

About Us

With highly qualified instructors, First Up can bring Professional Development to your staff, virtually or in-person, for a relevant, valuable training experience.

PQAS and ACT 48 credit hours available.

Let us help you create an intentional training plan for your team.

<https://www.firstup.org/signature-programs/>

First Up Professional Development Catalog

Contact Us

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Child Development

- Attachment: The First Year
- Building Spaces for Positive Discipline for Preschool
- Child Development
 - Infants and Toddlers
 - Preschool/Pre-K
- **Children are not Colorblind: Shifting from a Color-blindness Approach to Anti-Bias Education**
- Language Development
- Let's Get Physical
- Relationship-Driven Learning
- Sensory Play: Exploring Little Ones' Senses
- Supporting Infant and Toddler Language Development
- **Supporting the Cognitive Development of Infants and Toddlers**

"I thought the training was very straightforward and easy to follow. I appreciate all the videos and examples used. They were all relevant and ideas that can be used in the classroom every day." Participant in Transitions PD



Brain Development

- **Brain Development- Three Part Series**
- Exploring Executive Function for the Young Child
- Sensory Processing Disorder: Supporting Young Learner's Input and Output
- Supporting Young Learner's Developmental Domains

Social -Emotional Development

- **Building Essential Relationships**
 - **For Early Childhood Educators**
 - **For Infant Toddler Teachers**
- Diving Deeper into Mindfulness Practice
- Implementación y apoyo al aprendizaje social y emocional en un salón preescolar
- Implementing and Supporting Social & Emotional Development
- Implementing Social Emotional Learning for Infants and Toddlers
- Mindfulness in the Classroom: Helping Young Children Manage Stress
- **Responding Fearlessly to Big Topics Using the Anti-bias Framework**
- Social-Emotional Development
- Social Emotional Development for Infants & Toddlers
- Supporting Student's Social & Emotional Development with Mindfulness & Meditation
- The Art of Mindfulness: The How and Why

Titles in RED are new for 2025 or recently updated!

Curriculum Experiences

- An Afternoon of Play: Boredom Busters
- Connecting Children to Nature: Get Outside!
- Connecting Learning to Life: Loose Parts for Infants and Toddlers
- Connecting Outdoor and Indoor Play Ideas, Activities, and Materials
- Creating a Developmentally Appropriate Preschool Curriculum
- Creative Art and Music for Infants & Toddlers
- Creative Art: It's All About the Experience
- Curriculum and Assessment:
 - Lesson Planning
 - Developmentally Appropriate Practice
- Curriculum and Lesson Planning
- Developing Self-Directed Play Tool Kits:
 - For Infants and Toddlers
 - For Preschool to K
- Emergent Curriculum
- Engaging the Young Child in Science
- Implementing a Curriculum that Supports Best Practices
- Loose Parts

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- More than Numbers: Math
- Out of the Box Ideas Series (Various topics; also offered in Spanish)
- Sensory Play
- STEAM
 - For the Early Learner
 - For Infants and Toddlers
- Young Thinkers: Encouraging Imagination

Teaching Strategies

- **Anti-Bias Education for Ourselves: You Bring to Teaching Who You Are**
- Inquiry Based Learning
 - Toddlers
 - Preschool
 - An overview for all ages
- Integrating Technology into the Classroom
- Learning Through Play: Connecting Children with their Senses
- Lesson Plan Implementation
- **Nurturing Through Nature- Four Part Series**
- Out of the Box Lesson Planning
- **Play: The Role of the Teacher in Children's Play Development**
- Self-Directed Play
- Transitions Throughout the Day

Supportive Environments

- **Approaching Risky Play through Developmentally Appropriate Practice**
- Classroom Management
 - For Toddlers
 - For ECE
 - **For Experienced Staff**
 - For Preschool/Pre-K
- Creating Inspiring Spaces
- Creating Successful, Classroom Routines, Rituals and Traditions
- Creating Supportive Classroom Environments with Intentionality
- Designing Intentional Environments to support Social Emotional Learning
- Developmentally Appropriate Practice
- DAP in Infant and Toddler Classrooms
- Differentiated Instruction
- Inclusion with Intention
- Positive Interactions
- Relationship Driven Learning
- Reflecting on Warm, Inclusive Classrooms
- Sensory Play: What, How and Why So Important
- Supporting a Caring Learning Environment for Infants and Toddlers

"We really have taken a lot from this PD and use it in our lessons daily."

Participant in Classroom Management

PD

Language and Literacy

- Emergent Literacy
 - Infants and Toddlers
 - Early Childhood
- Supporting Infant and Toddler Language Development
- Bridging Literacy from the Classroom to the Home
- Bridging Literacy and Social Emotional Learning
- Bridging Literacy Throughout the Day

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
- Using Data to Create an Intentional Learning Environment

"I will be even more mindful of how I talk to not just the students but my co-teachers." Participant in Understanding Trauma

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Partnerships with Families

- **Caring Strategies for Families—Three Part series FOR families**
- Communication with Families: Developing Positive Relationships
- Communicating about Conflict with Children and Parents
- Families as Partners: Concrete Ways to Enhance the Relationship

Supporting Behaviors

- Creating High Quality Supportive Environments to Promote Positive Behavior
- Creating Nurturing Relationships to Promote Positive Behaviors
- FLIP It! Series
- Guiding Children's Behavior through Social & Emotional Support
- Supportive Responses to Challenging Behaviors
- Understanding and Supporting Young Children with Challenging Behaviors



Anti-Bias Education

- What is Anti-Bias Education:
 - Back to the Basics
 - Debunking the Myths
- Responding Fearlessly to Big Topics Using the Anti-bias Framework
- Anti-Bias Education for Ourselves: You Bring to Teaching Who You Are
- Children are not Colorblind: Shifting from a Colorblindness Approach to Anti-Bias Education

Trauma

- Foundation Series Level II:
 - Overview of Trauma
 - History of Trauma
 - Meeting the Need
 - Trauma Responsive Principles
- Understanding Trauma, Bouncing Back with Resilience

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Safe, Healthy Environments

- Best Practice for Good Habits and Student Well-being
- Secrets of Supervision
- Transitions Throughout the Day

Staff Wellness

- Stress Management for the ECE Practitioner
- **Supporting Teacher Self-Efficacy**
- Team Building & Effective Communication
- Tools for Creating Effective Teaching Teams
- Understanding What Happened to You: A Discussion of Childhood Trauma



Communication, Leadership and Professionalism

- Coaching Series
 - Coaching with Intention
 - **Coaching as a Change Agent**
 - Creating Goals and Action Steps for Coaches
- Conflict Resolution as a Tool For Professionals
- **Effective Team Building: Connecting, Collaborating and Communicating**
- Key Aspects for Yearlong Leadership
- **Leadership in Action**
- **Leadership: The Nuts and Bolts**
- **Leadership Institute Series**
 - **Impactful Leadership Series**
- NAEYC Code of Ethical Conduct
- Professionalism for the ECE Educator

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Learn More about Specialized Training Opportunities

- **Anti-Bias Trainings**
- **Advocacy Trainings**
- **Trainings for Families**
- **Leadership Institute Series**
- **Family Childcare Business Series**
- **Trainings for teachers of specific age groups**
- **Trainings in Spanish**
- **Community of Practice Opportunities**
 - **For Directors**
 - **For Teachers**
- **Proficiency Certificate Program that can lead to 9 college credits**

See more on the First Up website:

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