



# Training Calendar December 2023

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

[leaptraining@augusta.edu](mailto:leaptraining@augusta.edu)

877-228-3566

DATE	TIME	TOPIC	LOCATION	COST
Saturday December 2	9:00-10:00 AM	On TRACK with Math I	All sessions are online this month. <a href="#">Register on GaPDS.</a>	All sessions are FREE this month!
	10:15-11:15 AM	On TRACK with Science I		
Tuesday December 5	1:00-2:00 PM	Emotional Regulation Chapter 3, Teaching and Emotional Literacy		
Tuesday December 12	1:00-2:00 PM	Emotional Regulation Chapter 4, Calming Skills		
Wednesday December 13	6:30-7:30 PM	RECHARGE-Boosting Teacher Well-Being: Introduction to Burnout and Secondary Traumatic Stress		
Thursday December 14	1:00-2:00 PM	RECHARGE-Growth Mindset		
Tuesday December 19	1:00-2:00 PM	Emotional Regulation Chapter 5, Problem Solving Skills		
Wednesday December 20	4:00-5:30 PM	RECHARGE-Healthy Habits: Well-Being for Our Bodies		

# Child Care Training Descriptions for December 2023

<b><i>On TRACK with Math I</i></b> <b>Competency: ECE 5.6</b> This introduction to math in the ECE setting will equip and motivate teachers to engage children through practical and educational experiences.	<b>1 Credit Hour</b>
<b><i>On TRACK with Science I</i></b> <b>Competency: ECE 5.6</b> This introduction to science in the ECE setting will equip and motivate teachers to engage children through practical and educational discovery experiences.	<b>1 Credit Hour</b>
<b>Emotional Regulation Chapter 3, Teaching and Emotional Literacy</b> <b>Competency: ECE 4.2</b> This interactive training will discuss the teaching process in early childhood care and education settings as well as provide information about teaching emotional literacy, or the vocabulary of feeling, to young children.	<b>1 Credit Hour</b>
<b><i>Emotional Regulation Chapter 4, Calming Skills</i></b> <b>Competency: ECE 1.4</b> This interactive training will address how children need to learn calming skills at each major developmental stage of early childhood.	<b>1 Credit Hour</b>
<b><i>RECHARGE-Boosting Teacher Well-Being: Introduction to Burnout and Secondary Traumatic Stress</i></b> <b>Competency: ECE 6.1, 6.2</b> This training introduces a set of resources and a training series focused on helping ECE Professionals find the resources they need to learn to live healthy lives while continuing to provide quality care and learning experiences.	<b>1 Credit Hour</b>
<b><i>RECHARGE-Growth Mindset</i></b> <b>Competency: ECE 5.4, 6.2</b> This highly interactive and practical training will guide professionals as they explore and develop a growth mindset perspective and approach which lead to improved well-being for themselves and their young learners.	<b>1 Credit Hour</b>
<b><i>Emotional Regulation Chapter 5, Problem Solving Skills</i></b> <b>Competency: ECE 1.3, 1.4</b> This interactive training will help early childhood professionals reflect on how daily problems are great teaching opportunities, especially when it comes to emotional regulation. Participants will learn a framework for helping children become problem-solvers and discuss strategies to turn their class into a problem-solving community.	<b>1 Credit Hour</b>
<b>RECHARGE-Healthy Habits: Well-Being for Our Bodies</b> <b>Competency: ECE 1.4, 2.3, 5.2, 6.2</b> Feel your best through small steps that lead to healthy habits.	<b>1.5 Credit Hours</b>

***\*All trainings are online only at this time – available using Zoom.***

***\*Please carefully review our Attendance Policy to ensure successful completion of trainings.***

# Need a Boost? Introducing our New Well-Being Campaign

## What:

RECHARGE is a professional development campaign comprising of curated and created resources aimed at supporting Early Learning Professionals and their work.

## Why:

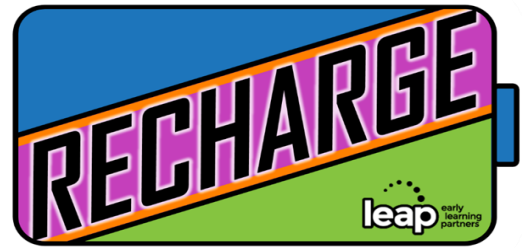
Early childhood education is good work, and it is hard work. We think Shulman (2004) sums it up well:

*After 30 years of doing such work, I have concluded that classroom teaching...is perhaps the most complex, most challenging, and most demanding, subtle, nuanced, and frightening activity that our species has ever invented. The only time a physician could possibly encounter a situation of comparable complexity would be in the emergency room of a hospital during or after a natural disaster.\**

We think children and their families are very important, and those that commit to serving children and families every day deserve everything we can give them to be healthy, feel encouraged, continue growing, and stay focused on great goals!

## Where:

<https://leapccrr.org/boosting-teacher-well-being>



## How:

Reviewing the research and work of experts on burnout, we identified eight essentials to supporting our well-being and combating burnout:

**Reality Check**

**Emotional Empowerment**

**Control and Commitments**

**Healthy Habits**

**Affirming Allies**

**Rewarding Recreation**

**Growth Mindset**

**Encouraging Environments**

Visit the RECHARGE webpage and follow links to each topic where you'll find some great tips and tools to help take care of you so you can take care of others.

\*Shulman, L. (2004). *The Wisdom of Practice: Essays on Teaching, Learning, and Learning to Teach*. San Francisco, CA: Jossey-Bass.

## 9 Tips to Fend off Holiday Stress

1. Plan ahead
2. Say no
3. Plan spending
4. Create relaxing surroundings
5. Maintain healthy habits
6. Share feelings
7. Respect differences
8. Be realistic
9. Take a break



Click a star for the article from the Mayo Clinic Health System

# Training Registration & Policy Details

## Free Online Training Registration

1. Log in to your GaPDS account at <https://gapds.decal.ga.gov/>.
2. Choose “Trainings/Find Scheduled Training Sessions”: and search for training title. If you encounter any issues, direct links to each training can be found on the Leap Early Learning Partners event calendar at: <https://leapccrr.org/events/>.
3. Register for selected training session.
4. You will receive confirmation and reminder emails from GaPDS.
5. You will receive an email from Leap Professional Development one day prior with a link to log into the training.
6. Join us at the training!

Registration closes 24 hours ahead of the training.

## Attendance Policy – Online Trainings

In order to receive credit for state-approved training with Leap Early Learning Partners, please observe the following requirements:

- Participants must arrive within first 10 minutes of one-hour trainings and within first 15 minutes of two-hour trainings.
- Within a few minutes of arrival, participants must use the chat feature to sign-in using their name, as it is listed in GaPDS, and directing their chat to “Everyone”.
- Participants must be able to see and hear the presentation.
- Participants must use chat to sign-out with their name to “Everyone” before leaving.

One participant per device (phone, tablet, laptop, or computer) provides the best experience for the participant and the easiest way to confirm attendance for Leap. In cases where multiple participants must use one device, we may ask participants, via chat and/or email, for additional confirmation of attendance. This confirmation could include, but is not limited to, a live webcam view, time-stamped photos of the group in the training, and/or signed and emailed documentation that could include a roster signed by training participants at the site and/or a signed statement confirming participant attendance from a program leader present for the training or a member of the group serving as the designated program leadership representative.

If you have any questions, concerns, or challenges, you may contact [leaptraining@augusta.edu](mailto:leaptraining@augusta.edu).

## Additional Training Opportunities

In addition to trainings offered by Leap Early Learning Partners, there are many approved trainers and trainings available around the state. The [Georgia Professional Development System for Early Childhood Educators](#) maintains a searchable database of every approved trainer and training and is the definitive source for statewide training opportunities.

[Read Right from the Start](#) (Rollins Center for Language & Literacy) also offers free online courses for Bright from the Start credit. To access and download the Post Training Plans for the Read Right from the Start trainings, please visit our downloads page at <https://leapccrr.org/downloads>.



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**Georgia Dept  
of Early Care  
and Learning**  
BRIGHT FROM THE START