A special community service provided by the Florissant Valley Family and Consumer Sciences Department and Continuing Education.

Funded in part by the Missouri Department of Elementary and Secondary Education.

To register, call 314-984-7777. Registration begins January 4!

Child Care Training Locations

- St. Louis Community College Florissant Valley
  3400 Pershall Road, 63135

- St. Louis Community College Forest Park
  5600 Oakland Ave, 63110

- St. Louis Community College Meramec
  11333 Big Bend Road, 63122

- St. Louis Community College South County Education & University Center
  4115 Meramec Bottom Road, 63129

- Hixson Middle School
  650 South Elm Ave, 63119

- Lindbergh Senior High School
  4900 South Lindbergh, 63126

Caring for Kids
For more information, call Bonnie Shiller at 314-513-4391.
Saturday Full Day Programs

**Six clock hours for each program**

**Sack lunch is provided.**

**Nature and Young Children Seminar**

The morning session: No Child Left Inside—Outdoor Play to Explore Nature and Science! Explore the natural world outside through new fun science activities you can integrate into your daily schedule. Help children wonder, explore, and discover with hands-on activities planned for the outdoors. The afternoon session: Connecting with Nature—Gardening and Cooking with Children! Encourage healthy eating as you help children learn about fruits and vegetables; and take produce from the garden to the table. Hands-on simple recipes, cooking activities and gardening tips will be shared. Our goal is to encourage children to learn to taste, eat and enjoy more fruits and vegetables. You will see new teaching materials—“Early Sprouts Cook Book” and “Lana’s Favorite Recipes.” Box lunch included.

**The Beautiful Brain: The First Three Years of Life**

Do you know how the infant brain develops? The risk factors to healthy brain development? What caregivers and parents can do to encourage brain development? Examine hot topics in brain research and discover how to establish patterns for early learning. Box lunch included. Class will be held in Cafe’ East.

**New Understanding Behavior: Mine and the Children’s**

This training will first look at you and how you react and respond through the lens of mindful learning. Next it will explore the reason children behave as they do and employ brain based discipline. Session I: Mindful Learning to Deal with Daily Stress. 9:00-12:00. Do you realize how stressed I am and how difficult it is to find happiness in my life and my job? Learn practices to reduce stress and increase your personal happiness. Session II: Brain Based Discipline. 12:30-3:30. Do you have any idea how difficult it is to discipline children in my classroom? Learn about the brain and use this knowledge in your work with children. Workshop check in begins at 8:30 a.m. Box lunch included.

Saturday Half Day Programs

**Science Activities for Young Children**

Science is all around us! Learn to help children explore science through a variety of hands-on activities both inside the classroom and outdoors.

**Encouraging the Love of Books for Preschoolers**

Learn how to grow readers by engaging your preschoolers with stories, books, nursery rhymes and other activities that help promote the reading readiness skills. Participants in the workshop will explore high quality children’s books, discover new ways to make books and stories come alive, and learn how to make connections between books and the child’s world. Participants will take home a wealth of ideas and a variety of books to use with preschoolers. Presented by Annette Harrison, dynamic educator and storyteller. This class is designed for preschool teachers and caregivers. Co-sponsored by the Missouri Humanities Council.

**New** Provider Potpourri: Brain Injury in Early Childhood and Toddler Transition Tips

This special four hour training will cover two different topics. Session I: Brain Injuries in Early Childhood. This workshop will provide information on preventing, recognizing, and supporting brain injuries in your children ages birth through age five. Session II: Infant Toddler Transition Tips. Are you experiencing challenging behavior in transition times and routine tasks? Come learn new strategies to create teachable moments and plan smooth, meaningful and fun routines as part of your infant/toddler caregiving. Create a hands on transitional tool for your classroom!

To register for Childcare Provider classes and programs call 314-984-7777.
Discipline for Young Children
Learning to manage behavior with groups of children is always a challenge. You will learn techniques to diminish targeted behaviors and promote positive peer interactions.

Child Safety and Supervision
A review of techniques to make supervision and safety a high priority in every childcare facility.

Discipline for School-agers
Learning to manage groups of school-agers (ages 5-10) is always a challenge. We will look at ways to enrich the environment and increase developmentally appropriate choices for school-agers to reduce discipline challenges. You will gain positive techniques and tips to manage group activities and your day will go smoother.

Discipline for Toddler and Twos
Do you think of “Terrible Toddlers and Twos” or “Terrific Toddlers and Twos?” Knowing how to manage this age group and understanding their development will get you thinking “Terrific Toddlers and Twos!” You will explore many positive ways to work with this age group.

Messing About with Purpose
This hands-on session assists childcare providers with planning and implementing multisensory learning activities across curricular areas that support child development. Participants will use provided materials to create and manipulate various messy mediums.

Making Sensory Exploration Materials: Play Dough, Goop, and More
Come to this hands-on workshop and learn the importance of sensory exploration materials in the classroom. You’ll make several “mixtures” and will receive recipes for all the creative doughs.

Understanding the Temperaments of Infants & Toddlers
Infants come into the world with different temperaments that influence their behavior and relationships with their caregivers both at home and in child care. This workshop will introduce the key concepts of temperaments and temperament types. Caregivers will gain an understanding of how they can be more responsive to infants and toddlers in their care.

Language Development - Birth to Age Five
This workshop discusses brain development, the importance of reading to language development, age appropriate books, developmental milestones, and appropriate activities for each milestone. Co-Sponsored by St. Louis Learning Disabilities Association.

Fun with Books: Making a Story Time Bag
Create activities to put into your new, free story time bag. Easy to find, inexpensive ideas will be shared to help you expand your story time activities and strengthen early literacy.

How to Use Music and Movement Throughout the Day
Songs and movements make transitions fun and help children tune in when they appear to be tuned out. Even if you can’t sing you can make a song out of anything.

How and When to Talk to Parents
Gain helpful methods for communicating your concerns with parents about their child’s education. Specific consultation strategies and techniques are demonstrated. Discussion of how to talk to parents to build and maintain positive relationships. Co-sponsored by Learning Disabilities Association, Inc.

Understanding ADHD: Attention Deficit Hyperactivity Disorder - Birth Through Age Five
Characteristics of ADHD and how symptoms can affect each child in unique ways will be discussed. You will learn techniques for coping with behavior and receive resources for additional help. Co-sponsored by St. Louis Learning Disabilities Association, Inc.

Surviving Naptime
Creative ways to make nap time a pleasant experience. Learn to make nap time a peaceful and relaxing experience for both children and adults. You’ll discuss appropriate expectations.
Mail
Complete the registration form (below) and mail with check (payable to St. Louis Community College) to:
STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044
Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.

In Person at STLCC Continuing Education Offices M-F 8:30 am - 4 pm
Merceaee  Florissant Valley  Forest Park
802 Couch Avenue  At the Center for Workforce Innovation  Forest Park, G Tower-320-322
St. Louis, MO 63122  Ferguson, MO 63135  5600 Oakland Ave., St. Louis, MO 63110
You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.

By Phone
Call to complete your registration by charging fees to MasterCard, Visa, American Express or Discover.
Telephone: 314-984-7777  Call Center Hours: M-Th 8:30 am - 7:30 pm; Fridays 8:30 am-4 pm
Before calling to register, have this information ready:
1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number /email)
3. Student Number/UIN
4. Credit Card Number with Expiration Date

Mail-In Registration form Please print in ink.
Please register me for the following courses:

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Total

☐ Male ☐ Female

Senior Citizen?
☐ Yes ☐ No

Check Payment:
Please make checks payable to St. Louis Community College, and mail with form (address above).

Credit Card Payment:
Charge fees to:
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☐ Visa
☐ Discover
☐ American Express

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☐ Discover
☐ American Express

Email Address: ____________________________________________
Student#/UIN: ____________________________________________
Birthdate: ____________________________________________

Name: ____________________________________________
LAST FIRST MIDDLE INITIAL
Address: ____________________________________________
STREET OR POST OFFICE BOX
_________________________  ______________________
CITY STATE ZIP CODE
Telephone/Home: ____________________________________________
Work: ____________________________________________

CARD NUMBER
Expiration Date: ____________________________________________

Signature: ____________________________________________