



JANUARY - MARCH 2020

WINTER TRAINING CALENDAR

PARTNERS FOR CHILDREN AND FAMILIES

HOLIDAY SAFETY TIPS

The holidays are a great opportunity to enjoy time with family and friends, celebrate life, be grateful, and reflect on what's important. They are also a time to appreciate the gift of health. Here are some holiday tips to support your efforts for health and safety this season.

In the Home

- Hang breakable ornaments at top of the tree. This leaves room for kids to decorate the bottom with non-breakable items.
- Keep harmful plants out of reach. Some popular holiday plants are poisonous to children and pets, including mistletoe and holly berries. In a poison emergency, call the national Poison Control Center at 1-800-222-1222.
- Be aware of devices with button batteries. Keep decorations with button batteries, such as greeting cards and small remote controls out of children's reach.

Fire Prevention

- Water natural trees regularly. When needles are dry, they can catch fire easily.
- Turn off decorative lights before leaving home or going to sleep. Regularly check lights for exposed or frayed wires and loose connections.
- Keep candles and matches out of reach. Lit candles should be at least 12 inches away from anything that can burn, and don't forget to blow them out when you leave the room or before you go to sleep. Store matches and lighters out of children's reach and sight.
- Check smoke alarms. Make sure there is a working smoke alarm on every level of your home, inside bedrooms and near sleeping areas.
- Review your fire escape plan with family members and guests.

Holiday Gift Giving

- Read instructions and warning labels when choosing toys for children. Make sure the toy or game is appropriate for your child's age and development. Toys intended for older children may contain small pieces, including button batteries, that can pose a risk to curious, younger siblings.
- Don't forget a helmet. If you are giving a bike, skateboard or scooter this holiday season, be sure to include a helmet to keep them safe while they're having fun.
- Stay up to date on toy recalls. Safe Kids Worldwide compiles product recalls specific to children and sends twice-monthly email alerts for recent recalls.

Holiday Cooking

- Create a kid-free zone. Teach younger children to stay at least 3 feet away from your cooking space. Place babies in a high chair outside of the kid-free zone where you can see them.
- Keep hot foods and liquids out of children's reach. Cook on the back burners of the stove and keep hot foods away from the edge of your counters to prevent burns.
- Teach older children how to cook safely. Teach them never to leave the kitchen while they're cooking and always use oven mitts or potholders to carry hot pots and pans.



Safety tips adapted from Safe Kids Worldwide
for more information visit
www.safekids.org/holiday-safety-tips

Infant Toddler SIDs

(2 CHC)

Health and Safety Topic (11)

Trainer: Leslie Carson

**Tuesday,
January 14**

**6pm-8pm
at PfCF**

Learners will discuss ways to reduce the risk of SIDS through safe sleep practices for infants, review Safe Sleep Policy guidelines, North Carolina licensing requirements, maintenance of the proper forms, and other best practice recommendations.

Cost: \$5

**Space Limit:
20**

Raising A Reader

(2 CHC)

Trainer: Emily Jones

**Tuesday,
January 28**

**6pm-8pm
at PfCF**

Raising A Reader is a nationally renowned, evidence based book sharing program. This training will include a brief introduction to the program for those who would like to learn more. It will also be a time for those who have been participating to share strategies for what works and best practices.

Cost: FREE

**Space Limit:
20**

Resilience Film Screening

(2 CHC)

Trainer: Emily Jones

**Tuesday,
February 11**

**6pm-8pm
at PfCF**

Join Partners for Children & Families for a FREE film screening of the critically acclaimed documentary, Resilience. This documentary delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat toxic stress. The movie will be followed by a discussion and Q & A.

**Cost: FREE
Space Limit:
20**

Keep It Clean

(2 CHC)

Health and Safety Topic (1)

Trainer: Crystal Roberts

**Thursday,
February 20**

**6pm-8pm
at PfCF**

During the cold and flu season, it is especially important to remember the rules of sanitation! This training will focus on the ins and outs of keeping your classroom clean and as germ free as possible.

**Cost: \$5
Space Limit:
20**

Nature Play

(2 CHC)

Trainer: Emily Jones and Leslie Carson

**Thursday,
March 12**

**6pm-8pm
at
PfCF**

Incorporating outdoor play and learning environments is an important and great way for children to learn! If you attended the Nature Play Film screening, this training will address many questions that came up with incorporating this type of learning and how it can be used in licensed facilities. Even if you did not see the movie, please join us. You will leave with great ways to bring learning outdoors!

Cost: \$5

**Space Limit:
20**

Learning Is Happening Right Before Your Eyes: Seeing and Supporting Infant and Toddler Cognitive Development

(.5 CEU)

Trainer: Tonya McCall

**Tuesday,
March 17
&
Tuesday,
March 24**

**6pm-8:30pm
at PfCF**

Many adults still think of babies as helpless and simply a “clean slate”. In fact, if you watch infants and toddlers closely, you will see that in almost every waking moment they are engaged in thoughts and actions of discovery and learning. These thoughts and actions are the complex learning processes and abilities that we will discuss as we define “cognitive development”. We will further describe cognitive development in terms of six different types of discoveries infants and toddlers make when they explore and experiment with the things and people in their world. Opportunities to apply your knowledge of these discoveries will help you see the learning that is happening as infants and toddlers are developing cognitively. In the end, you will leave with some strategies and experiences you can use daily to support infant and toddler cognitive development.

Cost: \$20

**Space Limit:
20**

Infant Toddler SIDS

(2CHC)

Health and Safety Topic (11)

Trainer: Emily Jones

**Tuesday,
March 31**

**6pm-8pm
at PfCF**

Learners will discuss ways to reduce the risk of SIDS through safe sleep practices for infants, review Safe Sleep Policy guidelines, North Carolina licensing requirements, maintenance of the proper forms, and other best practice recommendations.

Cost: \$5

**Space Limit:
20**

Building Brighter Futures for Our Children



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MERRY CHRISTMAS

The PfCF office will be closed:

December 23rd through January 1st

and

Monday, January 20th in observance of Martin Luther King Jr. Day