

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



ssic.org

The Need

1 in 4 children in the United States struggle with more than one traumatic event. Unaddressed, these experiences can lead to poor performance in school, serious health-related problems, and developmental delays.

What is SSIC?

To address these issues, Sesame Street in Communities is working to support and collaborate with local community efforts across the country by sharing free tools and resources with providers, offering professional development, and building relationships with partners on the ground to create Sesame Action Plans.

Our Goal

Together, with our partners on the ground, we are striving to reach

- 4.5 million children (0-6) + families
- 11,000 direct service providers
- 200 national and local partnerships
- 35 new locations

Our Work

We are working with our partners to purposefully embed the Sesame Street in Communities tools and resources as complementary elements into programs in sustainable and meaningful ways.



We're focusing on...



Healthy Bodies,
Healthy Minds



ABC's & 123's



Difficult Times
& Tough Talks

netNebraska.org/kids



Approved credit hours available: ssic.org

Raising Healthy Children: It's a Marathon Not A Sprint

Taking Play Seriously in Early Childhood Education

Presented by Dr. Danae Dinkel

March 21, 2020 9:00AM—4:30PM *Doors open at 8:45AM

FREE-lunch provided

Cornhusker Bank Community Room, 8310 O St, Lincoln

For additional information call 800-642-6481

Approved for 6 hours of in-service credit

This training is all about active play! You will have an opportunity to learn about current research on the benefits of active play, steps for incorporating activity throughout your day, and activity ideas for all ages. Be sure to dress comfortably as you will get to try out some of the fun activities.

Extra Opportunities by attending:

A follow up training will be offered later in the spring (TBA) for participants to learn how to develop and write a physical activity policy to implement in their facility.

On a monthly basis handouts will be mailed to pass out to your families about the importance of early nutrition and physical activity.

Please register by March 14th at: <https://forms.gle/mmFA3redxWklcojn8>

This opportunity is funded through Children's Hospital and the Gretchen Swanson Center for Nutrition



Other learning opportunities:

Nebraska Department of Education Office of Early Childhood

Online Automatically Accepted ECE Training

<https://www.education.ne.gov/oec/online-training-opportunities/>

Nebraska Department of Education Digital Learning Center

Follow the links below to access modules developed by Team Nutrition

<https://moodle.education.ne.gov/course/index.php>

Nutrition Services > Team Nutrition > Early Childhood

Southeast Early Learning Connection Newsletter

<http://www.esu6.org>

Early Learning Connections > Newsletters > Newsletters

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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](#)

Save the Date:

June 27, 2020



FOCUS
ON THE
FUTURE

Family Service Building
Tomorrow
9th Annual
Conference for Child
Care Providers

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

Registrations will be mailed later

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

This institution is an equal opportunity provider.

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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 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 all 3 topics every 5 years**

Presenter: Julia Johanson, Education Specialist for Family Service CCFP
Date: Thursday, March 12, 2020
Time: 6:30-8:30pm
Cost: \$10 (\$5 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 all three topics every 5 years**

Presenter: Julia Johanson, Education Specialist for Family Service CCFP
Date: Thursday, March 26, 2020
Time: 6:30-8:30pm
Cost: \$10 (\$5 Family Service CCFP Participants.)



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

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>

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



Presenter: Julia Johanson, Education Specialist for Family Service CCFP
Date: Saturday, February 22, 2020
Time: 8:30-3:00pm
Location: Geneva Public Library
Cost: Free—Must pre-register
 800-642-6481 or 402-441-7924



Name _____ Telephone: _____

Address: _____ City: _____ Zip: _____

Class: _____ Date: _____ Cost: _____

Class: _____ Date: _____ Cost: _____

Email: _____

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

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Nutrition Policy Planning

(Core Competency Areas: Health, Safety and Nutrition)

Nutrition policies are statements that convey the importance of nutrition for young children. This is a great follow up for those that attended Raising Healthy Children: It's a Marathon Not a Sprint in November. However, attending that training is not a requirement for this training. This is a great opportunity for any childcare provider to brush up on what is important when implementing policies regarding nutrition.

Approved for 2 hours of in-service credit.

Presenter: Katie Zabel, Early Childhood Coach, UNL

Date: Thursday, January 9, 2020

Time: 6:30-8:30pm

Cost: FREE for all participants

To register go to:

<https://forms.gle/vcZyWHbAPyzrmu5x6>



Planting Seeds of Successful Nutrition

(Core Competency Area: Health, Safety and Nutrition)

You will walk away from this training with resources and ideas to help you grow happy healthy children from the ground up! There are activities to get them up and active and recipes to maintain growing bodies and support brain development! Come join the fun and grow with us!

Approved for 2 hours of in-service credit.

Presenter: Julia Johanson, Education Specialist for Family Service CCFP

Date: January 23, 2020

Time: 6:30-8:30 pm

Cost: Free for all participants



Early Learning Guidelines: Ages Birth-5

Language and Literacy: Parts 1 & 2

(Core Competency Area: Planning Learning Experiences/Social and Emotional)

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:

- Discover Factors that Influence Children's Literacy Development
- Examine the Importance of Oral Communication in Literacy Development
- Explore the Role of the Adult in Language/Literacy Development
- Discover Effective Techniques for Reading with Children
- Examine the Role of the Environment in Language/Literacy Development
- Explore activities that Strengthen Literacy Development

Presenter: Julia Johanson, Education Specialist for Family Service CCFP

Date: Thursday, February 13, 2020 and Thursday, February 27, 2020

Time: 6:00-9:00pm

Cost: \$25 includes both sessions. (\$15 for Family Service CCFP Participants.)



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

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

January, February and March 2020

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 Program
501 S 7TH ST
Lincoln, NE 68508-2920
402.441.7924



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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

(Minimum Class Size: 4 participants)

January: January 11, 2020

(Register before Jan. 3)

February: February 8, 2020

(Register before Jan. 31)

March: March 14, 2020

(Register before Mar. 6)

Cost: \$55.00

(\$50 for Family Service CCFP Providers)

Time: 8:30am—4:30pm

**Any class with less than 4 participants
will be rescheduled.**