

April, May, June 2019

Family Service

Building Tomorrow By Caring Today

501 South 7th Street - Lincoln, NE 68508 - (402) 441-7924 or (800) 642-6481

Call Julia @ ext. 1640 if you have questions or to pre-register.

Pre-registration and payment are required for ALL classes.

Please check www.familyserVICelincoln.org for in-service updates & availability before sending your payment. All classes offered at the Family Service building unless otherwise noted.



Family Service Lincoln
Child Care Food Program
501 S 7TH ST
Lincoln, NE 68508-2920
402.441.7924

Non-Profit
Organization
U.S. Postage
Paid
Lincoln, NE
Permit #596

PEDIATRIC AND ADULT CPR/FIRST AID/AED OPPORTUNITIES

(Core Competency area: Health, Safety, and Nutrition)

The class is geared specifically to working with children, with all new videos and books and best of all, it's a two year certification.

- ◆ Please pre-register by sending payment and registration form to address shown. Class size is limited.
- ◆ This CPR/First Aid class provides CPR/First Aid training for caregivers of infants, children and adults.
- ◆ This CPR/First Aid Certification is valid for 2 years.
- ◆ **Enter the building on south side.**
- ◆ You must complete all 8 hours of training to receive certification.
- ◆ **Bring a sack lunch.**
- ◆ Please indicate the session you would like to attend.
- ◆ **No refunds for CPR/First Aid/AED.**



Upcoming Dates

April: April 6, 2019
(Register before March 29th)

May: May 18, 2019
(Register before May 10th)

June: June 8, 2019
(Register before May 31st)

Cost: \$55.00
(\$50 for Family Service CCFP Providers)

Time: 8:30am—4:30pm

Core Competencies are Knowledge and Skills Needed to Effectively Work with Children

Mealtime Sing and Sign

(Core Competency Areas: Health, Safety and Nutrition)

What a great way to simplify a sometimes challenging daily routine—mealtime. Learn how to teach young children to “tell” adults what they need and want. Based on Anne Meeker Watson’s book, this session will introduce key mealtime signs through music and play.

Approved for 2 hours of in-service credit.

Presenter: Pat Kern, Independent Early Childhood Consultant

Date: May 30, 2019

Time: 6:30-8:30 pm

Cost: \$7 (Free to Family Service CCFP Participants.)



Path to Excellent Nutrition

(Core Competency Area: Health, Safety and Nutrition)

Come discover how to find the Path to Excellent Nutrition because every child deserves to be well fed and well led. We will explore CCFP best practice, cost saving through meal planning and current nutrition research that supports child development.

Approved for 2 hours of in-service credit.

Presenter: Pam Dolberg, Family Service CCFP Consultant

Date: May 16, 2019

Time: 6:30-8:30 pm

Cost: \$7 (Free to Family Service CCFP Participants.)



Safe With You

Safe Sleep for Infants: Understanding and reducing the risk of Sudden Unexpected Infant Death (SUID)

and Abusive Head Trauma: Understanding and preventing Abusive Head Trauma (AHT) in Children

(Core Competency Area: Health, Safety and Nutrition)

This Workshop meets the State Licensing Requirements - Statute 43-2606

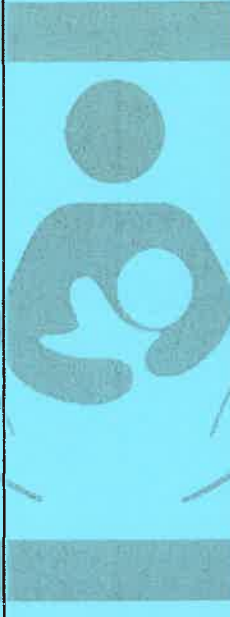
***renew every 5 years**

Presenter: Julia Johanson, Education Specialist for Family Service CCFP

Date: Thursday, June 13, 2019

Time: 6:30-8:30pm

Cost: \$10 (Free to Family Service CCFP Participants.)



Safe With You

Power to Protect: Preventing Child Abuse And Neglect

(Core Competency Area: Health, Safety and Nutrition)

This Workshop meets the State Licensing Requirements. Statute 43-2606 requires licensed child care providers to complete training that “shall be designed to meet the health, safety, and developmental needs of children...and shall include information on sudden infant death syndrome, shaken baby syndrome and child abuse and neglect.”

***renew every 5 years**

Presenter: Julia Johanson, Education Specialist for Family Service CCFP

Date: Thursday, June 20, 2019

Time: 6:30-8:30pm

Cost: \$10 (Free to Family Service CCFP Participants.)

All classes held at Family Service unless otherwise noted.

All inservices are for **Adults Only**, unless otherwise specified.

Pre-registration is required for all classes. Class space will be reserved when payment is received.

Class credit will only be given if a reservation is canceled prior to the day of the class.

Mail check with registration to: Family Service Building Tomorrow 501 South 7th Street Lincoln, NE 68508

Name _____ Telephone: _____

Address: _____ City: _____ Zip: _____

Class: _____ Date: _____ Cost: _____

Class: _____ Date: _____ Cost: _____

Class: _____ Date: _____ Cost: _____

Email: _____

Amount Enclosed: _____ **Make checks payable to Family Service BT**

The Childcare
Provider Scholarship
is no longer available.

Core Competencies are Knowledge and Skills Needed to Effectively Work with Children

Early Learning Guidelines: Ages Birth-5

Approaches to Learning: Parts 1 & 2

(Core Competency Area: Planning Learning Experiences/Science)

The Nebraska Early Learning Guidelines are based on research and evidence about child development and practices that result in the best outcomes for young children. This workshop meets the 2013 State Licensing Requirements and has recently been updated. Participants must attend both nights as the class continues on the second night.

Participants will:

- Examine sensory exploration, reasoning, and problem solving in early childhood
- Explore children's thinking (cognitive development)
- Examine play as a vehicle for learning
- Explore children's development of initiative and curiosity
- Examine children's social stages of play
- Discover the environment's role in children's approaches to learning



Presenter: Julia Johanson, Education Specialist for Family Service CCFP

Date: Thursday, April 11, 2019 and Thursday, April 25, 2019

Time: 6:00-9:00pm

Cost: \$25 includes both sessions. (Free to Family Service CCFP Participants.)

If you have a copy of the new guidelines, please bring ELG book to class!

What is Go NAP SACC?

Go Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) is designed to promote healthy child development by supporting healthy eating and physical activity for the children in your care.

How can Go NAP SACC help child care providers?

- Free nutrition & physical activity resources
- Free one-on-one mentoring
- Free approved in-service hours
- Incentives upon completion of program
- Promote healthy child development
- Earn points for Step Up to Quality

The 5 key elements of Go NAP SACC include the following:

1. Complete a pre self-assessment
2. Attend a go nap sacc training
 - It is a state approved training
3. Develop an action plan
4. Reach your goals
5. Complete a post self-assessment

How does Go NAP SACC fit into Step Up to Quality?

- View the Go NAP SACC orientation video*
 - Complete Go NAP SACC pre self-assessment*
- Additional points (up to 14) may be earned with Go NAP SACC in steps 3-5 of Step Up to Quality by:
- Attending a Go NAP SACC training (6 hour minimum)
 - Submit a Go NAP SACC action planning document*
 - Ongoing support is available
 - Complete the post self-assessment* and receive points for the number of best practices met
 - Incorporate a nutrition and/or physical activity curriculum

*Available online at: <http://negonapsacc.unl.edu>

Register for this upcoming Go NAP SACC training!

Location: Family Service
Lincoln
501 South 7th St.

Trainer: Julia Johanson
Date: Saturday, April 27, 2019

Time: 8:00-2:00pm

Cost: Free—Must pre-register!



NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Name _____ Telephone: _____

Address: _____ City: _____ Zip: _____

Class: _____ Date: _____ Cost: _____

Class: _____ Date: _____ Cost: _____

Class: _____ Date: _____ Cost: _____

Email: _____

Amount Enclosed: _____

Make checks payable to **Family Service BT**

The Childcare
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Core Competencies are Knowledge and Skills Needed to Effectively Work with Children

Planting Seeds For Success

A child care conference for child care professionals

June 15, 2019

Presented by Family Service Building Tomorrow and
Central Early Learning Connection

Approved for 6 hours of in-service credit

8:00am—3:00PM

St Paul Lutheran Church, 1515 Harrison, Grand Island, NE

For additional information call 800-642-6481



Doors open for registration	7:45 AM
Welcome	8:15 AM
Opening KeynoteJaclynn Foged; Associate Extension Educator, UNL	8:30—9:15 AM
AM Break-out Sessions	9:30—11:30 AM
Nutrition: Danielle Perry, MS, RD LMNT; Grand Island Hy-Vee	
Mindfulness Jaclynn Foged and Holly Hatton Bowers; UNL Extension Educators	
Lunch	11:30—12:00 PM
PM Break-out Sessions	12:00—2:00 PM
EatPlayGrowChristy Burger; Team Nutrition Coordinator	
Conservation Education Hannah Pinneo; UNL; Nebraska Forest Service	
Closing Keynote Speaker	2:15—3:00 PM
Closing remarks and Evaluations	3:00—3:15 PM

Fee: **\$40** per person (\$35 for Family Service CCFP participants)

includes a delicious lunch

Registration open until filled.

Return registration and payment to: **Family Service B-T, 501 S. 7th St., Lincoln, NE 68508**

Please indicate the sessions you would like to attend:

AM: Nutrition___ -or- Early Childhood Development___ -AND- PM: Nutrition___ -or- Early Childhood Development___

Name: _____

Address: _____

City: _____ State: _____ Zip: _____ County: _____

Daytime Phone: _____

Circle one: Family Child Care Home I, Family Child Care Home II, Child Care Center, Pre-School, Other

USDA Nondiscrimination Statement

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individual who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
Fax: (202) 690-7442; or
Email program.intake@usda.gov

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