



# SPARK

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LEARNING LAB

## IN-PERSON TRAINING CATALOG

2025





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# How to Request a SPARK Training

Training requests must be submitted AT LEAST 30 DAYS IN ADVANCE of the date you would like the training presented.

We will do our very best to include requests on the training calendar, depending on scheduling and trainer availability.

**\*Attendees must have an I-LEAD account to receive a training certificate.**

1



Review the in-person training offerings in this catalog along with the descriptions.

2



Discuss your needs with your team and decide on the SPARK offerings best suited for your audience and event.

3



Complete the SPARK Event and Training Request Form.

4



A SPARK Representative will contact you to confirm availability and finalize details about your event.



# SPARK

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## LEARNING LAB

## SPARK Trainings

This is a compilation of our current available titles for in-person trainings. Titles are categorized by Core Knowledge Competencies (CKCs).

*\*Please note, some trainings may align with more than one CKC; however, they will be listed under the primary CKC.*

CKC 1: Child and Youth Growth and Development

CKC 2: Health, Safety, and Nutrition

CKC 3: Observation and Assessment

CKC 4: Learning Environment and Curriculum

CKC 5: Family and Community Connections

CKC 6: Leadership and Professionalism

CKC 7: Organizational Development and Administration

## School-Age Bullying Behaviors

This training will familiarize educators with school-age bullying by defining what bullying is, what bullying isn't, three types of bullying, and the main risk factors and causes of school-age bullying behaviors.

**1.5  
HOURS**

**Age Group:** School Age  
**Content Level:** Introductory

## Using Narration to Identify and Promote Prosocial Behaviors

Employ narration of behavior (also known as positive descriptive feedback) as a proactive and preventative or responsive strategy to reduce behaviors that challenge us in the learning environment.

**2  
HOURS**

**Age Group:** All  
**Content Level:** Introductory

## Using Social Stories to Identify and Promote Prosocial Behavior

Employ social stories (also known as scripted stories) as a proactive and instructional strategy to reduce behaviors that challenge us in the learning environment. Learn how to individualize social stories to increase prosocial behaviors and respond to challenging behaviors in your setting.

**2  
HOURS**

**Age Group:** All  
**Content Level:** Introductory

## Get Moving with PALS: Physical Activity Learning Sessions to Keep Children Active in Your Program

PALS is a series of trainings developed by Nemours Children's Health that focus on physical activity for children from birth to 6 years of age. PALS workshops examine eight areas of best practices for physical activity and address the challenges early care and education (ECE) professionals face in supporting active play. Participants consider their practices and environments and then develop action steps to get kids moving! This training workshop is available both in-person or virtually and participants will receive a Lakeshore materials kit to assist with implementation of strategies learned in this session.

**5  
HOURS**

**Age Group:** Infant/Toddler;  
Preschool

**Content Level:** Introductory

## Keeping Children Safe: Supervision, Tracking and Follow Through

Keeping children safe is a top priority for all educators. In this training, providers will learn how to describe and apply active supervision strategies and systems to keep children safe and accounted for in their programs. Active Supervision is the most effective strategy for creating a safe environment and preventing injuries in young children. Learn the six strategies, how to set up the program environment to effectively supervise and track children, tools to support transition, and discuss leadership's role in reinforcing active supervision and tracking.

**1  
HOUR**

**Age Group:** All

**Content Level:** Introductory

## Safe Sleep Practices: Reducing Sudden Unexpected Infant Death and Implementation in Child Care Settings Module 1 and 2

Safe sleep practices are critical for the well-being of infants in our early childhood programs. Learn how to reduce the risk of sleep-related deaths and how to implement safe sleep practices in infant classrooms. Safe Sleep Practices: Reducing Sudden Unexpected Infant Death and Implementation in Child Care Settings Module 1 and 2 satisfies the State of Indiana requirement for infant caregivers.

**2  
HOURS**

**Age Group:** Infant/Toddler

**Content Level:** Introductory

## Ages & Stages Questionnaires®: An Introduction to ASQ®3

The Ages & Stages Questionnaires (ASQ-3) provides reliable, accurate, developmental and social-emotional screening for children between birth and age 6. The ASQ has been specifically designed to identify developmental progress and spot potential delays in young children. Screening young children is an effective, efficient way for professionals to monitor a child's development. Help parents celebrate their child's milestones, know what to expect next, and determine whether a follow-up is needed. The ASQ is an essential first step toward identifying children with delays or disorders in the critical early years.

**PREREQUISITE REQUIRED: Using the CDC's Learn the Signs. Act Early. Resources to Increase Family Engagement and Promote Developmental Monitoring and Screening. The required prerequisite is available on Indiana Learning Paths.**

**2  
HOURS**

**Age Group:** Infant/Toddler;  
Preschool

**Content Level:** Introductory



## **Ages & Stages Questionnaires®: An Introduction to ASQ®SE-2: Social-Emotional**

There is tremendous opportunity during the first few years of a child's life to identify and address potential social-emotional concerns. This is at the heart of ASQ®:SE-2. It is modeled after the acclaimed ASQ®-3 and is tailored to identify and exclusively screen social and emotional behaviors. ASQ:SE-2 is an easy-to-use tool with all the advantages of ASQ-3—it's cost-effective, parent-completed, photocopiable, and culturally sensitive. With questionnaire results, professionals can quickly recognize young children at risk for social or emotional difficulties, identify behaviors of concern to caregivers, and identify any need for further assessment.

**PREREQUISITE REQUIRED: Using the CDC's Learn the Signs. Act Early. Resources to Increase Family Engagement and Promote Developmental Monitoring and Screening. The required prerequisite is available on Indiana Learning Paths.**

**2  
HOURS**

**Age Group:** Infant/Toddler;  
Preschool

**Content Level:** Intermediate

## **Understanding Your Role with Specialized Services**

Learn to accommodate children with specialized service needs in the classroom and help families leverage community support and resources.

**1  
HOUR**

**Age Group:** All

**Content Level:** Introductory

## Building Routines to Meet the Needs of Infants and Toddlers

Learn what infant and toddler routines look like in group care. Explore scenarios to enhance routines in early care and education programs.

**1  
HOUR**

**Age Group:** Infant/Toddler  
**Content Level:** Introductory

## Building Young Leaders: Intentional Engagement

Providers learn practical ways to intentionally build positive relationships with young people. As a result, these relationships will promote confidence, social-emotional skills, and leadership qualities. Building strong relationships is our chance to make a life-long impact and remind young people of their value.

**1.5  
HOURS**

**Age Group:** School Age  
**Content Level:** Introductory

## Calm the Chaos: Practicing Mindfulness with Children

Mindfulness or focusing one's awareness on the present while calmly acknowledging and accepting one's feelings, thoughts and bodily sensations, is a practice that promotes self-regulation in children and adults alike. Mindfulness is much more than meditation and doesn't have to involve meditation at all! Learn a variety of ways to incorporate mindfulness with children into your routines throughout the day to bring calm to your learning environment.

**1.5  
HOURS**

**Age Group:** All  
**Content Level:** Introductory

## Creating School-Age Environments in Family Child Care Homes

School-Age spaces in family child care homes are unique because they are neither home nor school. They offer an opportunity to create special crossover environments where school-age children can have their own space in a low-stress setting, explore new interests, and develop meaningful relationships with friends and staff. Participate in this training to consider how the physical environment can bring out the best in our school-age children

**1.5  
HOURS**

**Age Group:** School Age  
**Content Level:** Introductory

## Embedding Math Into Daily Activities and Routines

Using child outcomes for mathematics, educators can embed a variety of math skills into daily routines to keep children engaged in active learning, while decreasing undesired behaviors. Program leaders will discover how to plan and implement practices to embed math-related skills and concepts into the daily activities and routines of their learning environments.

**1.5  
HOURS**

**Age Group:** All  
**Content Level:** Advanced

## Embedding the Student Wellbeing Standards into Daily Practices

Learn about the impact high quality care has on children's social and emotional skill development. Examine how you can positively impact the wellbeing skills of the children in your learning environment by embedding the Indiana Student Wellbeing Standards into your teaching practices and daily routines.

**1.5  
HOURS**

**Age Group:** Infant/Toddler;  
Preschool

**Content Level:** Intermediate

## Infant and Toddler Writing Activities that Activate Family Experiences

Educators will experience the process of planning and individualizing writing activities and incorporate developmentally appropriate writing materials for infants and toddlers. Educators will also incorporate family experiences throughout this process.

**1  
HOUR**

**Age Group:** Infant/Toddler

**Content Level:** Intermediate

## Little Connections: Building Relationships and Interactions to Support Infant and Toddler Learning

Learn how relationships are built between educators and infants and toddlers. Explore examples of interactions that support learning and relationship building.

**1  
HOUR**

**Age Group:** Infant/Toddler

**Content Level:** Introductory

## School's Out, Summer's In

This interactive training will explore a variety of ways to keep school-age children actively learning during the summer months, discuss numerous opportunities available in summer to invest in children's development, slow the summer slide, and close the achievement gap.

**1.5  
HOURS**

**Age Group:** Preschool/  
School Age

**Content Level:** Introductory

## Spaces That Nurture: Learning Environments for Infants and Toddlers

Reflect on the strengths and opportunities of your program, and develop strategies to create responsive and nurturing learning environments for infants and toddlers.

**1.5  
HOURS**

**Age Group:** Infant/Toddler

**Content Level:** Introductory

## Diminishing Mental Health

### Stigma

The adverse effects of the stigma associated with mental health can increase risk factors and create barriers for individuals to connect with others, ask for help and seek professional care. Acknowledging the impact of the stigma will help you to create a more conscious, inclusive, and supportive environment in your program. Enhance your mental health knowledge by learning best practices to reduce mental health stigma and promote mental health awareness that will benefit and support your program.

**1.5  
HOURS**

**Age Group:** All

**Content Level:** Introductory

## The Four-Step Approach to Difficult Conversations with Families

Communicating with empathy and positive regard can be difficult, especially in an unbiased way. Positive family partnerships are essential when fostering a mutually respectful and trusting relationship. Learn how to use this four-step approach that supports adult composure, empathy, positive intent, problem solving, and reflection to support relationship building with your families when having difficult conversations. This training can support new or existing staff on how to build equal and respectful partnerships with families during new hire onboarding and ongoing professional development. This training can also inform the creation of program development plans for developing equal partnerships amongst families and programs.

**1.5  
HOURS**

**Age Group:** All

**Content Level:** Intermediate

## Being an Early Childhood Professional (Part 1)

This training is intended for program directors and/or administrators. Learn actionable leadership strategies to implement program-wide systems that support both professional and ethical conduct. Incorporate practices that build a collective agreement to professional conduct and allow your staff to feel included in the decision-making process of your program. This is an intermediate to advanced training and it is recommended that you complete the Maintaining Professional Boundaries Training Series prior to taking this training.

**1.5  
HOURS**

**Age Group:** All

**Content Level:** Intermediate

## Being an Early Childhood Professional (Part 2)

This course builds on the skills learned in Part 1 of Being an Early Childhood Professional. During this session, you will be introduced to best practices for creating consistent and equitable accountability processes that promote staff development and growth. In addition, identify your leadership style and understand the impact these accountability processes have in promoting professionalism in a way that aligns with your program's vision.

**1.5  
HOURS**

**Age Group:** All

**Content Level:** Intermediate

## Burnout and Self-Care: An Act of Prevention

Burnout is linked to high employee turnover, low performance, decreased productivity, and professional relationships. Managing signs of burnout will help you and your team reduce high stress and improve performance and work satisfaction. Learn how to identify signs of burnout and utilize self-care strategies to support yourself and your early childhood education staff to prevent and reduce the impact of burnout.

**1.5  
HOURS**

**Age Group:** All

**Content Level:** Introductory

## Five Strategies for Assertive Communication

Discover ways to implement five strategies to state your needs clearly and respectfully. Learn to overcome obstacles that may occur when using these strategies and raise your confidence as an effective communicator.

**1.5  
HOURS**

**Age Group:** All

**Content Level:** Introductory



## Mental Health Fundamentals

Become a mental health ally and learn the principles of mental health, such as standard terms, definitions, and warning signs, to best support and promote mental health and wellness among your team and families.

**1.5  
HOURS**

**Age Group:** All

**Content Level:** Introductory

## Strengthen Your Emotional Well-Being: Self-Regulation Techniques to Navigate Difficult Situations

Prolonged exposure to environmental stress, such as challenging behaviors in the classroom, family crises, or community violence, can significantly overload the emotional well-being of early childhood educators and staff. This training aims to equip adults working directly with young children with emotional regulation strategies to nurture, navigate and overcome stress during and after difficult situations.

**1.5  
HOURS**

**Age Group:** All

**Content Level:** Intermediate

## Building Financial Resilience

Apply the Iron Triangle formula to set your child care business up for success. Design and achieve SMART financial goals by strategically implementing simple strategies and utilizing practical tools that can lead to sustainability and profitability. Prior experience with developing and managing budgets is strongly encouraged.

**1.5  
HOURS**

**Age Group:** All

**Content Level:** Intermediate

## Employer Branding to Support Talent Acquisition

In today's market, job seekers have endless options as to where they can choose to work. Employer branding is what can set your program apart to help bring more candidates, and higher quality candidates, through your doors. This training teaches the basics of employer branding including how to distinguish branding for your business versus branding for talent acquisition, how to engage with job seekers online and what an employer branding plan is to support your talent acquisition efforts.

**1  
HOUR**

**Age Group:** All

**Content Level:** Introductory

## Relational Onboarding to Support Engagement and Retention

Onboarding is a critical component to the success of those new to their roles. While many onboarding programs have transactional experiences of paperwork and processes, many are missing the critical component of relational experiences. Learn the differences between transactional and relational experiences and begin developing relational experiences to complete your onboarding plan.

**1.5  
HOURS**

**Age Group:** All

**Content Level:** Intermediate

## Strategic Marketing

Use marketing to support recruitment for enrollment in your Family Child Care business in this face to face training. Assess existing customers to use social media to find new customers online and increase the audience for your business. Then, identify key features and benefits to gain the interests of new customers after connecting business features to business benefits. Finally, use simple tips to market your business to gain new customers by crafting an elevator pitch for your business.

**1.5  
HOURS**

**Age Group:** All

**Content Level:** Intermediate



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**LEARNING LAB**

## **Learning Forums**

A Learning Forum is a peer-to-peer learning and networking opportunity, to share ideas and information focused on a specific topic. Learning Forums provide information sharing, strategies, and opportunities to increase knowledge and skills related to the topic, facilitated by SPARK team members. Training certificates are provided.

## Learning Forum: Active Supervision: A Game-Changing Practice

Unlock the power of active supervision with this learning forum. Join us to explore and talk about transformative strategies that enhance the safety and efficacy of child care environments. This engaging session is designed to empower and elevate your supervision skills and connect with peers to transform your approach to child care.



**CKC02:** Health, Safety, & Nutrition

## Learning Forum: Creating Equal Partnerships through the IFSP & IEP Process

Families play a vital role in their child's development. In this one-hour learning forum, providers will come together and discuss how they provide opportunities to create stronger partnerships with families, build trust, and advocate for children's interests and educational needs through the IFSP and IEP process.



**CKC03:** Observation and Assessment

**CKC05:** Family and Community Engagement

## Learning Forum: Getting Families Involved

There are many benefits to family engagement, some of them being: positive child learning outcomes, parent-child and parent-provider relationships, and a strong foundation for future and life-long involvement. Many factors contribute to getting families involved in your program such as: feeling welcome, building relationships, having open communication, providing opportunities to participate, and creating a safe place. When families feel welcome and included, they are more willing to become involved and support your program. Learn ways to get your families involved in this one-hour learning forum.



**CKC05:** Family and Community Engagement

## Learning Forum: Do You See What I See: Essentials of Employer Branding to Support Recruitment

In today's market, job seekers have endless options as to where they can choose to work. Employer branding, your proactive approach to marketing your business specifically to attract job candidates, is what can set your program apart and help bring more high-quality candidates through your doors. During this peer-discussion-based Learning Forum, we will discuss the basics of employer branding including the difference between branding and marketing for enrollment versus branding and marketing for talent acquisition (recruitment), how to engage with candidates online, and what active versus passive online engagement with candidates is. Through an interactive digital scavenger hunt of your business, you will leave with a better understanding of who your business is through the eyes of today's job candidates. Attendees should bring a device that can connect to the internet such as a laptop, tablet or phone.



**1  
HOUR**

**CKC07:** Organization Development and Administration

## Learning Forum: Mindfulness: More than Meditation

In this peer-to-peer discussion, we will delve into how mindfulness isn't limited to meditation and extends into various aspects of our hectic lives. Join us to exchange insights on how you can incorporate intentionality and awareness into your daily routine. Discover new approaches from fellow participants and leave with practical ideas to enrich your wellness journey.



**1  
HOUR**

**CKC06:** Leadership & Professionalism

## Learning Forum: Schedules, Routines, and Transitions

Establishing high-quality supportive environments is the foundation for setting all children up for successful outcomes. Practices related to schedules, routines, and transitions help provide clarity, consistency, and predictability. The sense of calm within your environment is dependent on you and your attention to how well you build those foundational elements. Join this learning forum to reflect and discuss your current practices with peers on establishing effective schedules, routines, and transitions.



**CKC01:** Child and Youth Growth and Development

**CKC04:** Learning Environment and Curriculum

## Learning Forum: Why Does Mental Health Matter?

Join us for a rich discussion on the importance of focusing on mental health and your well-being in this virtual session created for providers. Learn mental health best practices and how to support the mental health of your children, staff, and families from the SPARK Mental Health & Wellness Content Specialist team. In addition, engage in conversation with one another about your self-care practices and what mental health and wellness mean to you.



**CKC06:** Leadership & Professionalism

## Learning Forum: Breaking the Mental Health Stigma

The adverse effects of the stigma associated with mental health can increase risk factors and create barriers for individuals to connect with others, ask for help, and seek professional care. In this peer-to-peer conversation, learn how acknowledging the impact of stigma will help you to create a more conscious, inclusive, and supportive environment in your program and community. Learn strategies to reduce mental health stigma, promote mental health awareness and become an advocate for your personal wellness and that of your team and families.



**CKC06:** Leadership & Professionalism

**CKC07:** Organization Development and Administration





**SPARK**  
LEARNING LAB

**town  square**

PROJECT OF **Erikson Institute**

Town Square trainings are specifically geared toward family child care homes and providers. The following trainings were developed through a partnership between Town Square and SPARK Learning Lab.

## Town Square: Children as Authors, Actors, Readers, and Writers

Explore how to encourage children's imagination and voice by using story dictation and acting, an essential aspect of literacy development, and techniques for making stories part of your program in this training for family child care providers.

**1.5  
HOURS**

**CKC01:** Child and Youth Growth and Development

**CKC04:** Learning Environment and Curriculum

## Town Square: Engaging Children with Books and Stories

Explore how read-alouds support development across the domains and strategies for engaging children in both group and individual reading to support a love of reading. Then learn ways to choose developmentally appropriate and culturally sustaining books in this training for family child care providers.

**1.5  
HOURS**

**CKC01:** Child and Youth Growth and Development

**CKC04:** Learning Environment and Curriculum

## Town Square: Arts and Materials in Family Child Care

Explore choosing art materials and the art process in this training for family child care providers. Develop an understanding of process art, explore various materials that support drawing, painting, and 3D art, and finally, identify your role in facilitating exploration.

**1.5  
HOURS**

**CKC01:** Child and Youth Growth and Development

**CKC04:** Learning Environment and Curriculum

## Town Square: Exploring Trauma Informed Care in Practice

The trauma-informed approach is guided by the “Four R’s”: realize the widespread impact of trauma and understanding potential paths for recovery; recognize the signs and symptoms of trauma in clients, families, staff, and others involved with the system; respond by fully integrating knowledge about trauma into policies, procedures, and practices; and seeks to actively resist re-traumatization (SAHMSA, 2014). This Town Square-created training gives practical ways to utilize the Four R’s.

**1.5  
HOURS**

**CKC02:** Health, Safety, and Nutrition

## Town Square: Supporting Trauma Survivors and Those Who Care for Them

Explore behavioral manifestations of trauma in children and ways to talk to children and families about trauma/emotionally sensitive experiences in this training for family child care providers. Learn more about Social Influencers Of Health (SIOH), which are the systemic challenges that have a negative impact on medical health for children and their families. Lastly, explore provider wellness with information on recognizing different types of provider stress and ways to improve wellness.

**1.5  
HOURS**

**CKC02:** Health, Safety, and Nutrition

## Town Square: Assessment and Observation

Explore the importance of observation and assessment in this virtual training for family childcare providers by defining observation and assessment, then analyze how assessment and observation are utilized. Finally, explore the role of families in assessment.

**1.5  
HOURS**

**CKC03:** Assessment and Observation

## Town Square: Best Practice for Onboarding in Family Child Care

Create a connection between business practices, program vision and mission in your Family Child Care program while understanding the purpose of staff onboarding. After building knowledge and understanding of staff onboarding key principles, create a plan for taking action.

**1  
HOUR**

**CKC07:** Organizational Development and Administration

## Town Square: Coaching Staff in Family Child Care Settings

Learn what it means to be a coach to new staff and volunteers in family child care. Develop a coaching process to build relationships and learn how to use the three key steps of Powerful Interactions and feedback to maintain coaching relationships with staff and volunteers in the family child care setting.

**1.5  
HOURS**

**CKC07:** Organizational Development and Administration

## Town Square: Designing and Redesigning Responsive Routines in Family Child Care

Identify the role of routines and recognize routines that are responsive to specific needs of the children in your care. Through self-reflection, assess the responsiveness of your routines and examine how to communicate with families about routines to build effective partnerships.

**1.5  
HOURS**

**CKC01:** Child and Youth Growth and Development

**CKC05:** Family and Community Engagement

## Town Square: Program Assessment and Evaluation in Family Child Care

Develop a program assessment and evaluation process to impact program quality with these best practices in family childcare program assessment, evaluation, and reflective practices. Create an action plan to implement assessment and reflective practices to impact your program's growth and child outcomes.

**1.5  
HOURS**

**CKC06:** Leadership and Professionalism

**CKC07:** Organizational Development and Administration

## Town Square: Supporting Social Emotional Development in Infants and Young Children Part 1

Explore the importance of social-emotional development in young children in this virtual training for family childcare providers. Describe the importance of a secure base for a children's development, then list the many ways children depend on their caregivers, and finally plan activities or modifications of activities that intentionally support social-emotional development.

**1.5  
HOURS**

**CKC01:** Child and Youth Growth and Development

**CKC02:** Health, Safety, and Nutrition

**CKC04:** Learning Environment and Curriculum

## Town Square: Supporting Social Emotional Development in Infants and Young Children Part 2

Explore the importance of creating an environment that promotes mutual kindness and respect in this virtual training for family childcare providers. Identify how children develop the capacity to self-regulate, then plan strategies to create predictability to support self-regulation and finally analyze responses to behaviors that challenge our skills and abilities.

**1.5  
HOURS**

- CKC01:** Child and Youth Growth and Development
- CKC02:** Health, Safety, and Nutrition
- CKC04:** Learning Environment and Curriculum

## Town Square: Developmentally Appropriate Technology Use for Family Child Care

Learn to integrate appropriate technology use for young children into the family childcare home in developmentally appropriate ways. Incorporate strategies to manage children's technology use and to communicate with families about technology.

**1.5  
HOURS**

- CKC01:** Child and Youth Growth and Development
- CKC04:** Learning Environment and Curriculum

## Town Square: Music and Movement in Family Child Care

Explore the importance of music and movement for children in this training for family childcare providers. Identify the cognitive, linguistic, social-emotional, and physical benefits of music. Reflect and plan on ways to incorporate music in your program.

**1.5  
HOURS**

- CKC01:** Child and Youth Growth and Development
- CKC04:** Learning Environment and Curriculum

## Town Square: Policies and Procedures to Support Family Partnerships

Explore policies that support communication and relationship building with families. Then, discover ways to connect and analyze policies and day-to-day practices with program philosophy and mission when working with families. Finally, create policies that support engagement with families.

**1.5  
HOURS**

**CKC05:** Family and Community Engagement

## Town Square: What kind of “big” is it? Comparison & Measurement

Explore the mathematical big ideas of measurement, children’s understanding of these big ideas, and how adults can scaffold children’s developing thinking and mathematical practice in this training for family child care providers. Build your understanding through investigation, video analysis, and reflection.

**1.5  
HOURS**

**CKC04:** Learning Environment and Curriculum

## Town Square: Understanding Family Systems

Gain an understanding of Family Systems Theory and recognize how family belief systems and traditions shape behaviors of individual family members. Then apply aspects of Family Systems Theory in order to recognize family goals, strengths, and involvement.

**1.5  
HOURS**

**CKC05:** Family and Community Engagement

## Town Square: What's the same? What's different? The Power of Comparison

Explore the precursor mathematical concept of comparison, infants and toddlers' understanding of this concept, and how adults can scaffold infants and toddlers' developing thinking and communication skills in this virtual training for family child care providers. Build your understanding through investigation, video analysis, and reflection.

**1.5  
HOURS**

**CKC04:** Learning Environment and Curriculum





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**LEARNING LAB**

## **Entrenamientos en español - Spanish Trainings**

SPARK actualmente ofrece las siguientes capacitaciones en español dirigidas por un capacitador bilingüe.

## **Síndrome de Desgaste Profesional y Cuidado Personal: Un Acto de Prevención** **Burnout and Self-Care: An Act of Prevention**

El síndrome de desgaste profesional está vinculado con el bajo desempeño, baja productividad y dificultades en las relaciones profesionales. Manejar los signos del desgaste profesional te ayudará a ti y a tu equipo a reducir altos niveles de estrés, incrementar el desempeño y la satisfacción laboral. Conozca cómo identificar los factores de riesgo del desgaste profesional y cómo utilizar estrategias de autocuidado para prevenir y reducir los riesgos de desgaste profesional.

**1.5  
HORAS**

- CKC06:** Leadership and Professionalism
- CKC07:** Organizational Development and Administration

## **Creación de entornos para edad escolar en hogares que proporcionan cuidado infantil familiar**

### **Creating School-Age Environments in Family Child Care Homes**

Los espacios de edad escolar en hogares familiares de cuidado infantil son únicos porque no son hogares ni escuelas. Ofrecen la oportunidad de crear entornos especiales de encuentro donde los niños en edad escolar pueden tener su propio espacio en un entorno de bajo estrés, explorar nuevos intereses y desarrollar relaciones significativas con amigos y personal. Participe en esta capacitación para considerar cómo el entorno físico puede sacar lo mejor de nuestros niños en edad escolar.

**1.5  
HORAS**

- CKC04:** Learning Environment and Curriculum

## Disminuir el Estigma de la Salud Mental Diminishing Mental Health Stigma

Los efectos adversos del estigma asociado con la salud mental pueden aumentar los factores de riesgo y crear barreras para que las personas se conecten con otras, pidan ayuda y busquen atención profesional. Conocer el impacto del estigma le ayudará a crear un entorno más consciente, inclusivo y de apoyo en su programa. Mejore sus conocimientos sobre salud mental aprendiendo las mejores prácticas para reducir el estigma y promover la concientización sobre la salud mental.

1.5  
HORAS

- CKC05:** Family and Community Engagement
- CKC06:** Leadership and Professionalism

## Mantenga a los niños seguros: supervisión y seguimiento Keeping Children Safe: Supervision, Tracking and Follow Through

Mantener a los niños seguros es una prioridad absoluta para todos los educadores. En esta capacitación, los proveedores aprenderán cómo describir y aplicar estrategias y sistemas de supervisión activa para mantener a los niños seguros y tenidos en cuenta en sus programas. La Supervisión Activa es la estrategia más eficaz para crear un entorno seguro y prevenir lesiones en niños pequeños.

1  
HORA

- CKC02:** Health, Safety, and Nutrition
- CKC05:** Family and Community Engagement

## Conceptos Básicos Sobre la Salud Mental Mental Health Fundamentals

Conviértase en un aliado de la salud mental y aprenda los principios de la salud mental, como términos, definiciones y señales de advertencia, para apoyar y promover mejor la salud mental y el bienestar entre su equipo y sus familias.

1.5  
HORAS

**CKC06:** Leadership and Professionalism

## Los niños como Autores, Actores, Lectores y Escritores Town Square: Children as Authors, Actors, Readers, and Writers

En este curso para cuidadores familiares de niños, descubrirá cómo fomentar la imaginación y la voz de los niños a través del dictado y la representación de cuentos, un aspecto esencial del desarrollo de la alfabetización, así como técnicas para que los cuentos formen parte de su programa.

1.5  
HORAS

**CKC01:** Child and Youth Growth and Development

**CKC04:** Learning Environment and Curriculum

## **Prácticas de sueño seguro en español: reducir la muerte infantil súbita inesperada e implementación de centros de cuidado infantil** **Safe Sleep Practices**

Sabemos que las prácticas seguras para dormir son fundamentales para el bienestar de los bebés en nuestros programas para la primera infancia. Este curso presencial de dos horas de duración explica cómo reducir el riesgo de muertes relacionadas con el sueño y cómo implementar prácticas de sueño seguras en las aulas infantiles. Esta sesión de desarrollo profesional satisface los requisitos del estado de Indiana para cuidadores de bebés.

**2**  
**HORAS**

**CKC02:** Health, Safety, and Nutrition

## **Refuerce Su Bienestar Emocional: Autoregulación para Afrontar Situaciones Difíciles** **Strengthen Your Emotional Well-Being: Self-Regulation Techniques to Navigate Difficult Situations**

La exposición prolongada al estrés ambiental y laboral, como comportamientos desafiantes en el aula, crisis familiares o violencia comunitaria, puede sobrecargar significativamente el bienestar emocional de los educadores y el personal de la primera infancia. Esta capacitación tiene como objetivo equipar a los adultos que trabajan directamente con niños con estrategias de regulación emocional para nutrir, navegar y superar el estrés durante y después de situaciones difíciles.

**1.5**  
**HORAS**

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## El uso de la tecnología apropiada para el desarrollo infantil en el cuidado infantil familiar

### Town Square - Developmentally Appropriate Technology Use for Family Child Care

Aprenda a integrar el uso de tecnología apropiada para niños pequeños en el hogar de cuidado infantil familiar de maneras apropiadas para el desarrollo. Incorporar estrategias para gestionar el uso de la tecnología de los niños y comunicarse con las familias sobre la tecnología.

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HORAS**

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Growth and  
Development

**CKC04:** Learning Environment  
and Curriculum

## Foro de aprendizaje: Replantear y responder a los comportamientos que te desafían Reframing and Responding to Behaviors that Challenge You

¡Hablemos! Únase a SPARK Learning Lab para un foro de aprendizaje centrado en replantear y responder a los comportamientos que lo desafían. ¡Comparte lo que funciona en tu programa y aprende de tus compañeros! Discutiremos cinco necesidades socioemocionales que experimentan los niños y cómo usted podría responder a ellas de manera apropiada para su desarrollo. Infórmese sobre las nuevas capacitaciones sobre este tema y tenga la oportunidad de discutir las prácticas actuales en su programa.

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HORAS**

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Development

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and Curriculum

## Town Square: Explorar las matemáticas con los preescolares/Exploring math with preschoolers

Explora las grandes ideas de la matemática temprana en esta sesión virtual para proveedores de cuidado infantil familiar que desarrollan actividades para ayudar a los niños a explorar la clasificación y los conjuntos. Después, describe cómo los niños desarrollan la idea de cantidad como atributo.

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**CKC04:** Learning Environment and Curriculum

## Town Square: Los niños nacen matemáticos/ Children are born mathematicians

Explora los conceptos matemáticos precursores en esta sesión virtual creada para los proveedores de cuidado infantil familiar. Utilizando interacciones reales de bebés y niños pequeños, explore cómo los cuidadores pueden desarrollar el pensamiento matemático innato de los bebés, y luego crear un plan sobre las formas de estar atento e intencional en su programa, estableciendo una base para el aprendizaje matemático.

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**CKC04:** Learning Environment and Curriculum

## Foro de aprendizaje: ¿Por qué es importante la salud mental? Why Does Mental Health Matter?

Únase a nosotros para una rica discusión sobre la importancia de centrarse en la salud mental y su bienestar en esta sesión virtual creada para proveedores. Aprenda las mejores prácticas de salud mental y cómo apoyar la salud mental de sus hijos, personal y familias del equipo de especialistas en contenido de salud mental y bienestar de SPARK. Además, entablen una conversación entre sí sobre sus prácticas de cuidado personal y lo que la salud mental y el bienestar significan para usted.

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HORAS

**CKC06:** Leadership and Professionalism

## Town Square: Apoyando el desarrollo socio-emocional de los bebés y niños pequeños Parte 1 / Supporting Social Emotional Development in Infants and Young Children Part 1

Explora los conceptos matemáticos precursores en esta sesión virtual creada para los proveedores de cuidado infantil familiar. Utilizando interacciones reales de bebés y niños pequeños, explore cómo los cuidadores pueden desarrollar el pensamiento matemático innato de los bebés, y luego crear un plan sobre las formas de estar atento e intencional en su programa, estableciendo una base para el aprendizaje matemático.

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**CKC01:** Child and Youth Growth and Development

**CKC02:** Health, Safety, and Nutrition

**CKC04:** Learning Environment and Curriculum



## **Town Square: Apoyando el desarrollo socio-emocional de los bebés y niños pequeños** **Parte 2 / Supporting Social Emotional Development in Infants and Young Children** **Part 2**

Identifique cómo los niños desarrollan la capacidad de autorregulación, luego planifique estrategias para crear previsibilidad que apoye la autorregulación y, finalmente, analice las respuestas a los comportamientos que desafían nuestras habilidades y capacidades.

**1**  
**HORA**

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**[www.indianaspark.com](http://www.indianaspark.com)**