, it must be received by the registration deadline. If you have any questions, just give us a call!

#### Super Saturday Fall Conference

**Saturday November 16 from 8:30AM-3:30PM**

Choose from a variety of topics to earn up to SIX hours of training in one day! Our preliminary schedule of workshops includes topics on literacy, child development, play, special needs and more. Lunch included! Watch for complete details and registration information coming soon.

Cost: \$43 for JLCP members, \$50 for non-members

*Financial assistance may be available for qualifying applicants through Educational Incentive Program and CSEA/VOICE Professional Development Training Program. Call for more information or apply now!*

#### Supporting Preschoolers with Special Needs

**Tuesday October 1 from 6:30-8:00 PM**

Autism. Developmental Delays. ADD/ADHD. Speech/Language Delay. Sensory needs. Do you know what these are? Do you know red flags to watch for? Would you know how to work with a child who has special needs? Do you know what support they may need? Do you know how these conditions influence learning and behavior? This training will answer these questions and more.

Trainers: Cori Leshner

OCFS Topic Areas: Child Development, Program Development

Cost: FREE

Register: [Register online](#) or call 315-782-4900 x 286 by October 26

*\*Can't make it on this date? This Tailor-Made Training is also available by request! Call Cori at 315-782-4900 ext. 286.*

#### Heartsaver® Pediatric First Aid CPR AED: American Heart Association

**Saturdays 10/26/19 or 12/7/19 from 8:30 AM-2 PM**

**Plan ahead! Here are the 2020 dates: 1/25, 3/7, 4/18, 5/30, 9/19, 11/14, 12/12**

This 5-hour course offers certification training for Pediatric First Aid, CPR and AED. Registration with payment due on Friday two weeks before each class. Minimum of 5 participants, maximum of 12.

*Financial assistance may be available for qualifying applicants through Educational Incentive Program and CSEA/VOICE Professional Development Training Program. Call for more information.*

Trainers: Angie VanWormer and Emily Cleaver

OCFS Topic Areas: Nutrition and Health, Safety and Security

Cost: \$65

Register: Mail form with payment OR [register online](#) then send payment

## Child and Adult Care Food Program (CACFP) Training

*The following sessions are open to everyone and will fulfill the annual training requirement for programs currently participating in CACFP through Jefferson-Lewis Childcare Project. Victoria Brownell and Rachael Lenig, CACFP staff, will be helping to facilitate each session and will offer additional information.*

### **How Do I Make My Program Breastfeeding-Friendly?**

**Wednesday September 18 at Community Action Planning Council from 6:00-8:30 PM OR**

**Wednesday September 25 at Ogdensburg BOCES from 6:00-8:30 PM**

This training will cover why breastfeeding and promoting breastfeeding is so important. Learn how you can make your child care program Breastfeeding Friendly and be recognized by New York State DOH. Learn best practices and develop your own action plan to become Breastfeeding Friendly.

Trainer: April Bennett, Cornell Cooperative Extension of Jefferson County

OCFS Topic Areas: Program Development, Nutrition and Health

Cost: FREE

Register: [Online](#) or call 315-782-4900 ext. 289 or 231 by 9/13

### **Let's Get Physical! Everyday Active Play for Young Children**

**Thursday October 24 at Watertown BOCES from 6:00-8:30 PM OR**

**Wednesday October 30 at Canton BOCES from 6:00-8:30 PM**

We know how much children need physical activity, but limited time, limited space, and crazy weather can make it challenging to offer. Join us for this active, hands-on workshop and explore simple ways to encourage children to be more active throughout the day. These activities use only inexpensive equipment, work in small spaces, and can be enjoyed in home-based and center-based childcare settings as well as by families in their homes. We will talk about the importance of physical activity and the benefits for young children, and you will also learn how to lead early childhood physical activities that are developmentally appropriate and inclusive.

Trainers: Watertown: Angie VanWormer

Canton: Connie Neuroth, St Lawrence Child Care Council

OCFS Topic Areas: Child Development, Program Development, Nutrition and Health

Cost: FREE

Register: [Online](#) or call 315-782-4900 ext. 289 or 231 by 10/18

## Blended Learning Course

*This reflective email-based course is brought to you by the Region III Infant-Toddler Network. Learn more about this **FREE 6-hour course** and how you can participate by contacting Emily at 315-782-4900 ext. 237.*

### **Toddlers and Literacy: What Works and What Counts**

When it comes to literacy, toddlers are in the prime time to develop the foundation for all future learning. In this course we will look at what toddlers are like, how they learn and how we make decisions about our work with them. You'll learn literacy concepts that count and literacy practices that work with toddlers.

OCFS Topic Areas: Child Development, Program Development, Nutrition and Health

Cost: FREE

9 HOURS OF FREE TRAINING!

# The Growing Brain: From Birth to 5 Years

The Growing Brain Curriculum is an innovative professional development opportunity that provides a toolkit of how the brain develops, along with ways you can encourage healthy brain development in children.

Participants will develop skills and strategies to understand the architecture and neurobiology of brain development while learning how to support prosocial behavior and cognition. The last unit will focus on how play is essential to the growing brain.

These training sessions are part of the Growing Brain: From Birth to 5 Years curriculum and delivered by a certified ZERO TO THREE Trainer.

**OCFS TOPIC AREAS COVERED: CD, PD, R-CDC, BZ**

## Training Dates and Units Covered:

September 17

The Basics of Brain Development

October 2

Understanding Behavior

October 23

Everyday Play



All training will be held in the training room at Community Action  
from 6pm - 9pm

*There is a limit of 15 seats so register early to reserve yours!*

*Registration ends September 13!*

For more information or to register please contact

Emily Cleaver

Provider Services Coordinator

Jefferson-Lewis Childcare Project

315.782.4900 ext. 237 or [ecleaver@capcjc.org](mailto:ecleaver@capcjc.org)





# Tailor-Made Training

**What is Tailor-Made Training?** Instead of a pre-set date and time, Tailor-Made-Training is scheduled around your needs, when you're not caring for children, usually in the evening. Topics are between 1-2 hours in length. This training is free for those working in Registered/Licensed programs in Jefferson & Lewis Counties and can be designed for individuals or small groups of providers. We will develop training around your interests and schedule it at a time that works for you. No two sessions are exactly alike!

We will bring the training to you and your neighboring providers, or we can hold sessions in our training space. If you aren't already connected to other providers, we will help spread the word about your training.

Give us a call or use our [online request form](#) to request a training topic. We will work with you to plan an individualized workshop that meets your needs. We look forward to hearing from you!

Angie: 315-782-4900 x 239 or [avanwormer@capcjc.org](mailto:avanwormer@capcjc.org)

Emily: 315-782-4900 x 237 or [ecleaver@capcjc.org](mailto:ecleaver@capcjc.org)

Cori: 315-782-4900 x 286 or [clesher@capcjc.org](mailto:clesher@capcjc.org)

## Training Topic Areas Key

### OCFS Topic Areas

CD: Principles of Child Development, NH: Nutrition and Health Needs, BZ: Business Rec. Maintenance & Management, CAM: Child Abuse & Maltreatment ID & Prevention, PD: Child Care Program Development, R-CDC: Statutes & Regs Pertaining to Child Care  
SS: Safety and Security, R-CAM: Statutes & Regs Pertaining to Child Abuse, SBS: Shaken Baby Syndrome

### Color Key

Blue: Behavior/Guidance Green: Program Development Purple: Child Development Gray: Safety/Regulations  
Orange: Curriculum Development Yellow: Business Pink: Infant/Toddler White: Special Needs

### Promoting Problem-Solving Skills

Where groups of children are together, conflict isn't far behind. Your responses to everyday disagreements and disappointments can help children learn to solve their own problems. This workshop will provide you with simple strategies to empower children, reduce challenging behavior, and create more peaceful, happy moments in your program.

OCFS Topic Areas: CD, PD

### Overview of the Special Education Process

Do you have a child being evaluated for special education services? Would you like to know more about the process to support the child, the family, and learn your role? This training will discuss the process of evaluation, identification, the Individualized Education Plan, and the services available. We will also discuss how to talk to parents about your concerns regarding the development of their children.

OCFS Topic Areas: SS

### Using Social Media to Boost Your Program

Social media can be a great way to market your program, keep parents informed of upcoming dates, and stay connected with the community. This training will focus on the different platforms, regulations about what you can post, and how to use social media effectively and positively.

OCFS Topic Areas: R-CDC, BZ

### Child-Led Learning

Children love to explore, create, and submerge themselves in what interests them. Child-led learning gives children the independence to investigate and manage these interests while gaining a deeper understanding of their learning. In this training we will discuss child-led learning, use documentation of interests to create new learning experiences and how it can be incorporated into any curriculum.

OCFS Topic Areas: PD

### The Terrific Toddler

This workshop is designed specifically for the special people that care for and teach toddlers. We will talk about what it means to offer developmentally appropriate practices for toddlers. We will reflect on our own hot buttons and expectations for their behavior and discuss what it means to offer positive guidance. Then we will develop specific teaching strategies to help minimize some common challenging behaviors.

OCFS Topic Areas: CD, PD

### **What Makes Behavior Challenging?**

A child's behavior has meaning and is trying to convey a specific message. It can show a need or want, a lack of stimulation, or a need for more assistance. How we respond to a child's behavior is just as important as understanding the reason behind it. In this workshop we will discuss what makes some behaviors challenging for adults, what makes them challenging for child care programs, and strategies that can be used to manage these challenges effectively and positively.

OCFS Topic Areas: CD, R-CDC

### **Nature Play**

What does it mean to experience nature from a child's point of view? How do they benefit from experiencing nature through different seasons and weather? We will discuss the benefits of nature for young children, how nature experiences can be added to your program, and how it fits into regulations.

OCFS Topic Areas: PD, CD, R-CDC

### **Expectations and Positive Guidance**

How do you feel when children are using behavior that is disruptive, disrespectful or unsafe? In this workshop we will reflect on our own "hot buttons" and expectations for children's behavior. We will discuss the difference between reacting to behavior and responding with positive guidance, and develop strategies to help children learn to use more acceptable ways of communicating their needs.

OCFS Topic Areas: CD, PD

### **Creating Developmental Portfolios**

Tracking development can be tedious and a big undertaking for busy programs. Portfolios can be designed to grow with children as they move up in age or stay with one provider. Portfolios serve as a tool for planning, identifying patterns, and tracking development. They can also be a great keepsake to give to families when they leave your program. During this training we will look at the benefits of keeping a well-organized portfolio, types of observations that can be used, and how it can be used in curriculum development.

OCFS Topic Areas: CD, BZ

### **The Move from CPSE to CSE**

As children move from preschool special education services (CPSE) to school-age special education services (CSE) it is important to be aware of the changes that will occur. This training will provide information on the process and how to support the family throughout the transition.

OCFS Topic Areas: SS

### **How to Respond to Biting**

Biting is a normal part of development for children. It is used to convey how a child is feeling or a need or want. Biting can also be frustrating when we don't know why the biting is happening or how to prevent it. In this training we will look at why young children bite, how to respond in an appropriate way and discuss specific strategies that can be done to help prevent a child from biting. This can also be a stressful time for parents, making communication strained or tense. Along with strategies for preventing and responding to biting, we will also discuss how to approach parents in a positive way that supports them and their child.

OCFS Topic Areas: CD, PD, SS

### **What is DAP?**

This little acronym gets thrown around a lot, but what does it actually mean? Let's take a step back to talk about the basics of Developmentally Appropriate Practice, how young children learn and develop, and your role as an early childhood professional. Whether this is a refresher or the first time you've thought about DAP in your program, this workshop is for you!

OCFS Topic Areas: CD, PD

### **Supporting Preschoolers with Special Needs**

Autism. Developmental Delays. ADD/ADHD. Speech/Language Delay. Sensory needs. Do you know what these are? Do you know red flags to watch for? Would you know how to work with a child who has special needs? Do you know what support they may need? Do you know how these conditions influence learning and behavior? This training will answer these questions and more.

OCFS Topic Areas: CD, PD

### **You Can't Lose Your Temperament**

Have you wondered why some children are laid-back and others are more sensitive to their environment? We will discuss the nine different temperament traits and three temperament types to help you gain an understanding of how these inborn characteristics affect behavior.

OCFS Topic Areas: CD, PD

**Looking for a different topic?  
We have many more to offer!  
Contact us for a complete list or to discuss  
your specific training needs and interests!**

### Technical Assistance and Consultation

Through a contract with the NYS Office of Children and Family Services, JLCP provides free, individualized support to child care programs and staff. Our technical assistance services address the unique needs of your program to help you be and do your very best for children.

Services we offer can include:

- Individual conversations to better understand you and your program
- Program observations to learn more about your areas of concern
- One-to-one or small group training on topics you request
- Onsite coaching to help you create goals and implement changes that lead to improvement

Reach out to one of our experienced Provider Services staff members to learn more!



### Health and Safety Training

The health and safety of children in care is the highest priority for child care programs and for the New York State OCFS. Health and Safety training is developed by the Early Childhood Education and Training Program in collaboration with OCFS and is delivered by trained professionals across the state.

JLCP provides this valuable training for new Family and Group Family providers, as well as for new Day Care Center and School-Age Child Care directors.

You may search for training online at [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu). Click on “Health and Safety” to locate training near you, or contact us to learn about upcoming sessions at Community Action Planning Council.

Family/Group Family: Emily, ext. 237  
Directors: Angie, ext. 239



### Provider Facebook Group

All FDC and GFDC providers in Jefferson and Lewis Counties are encouraged to join our closed Facebook group at [www.facebook.com/groups/JLchildcare](http://www.facebook.com/groups/JLchildcare). It's a great way to network with other providers! Members can ask questions, share accomplishments, and also get reminders and important information from JLCP staff. Request to join today!

### Early Childhood Professionals Discount Program

Community businesses have joined JLCP to offer special recognition to early childhood professionals working in registered or licensed programs. For a list of current partners, visit [www.capcj.org/programs/jlcp/early-childhood-professionals/](http://www.capcj.org/programs/jlcp/early-childhood-professionals/) For more information, please call Emily at 315-782-4900 ext. 237.



### Child & Adult Care Food Program (CACFP)

The NYS Department of Health Child & Adult Care Food Program (CACFP) assists and trains child care providers to serve nutritious



meals to children in their care, supports the development of sound nutritional habits, and financially assist providers with the cost of nutritious foods they serve in their program. For information on how you can participate in this valuable program, call 315-782-4900 ext.

### Educational Incentive Program (EIP)

Scholarship funding to participate in training may be available through the Educational Incentive Program (EIP). For more info, or to apply for a scholarship, visit [ecetp.pdp.albany.edu](http://ecetp.pdp.albany.edu). You may also contact EIP at [eip@pdp.albany.edu](mailto:eip@pdp.albany.edu) or 800-295-9616.



### JLCP Membership

Your membership fees help us offer support and recognition to early childhood programs in Jefferson and Lewis Counties, such as provider appreciation and networking activities and special events. Call 782-4900 ext. 239 to learn how you can become a member. Thank you for supporting high-quality child care in our area!



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**Workshop Registration and Membership Form**

*Find complete workshop details online at [www.capcjc.org/jlcp/training](http://www.capcjc.org/jlcp/training) Please complete all sections carefully. Only one form may be submitted per person.*

**Participant Information**

Name		
Address		
Phone		
Program Name		
I would like to receive emails from JLCP:    Yes    No    Already do    How did you hear about the workshop(s)?    Mailing    Email    Flyer    Website    Employer    Friend    JLCP Staff		
Type of Program:    FDC    GFDC    DCC    SACC    Informal		

**Workshop Registration**

Title	Date	Time	Cost	Amount Included
JLCP Membership (choose level):	Individual Membership - \$30.00	Individual + 1 Membership - \$40.00	Center or SACC Membership - \$80.00	

**Payment Information**

<input type="checkbox"/> Check or MO payable to CAPC <input type="checkbox"/> Signed EIP Award Notification	<b>Check or MO Number and Date</b>	<b>EIP Award Number</b>	<b>Total Due</b>	<b>Total Amount Included</b>
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Form and full payment must be received at least 3 business days before workshop, unless otherwise stated in description. Registration must be mailed or delivered to Community Action Planning Council Administration Office during business hours. Mail completed form and payment to: Community Action Planning Council, 518 Davidson Street Watertown, NY 13601

## Attending JLCP Workshops

**Registration & Payment:** To register for training, register online or complete a registration form and submit with payment, where applicable, to CAPC by mail or in person at least 3 business days prior unless otherwise noted. CAPC is not responsible for payments that are left with or handed to anyone other than Admin staff. Registration forms can be found at [www.capcjc.org/programs/jlcp/training/](http://www.capcjc.org/programs/jlcp/training/). Accepted payment: cash, check payable to CAPC, money orders, purchase orders and EIP Award Notice. If you receive EIP scholarship for training for which you have already paid, CAPC will issue a reimbursement. You are responsible for any difference between the award amount and the cost of the class and payment must be received prior to class. All checks returned to CAPC for insufficient funds subject to current returned-check fee. Post-dated checks not accepted.

**Cancellations:** If a class you have paid for is cancelled you will be notified and issued a training pass, equivalent to the amount you paid, to use toward another training within the next year. Training pass will be issued only if you cancel prior to the scheduled workshop. After business hours dial x 239 for voice mail.

**Certificates and Training Records:** Certificates for trainings other than ECETP Webcast training will be given to participants upon completion of a training and receipt of full payment. We will provide a record of your JLCP training upon request.

**ECETP Webcast Training:** Photo ID is required. If you are registered and can not attend, please call 800-295-9616. Participants must arrive by 6:45 pm, stay until 9 pm and receive a passing grade on the multiple-choice test in order to receive credit for attending. Certificates accessible in participant ECETP accounts or mailed..

**Children:** While we love children, our trainings are intended for adult audiences only.

Questions? Call 315-782-4900 ext. 239.

### Jefferson-Lewis Childcare Project (315) 782-4900

Fax: (315) 788-8251

Child Care Referrals: (315) 782-8475 or 1-800-287-8904

Cathy Brodeur  
Tracy Liptrott  
Christine Vogt  
Matt Summers  
Samantha Rennie  
Angie VanWormer  
Emily Cleaver  
Cori Leshar  
Vickie Brownell  
Rachel Lenig

JLCP Director, Ext. 240  
Referrals/Subsidy Billing Manager, Ext. 253  
Registration Specialist, Ext. 279  
Registration Supervisor, Ext. 230  
Registrar/LE Inspections Manager, Ext. 229  
Provider Services Specialist, Ext. 239  
Provider Services Coordinator, Ext. 237  
Provider Services Coordinator, Ext. 286  
CACFP Coordinator, Ext. 289  
CACFP Manager, Ext. 231



*The Jefferson-Lewis Childcare Project brings together parents, child care professionals, community members, business leaders, and government agencies to help develop and support accessible, affordable, high-quality child care for children and families.*

Learn more about Community Action and JLCP at  
[www.capcjc.org](http://www.capcjc.org)

### Jefferson-Lewis Childcare Project "Every Child, Quality Care"



A program of  
COMMUNITY ACTION PLANNING COUNCIL

*We will be closed on  
September 2  
October 11 and 14  
November 11, 28 and 29*

*Regular business hours  
are M-F 8 AM to 4 PM,  
evenings by appointment.*

*JLCP is a member of*

