



Smart Start Parent Training 2018-2019

Please complete an evaluation form at the end of your training. Evaluation form is on last page.

Topic	Date and Time	Description	Presenter
Handling Infants' and Toddlers' Challenging Behavior http://infanttoddler.tamu.edu/courses/courseListByCatID.php?catid=16	At your convenience 1.0 Hour Training	Infants and toddlers sometimes behave in ways that can be confusing and even upsetting for the adults in their lives. In this 1-hour course we will learn what challenging infant and toddler behavior looks like and why it happens, and ways you can work together with your child.	ONLINE
What Parents Need to Know about Infant and Toddler Development http://infanttoddler.tamu.edu/courses/courseListByCatID.php?catid=16	At your convenience 2.0 Hour Training	Understanding how your child develops and knowing what behaviors to expect are important steps toward helping your child grow to his or her fullest potential. This knowledge can help you engage your child in meaningful activities designed to encourage his or her growth, and can help you understand why your child care provider encourages certain activities while your child is in care. Knowing what typical development looks like can also help you determine whether or not your child might be experiencing a developmental delay and need extra support. This 2-hour course will show you how development takes place for infants and toddlers, and will give you some ideas of how to apply this knowledge to make your child's child care experience the best it can be.	ONLINE
Healthy Eaters: Infant and Toddler Nutrition in the Home Environment http://infanttoddler.tamu.edu/courses/courseListByCatID.php?catid=16	At your convenience 1.0 Hour Training	By the time your child is about 4 years old, he will have established his own preferences and habits related to food. Creating a healthy eating environment, both at home and in child care, for your infant or toddler is the best way to help him develop healthy eating habits that will likely last into adulthood. In this 1-hour course, we will give you specific suggestions for meeting your infant's or toddler's nutritional needs, teaching healthy habits and attitudes related to food, and what to look for to ensure your child care program is making healthy choices for your child.	ONLINE

<p>Social Emotional Development</p> <p>http://infanttoddler.tamu.edu/courses/courseListByCatID.php?catid=16</p>	<p>At your convenience 2.0 Hour Training</p>	<p>Your child develops in many different areas simultaneously. Social emotional development refers to how your child learns to manage and express her own emotions and interact with others. Her social emotional growth as an infant or toddler affects her development in all other areas, and will have an impact on her relationships with others for the rest of her life. In this 2-hour course, we will discuss what social emotional development is, why it is important, ways you and your child care provider can work together to encourage healthy growth in this area, and possible warning signs that your child might be struggling with social emotional development.</p>	<p>ONLINE</p>
<p>Making Home a Place for Learning</p> <p>http://infanttoddler.tamu.edu/courses/courseListByCatID.php?catid=16</p>	<p>At your convenience 1.0 Hour Training</p>	<p>Infants and toddlers learn and grow rapidly in a variety of areas. Knowing how this learning takes place can help you make choices to promote healthy growth. In this 1-hour course, we will discuss several aspects of how your child learns and what you and your child care provider can do to ensure that your child develops to his fullest potential.</p>	<p>ONLINE</p>
<p>Selecting Child Care: A Guide for Parents</p> <p>http://infanttoddler.tamu.edu/courses/courseListByCatID.php?catid=16</p>	<p>At your convenience 1.0 Hour Training</p>	<p>Choosing a child care program for your infant or toddler can be a difficult task. Knowing what to look for in a program can help make this decision easier. In this 1-hour course, we will discuss the types of curriculum, guidance and discipline, child-caregiver interactions, environments, activities, materials, and caregiver characteristics you should look for to find the best possible child care experience for your very young child.</p>	<p>ONLINE</p>
<p>Parent-Caregiver Communication in Child Care Settings</p> <p>http://infanttoddler.tamu.edu/courses/courseListByCatID.php?catid=16</p>	<p>At your convenience 1.0 Hour Training</p>	<p>Placing your infant or toddler in child care can be challenging. Building strong relationships with your child care providers can make the experience easier on you and on your child. To make the most of your child's time in child care, you will need to establish trust and communication with her caregivers. In this 1-hour course, we will give you specific suggestions for developing trust, respect, and cooperation, and for handling difficult conversations. We will also talk about ways you can become even more involved in your child's care.</p>	<p>ONLINE</p>

Child Abuse Training http://www.preventchildabusenc.org/about-child-abuse/rrcourse	At your convenience 2.0 Hr Training	Recognize child abuse and how you can help your child.	ONLINE
Walk & Talk!	Thursday February 12, 2019 6:00-7:00PM	In this class you and your child will take a “walking tour” with your child, noticing different objects in the room and using the objects to spark conversations. “Talking Sense” Children already have all the tools they need to learn about the world: Their 5 Senses! Just about anything they see, hear, feel, touch or taste can turn into a springboard conversation. Simply noticing your child as he or she looks around and explores can spark a language-rich conversation.	Jan Doss –Parent Specialist
READ IT TO ME!	Tuesday April 23, 2019 6:00-7:00PM	In this class I will model read-aloud strategies and give tips on shared reading and highlight the fun and joy that reading together can bring! You and your child/children will make a mini-book entitled “Elmo & Mommy’s Day.”	Jan Doss –Parent Specialist

All classes held at the Smart Start office (except online courses) – 306 East US Hwy 64, Lexington. You may come to smart start to view the online training, please call to reserve a computer. You may come to Smart Start to print off certificate if needed.

With all classes, please complete an evaluation form. Evaluation form is on next page.

To Register Please Call (336) 249-6688.



Parent Training Evaluation

1. Did you find this training helpful?
2. What part did you like best?
3. Did this training improve or add to your parenting skills? If so, how?
4. How would you improve this class?
5. Would you be interested in more parenting classes? If so, on what?

Thank you for attending.

July 2018