

October, November and December 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 Food Program
501 S 7TH ST
Lincoln, NE 68508-2920
402.441.7924



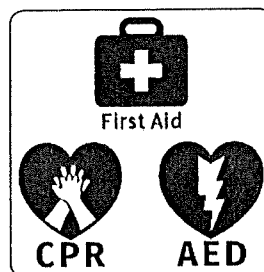
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Lincoln, NE
Permit #596

PEDIATRIC AND ADULT CPR/FIRST AID/AED OPPORTUNITIES

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

This class is a blended training course!

- ◆ Blended learning combines online training of concepts and knowledge with a face to face skills session in which hands-on practice is done in front of an authorized Instructor.
- ◆ Students must complete the online training prior to their skills practice session.
- ◆ Please pre-register by sending payment and registration form to address shown. Class size is limited.
- ◆ This CPR/First Aid/AED Certification is valid for 2 years and is recognized by childcare licensing.
- ◆ **No refunds for CPR/First Aid/AED.**



Upcoming Dates

(Minimum Class Size: 4 participants)

October: October 10, 2020
(Register before Oct. 5)

November: November 14, 2020
(Register before Nov. 9)

December:
No class in December

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

Time: 8:30am—4:30pm
Any class with less than 4 participants
will be rescheduled.

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

Raising Heart Healthy Kids

(Core Competency Area: Health, Safety and Nutrition)

There is more to heart health than meets the eye. In this workshop we will explore nutrition and physical activity, but we will also examine social emotional heart health! Join us via **Zoom** to find recipes that make us happy and learn more about Raising Heart Healthy Kids!

Approved for 1 hour in-service credit.

Presenter: Jenny Schmitz, Family Service CCFP Consultant
Date: Thursday, **October 29, 2020**
Time: 6:30-7:30pm via Zoom
Cost: Free to all participants



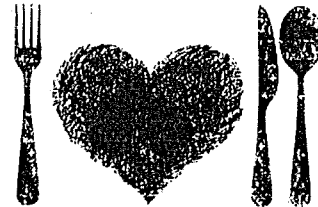
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Approved for 1 hour in-service credit.

Presenter: Jenny Schmitz, Family Service CCFP Consultant
Date: Thursday, **December 10, 2020**
Time: 6:30-7:30pm via Zoom
Cost: Free to all participants



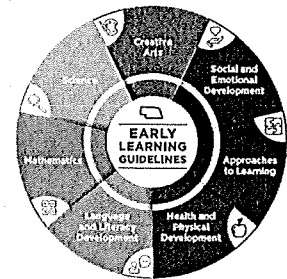
Early Learning Guidelines: Ages Birth-5

Math: 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:

- Explore children's development within the math domain
- Examine math concepts and strategies for teaching them
- Discover appropriate activities for young children's math learning
- Examine the environment in relation to math learning
- Discuss integrating math concepts into existing routines
- Examine materials to support math learning



Presenter: Julia Johanson, Education Specialist for Family Service CCFP
Date: Thursday, November 12, 2020 and Thursday, November 19, 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!

Name _____ Telephone: _____

Address: _____ City: _____ Zip: _____

Class: _____ Date: _____ Cost: _____

Class: _____ Date: _____ Cost: _____

Class: _____ Date: _____ Cost: _____

Email: _____

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



IMPORTANT NEWS!!!

Before you register for a training, please review the following information.

As we return to face to face trainings, there will be some changes from how we have done things in the past.

- Please determine your comfort level with face to face interactions before registering for any training.
- We will meet local health department requirements regarding group size and social distancing.
- Class sizes will be reduced.
- Training spaces will be sanitized prior to class and again after.
- Trainers will wear masks when greeting participants or facilitating small groups. Trainer may remove mask when presenting from the front of the training space.
- You will be temperature screened before entering the training.
- Masks will be required for participants during the training. (With the exception of skills testing during CPR/First Aid)
- You will be asked to sign a waiver releasing Family Service Lincoln and all its programs from liability regarding the risk of exposure to COVID-19.
- Hand sanitizer will be available for participants.
- With the unpredictable nature of COVID-19, face to face trainings could be suspended again by the Early Childhood Training Center. If this occurs, you will be allowed to transfer your registration to another class after the restrictions are lifted, transfer your registration to a Zoom based training if available, or request a refund in writing.
- Remember these trainings are not the only option available. There are a number of on-line trainings available if you are not ready to join us face to face.

Working Through the Stress

(Core Competency Area: Health , safety and Nutrition)

Do you feel like 2020 is caught up in the song that never ends? Yes, it goes on and on my friend. Some people started singing it, not knowing what it was. But people kept singing it just because, it is the song that never ends... It is getting a little annoying and kind of stressful at this point. Let's have an honest conversation regarding the stress of providing child care in 2020 and explore stress relieving techniques for you and the children in your care.

Approved for 2 hours in-service credit.

Presenter: Julia Johanson,
Education Specialist for Family Service CCFP
Date: Thursday, December 17, 2020
Time: 6:30-8:30pm
Cost: \$10 (\$5 for 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: _____

Email: _____

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

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

Other Learning Opportunities:



Nebraska Extension
EARLY CHILDHOOD DEVELOPMENT
<http://child.unl.edu>



**PennState
Extension**

Better Kid Care: On Demand Distance Education
<https://extension.psu.edu/programs/betterkidcare/ondemand>



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

Nutrition Services > Team Nutrition > Early Childhood

Nebraska Department of Education <https://www.education.ne.gov/>

Nebraska Department of Health and Human Services-Public Health

http://dhhs.ne.gov/publichealth/Pages/public_health_index.aspx

NET (PBS) <http://netnebraska.org/basicpage/kids/educators>

Boys Town National Research Hospital <https://www.boystownhospital.org>

Bright Minds Training LLC www.brightmindstraining.com

Child Care Exchange <https://www.childcareexchange.com/>

Child Care Lounge <https://childcarelounge.com/>

Zero to Three Certificated Professional Learning <https://www.zerotothree.org/>

For a complete list of approved online trainings visit

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

The Family Service CCFP Office will be closed Thursday and Friday, November 26 and 27, 2020 in observance of the Thanksgiving holiday.

The Family Service CCFP Office will be closing at noon on December 24 and remain closed Friday, December 25, 2020 in observance of the Christmas holiday.



The Family Service CCFP Office will be closed Friday, January 1, 2021 in observance of New Year's Day.



Daylight Saving Time ends at 2:00 am Sunday, November 1, 2020



Please do not wait until December to get your continuing education hours completed. Face to Face classes are smaller than they were pre COVID-19. Many options available in previous years, no longer exist. However, many new and exciting options are available. Be willing to find them before it's too late!

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](#)

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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