



# First Up

## Professional Development Course Catalog



### Child Growth and Development

Are You a Bucket Filler?

Attachment: The First Year

Building Spaces for Positive Discipline for Preschool

Building Spaces for Reflective Discipline for Infants and Toddlers

Child Development: Infants

Child Development: Toddlers

Child Development: Preschool and Pre-K

Cognitive Development: Best Practice Overview

Exploring Executive Function for the Young Child

FLIP It!

Implementing and Supporting Social & Emotional Learning in a Preschool Classroom

Mindfulness: Healing into the Present Pt. I & II

Mindfulness in the Classroom: Helping Young Children Manage Stress

Physical Development: Best Practice Overview

Relationship-Driven Learning

Sensory Play: Exploring Little Ones' Senses

Sensory Processing Disorder: Supporting Young Learner's Input and Output

Social-Emotional Development: Best Practice Overview

Social Emotional Development for Infants & Toddlers

Supporting Healthy Brain Development

Supporting Student's Social & Emotional Development with Mindfulness & Meditation

Supporting Young Learners Developmental Domains

Toxic Stress and Adverse Childhood Experiences

Transitions Throughout the Day

Understanding and Supporting Young Children with Challenging Behaviors

# Curriculum and Learning Experiences



An Afternoon of Play: Boredom Busters

An Overview of Mindfulness

Being Trauma Informed: Understanding Social & Emotional Development Support for our Children

Building a Support System to Promote Curriculum Fidelity

Building an Environment of Reflective Practice with Coaching Support

Classroom Management for ECE

Classroom Management for Pre-School – K

Classroom Management for Toddlers

Connecting Children to Nature: Get Outside!

Connecting Outdoor and Indoor Play Ideas, Activities, and Materials

Creating Inspiring Spaces in the Classroom

Creating Nurturing Relationships to Promote Positive Behaviors

Creating Successful, Sustainable Classroom Routines, Rituals and Traditions

Creative Art and Music for Infants & Toddlers

Creative Art: It's All About the Experience

Developing a Shared Knowledge & Understanding of the CLASS Tool

Developing Self-Directed Play Tool Kits: for Infants & Toddlers

Developing Self-Directed Play Tool Kits: for Preschool to K

Developmentally Appropriate Practice

Differentiated Instruction

Diving Deeper: Implementing Mindfulness, Meditation and Yoga

Early Learning Standards Overview

Emergent Literacy Development for Preschool

Engaging the Young Child in Science

FLIP IT! Building Resilient Children

Guiding Children's Behavior through Social & Emotional Support

Implementing a Curriculum that Supports Best Practices

Implementing Mindfulness, Meditation and Yoga

Importance of Play

Inclusion with Intention

Integrating Technology in the Early Childhood Classroom

Interactions and Expressions from Behind the Mask

Inquiry Based Learning for Toddlers

Inquiry Based Learning in Preschool: Encouraging Exploration

Learning Through Play: Connecting Children with their Senses

Learning Through Inquiry

Lesson Plan Implementation: Planning for Success

Literacy Enriched Environments

Loose Parts: Creating Opportunities for Open Ended Play

More than Just Numbers: Preschool Math

STEAM: Out of the Box Ideas for the Early Learner

STEM for Infants and Toddlers

STEM: Out of the Box Ideas for the Early Learner

Stress Management for the ECE Practitioner

Tools for Creating Effective Teaching Teams

Understanding Trauma and How it Affects Children and Learning

Using Data to Create an Intentional Learning Environment

Young Thinkers: Encouraging Imagination and Innovation

## Assessment and Observation

Child Observation and Assessment: Integrative Practice

Curriculum & Assessment: Lesson Planning

Developmentally Appropriate Practices: Curriculum & Assessment

Evaluation Data: Understanding and Using Classroom Assessments

## Communication

Effective Communication for Infant/Toddler Educators

Team Building: A Teacher's Guide on Effective Leadership and Communication

Team Building & Effective Communication



## Families, Schools, and Community: Collaboration and Partnerships

Encouraging Racial Justice Through Your Early Learning Environment

Families as Partners: Concrete Ways to Enhance the Relationship

Reaching Deeper to Connect with Families

Supporting Families in Early Childhood

Supporting Parents and Teachers in Supporting Their Early Learners

Trauma: Connecting Parents and Teachers to Support Positive Student Outcomes

Understanding Trauma, Bouncing Back with Resilience

Welcoming LGBTQ+ Families

## Professionalism and Leadership

Beyond New Staff Orientation

Career Advising for Coaches

Career Advising for Directors

Career Advising for the ECE Practitioner

Coaching with Intention

Leadership 101

NAEYC Code of Ethics: Professionalism

Professionalism for the ECE Educator

Teachers as Leaders

## Health, Safety, and Nutrition

Best Practice for Good Habits and Student Well-being

Let's Get Moving!

Personal Care Routines: What We Need to Do Everyday!

Physical Development: Best Practice

## FAQs

- ◇ All modules are typically delivered in 2 or 3 hour increments.
- ◇ All topics have been intentionally created to support best practice and are aligned with the NAEYC Competencies; full list upon request.
- ◇ PQAS and ACT 48 credit hours are available for all trainings.
- ◇ All modules can be delivered virtually via Zoom webinars.
- ◇ We are happy to tailor your PD experience based on your staff's needs. Just ask!
- ◇ Please contact Alix Cozen for any additional questions: ([alix.cozen@firstup.org](mailto:alix.cozen@firstup.org))

## Provider Feedback

- “First, let me start by saying I absolutely love these webinars First Up is offering. I have been teaching PreK for over 10 years and these are by far the best sessions I have ever attended!” - Tara
- “I appreciate all the wonderful activities and ideas that you have shared with me. I try to keep abreast of the latest research in the field of Early Childhood Education. I appreciate all the wisdom and insights you have provided during each and every webinar.” - Tricia
- “Thank you for all the information and dedication you are giving not only to me but to people out there to help understand the importance of what we do as child care providers.” - Susan
- “Thank you so very much for all of your amazing and informative trainings. You are so very talented in your approach and relay information in a meaningful and creative way.” - Toby

## New Topics for 2020!

**Below are some of our new topics recently added to support the field:**

- ◇ *Building Cultural Competency in Early Childhood Leaders*
- ◇ *Building Cultural Competency in Infant and Toddler Teachers*
- ◇ *Creating Successful, Sustainable Classroom Routines, Rituals and Traditions*
- ◇ *Developing Self-Directed Play Tool Kits: for Infants & Toddlers*
- ◇ *Developing Self-Directed Play Tool Kits: for Preschool to K*
- ◇ *Interactions and Expressions from Behind the Mask*
- ◇ *Mindfulness: Healing into the Present Part I*
- ◇ *Mindfulness: Healing into the Present Part II*
- ◇ *Understanding Trauma, Bouncing Back with Resilience*