

To register, please include
the completed registration form below and
check or money order made payable to:

Board of County Commissioners

Mail to:

Palm Beach County Extension
University of Florida/IFAS
Family and Consumer Sciences
559 North Military Trail
West Palm Beach, FL 33415-1311

Name _____

Center _____

Daytime Phone _____

Name and Date of Training(s)

Total Amount Enclosed \$ _____

For more information, please call
Family and Consumer Sciences
at 561-233-1742
or visit pbcgov.com/coopext/facs.

Training Opportunities

for
*Early Care and
Education Practitioners*

**Spring ~ Summer
2009**

Offered by:
Palm Beach County Extension
University of Florida/IFAS
Family and Consumer Sciences



**All classes listed in this booklet
will be held at:**

**Palm Beach County Extension
559 North Military Trail
West Palm Beach, FL 33415
561-233-1742
(unless otherwise noted)**



UF UNIVERSITY of
FLORIDA
IFAS Extension



Each class is limited to 40 participants.

All registrations must be received by
5:00pm the Friday before the
class participant wishes to attend.

For refunds to be made,
participants must cancel prior to the class.

Maisielin Ross
Certified Family Life Educator
Extension Agent

MR  10/08

"In accordance with the provisions of ADA, this document may be requested in a different format."
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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS, STATE OF FLORIDA,
IFAS, UNIVERSITY OF FLORIDA, U.S. DEPARTMENT OF AGRICULTURE,
AND BOARDS OF COUNTY COMMISSIONERS COOPERATING.

Appropriate Foods for and Eating Patterns of Infants to 5-years-old

6:00pm - 8:00pm ♦ Tuesday ♦ May 26

\$20.00 ♦ .2 CEU/2 hours in-service credit

Food preferences and the nutritional needs of children vary according to age. As an Early Care Practitioner, you play a key role in children's life. The meals and snacks you serve help them to grow and be healthy. The experiences you teach them about food and eating can influence their attitudes about their world. In this workshop you will learn how to plan and serve appropriate meals, and create the best environment. You will also learn how eating behaviors are related to the stages of growth and development. Engaging activities will be used to teach the concepts.

Sparkling Kids' Curiosity

6:00pm - 8:00pm ♦ Tuesday ♦ June 9

\$20.00 ♦ .2 CEU/2 hours in-service credit

Curiosity is the desire to learn. It is an eagerness to explore, discover and figure things out. The more curious a child is, the more he learns. What is so great about curiosity? Can we help kids grow curiosity? In this workshop, practitioners will explore answers to these questions as well as learn about clever materials to spark children's creative thinking and learning.

Fun with Foods

6:00pm - 8:00pm ♦ Tuesday ♦ June 30

\$20.00 ♦ .2 CEU/2 hours in-service credit

Healthy eating does not have to be boring or repetitive. Preschoolers like to have fun...and so do you! Encouraging children to eat healthy foods can be challenging and frustrating. In this training practitioners will learn fun ways to prepare healthy and attractive foods for children. A variety of activities and food experiences will be demonstrated along with a series of physical activities to do with children.

Spring ~ Summer 2009

I want! I want!! I want!!!

Building Good Consumers

6:00pm - 8:00pm ♦ Tuesday ♦ January 27

\$20.00 ♦ .2 CEU/2 hours in-service credit

Do young children understand advertisements? Does advertising capture children's attention? Does marketing affect children at different ages? During this session, we will take a close look at what advertising doesn't want adults to know, learn the effects of marketing on children, and explore ways practitioners can help children build good consumer skills.

Fun in the Garden!

6:00pm - 8:00pm ♦ Tuesday ♦ February 17

\$20.00 ♦ .2 CEU/2 hours in-service credit

Children are amazed to see a simple bean become a living plant in just a few days. Watching plants grow and change fosters an enthusiasm for learning about food, science, math and all the skills we want a preschooler to learn. When children handle and explore foods they are more willing to try them. Gardening not only increases the consumption of fruits and vegetables for healthier living but is a wonderful means of increasing physical activity. In this workshop, practitioners will be given information on how to prepare and start a garden and ideas of recipes for preparing the vegetables grown.

Did You Wash 'em?

6:00pm - 8:00pm ♦ Tuesday ♦ March 10

\$20.00 ♦ .2 CEU/2 hours in-service credit

Maintaining proper food safety standards in child care centers is important for everyone. This workshop will address food safety issues for child care facilities, provide updated information on the most current topics, and demonstrate how microorganisms multiply from contaminated hands. Ideas on how to teach preschoolers to prevent contamination will be presented in a fun way.

What Does "Time" Mean to Young Children?

6:00pm - 8:00pm ♦ Tuesday ♦ March 31

\$20.00 ♦ .2 CEU/2 hours in-service credit

What do children of different ages know and understand about time? Why do children and adults struggle when it's time to clean up? How can you help children manage the concept of time? During this workshop, practitioners will learn ways to build on children's understanding of "yesterday," "today," and "tomorrow."

Art Appreciation 101 for Young Children

6:00pm - 8:00pm ♦ Tuesday ♦ April 28

\$20.00 ♦ .2 CEU/2 hours in-service credit

Art is more than drawing. Believe it or not, even infants can begin to appreciate art. Children love to draw, mix and match colors, and make art from all different forms. Practitioners will learn how to introduce and talk with children of all ages about art made by them and others. Come and try creative ways to react to art!!

Emergency Preparedness for Child Care Centers and Homes (for those who did not attend this workshop last year)

9:00am - 3:15pm ♦ Saturday ♦ May 16

\$25.00 (includes lunch and materials)

.5 CEU/5 hours in-service credit

*How prepared are you to deal with emergencies that could arise? The goals of this training are to get participants thinking about what they can do to reduce the risk of emergencies in their centers/homes and to begin the process of planning how emergencies will be handled if and when they do occur. **This training is for those responsible for making emergency planning decisions or for a designate.***

Emergency Preparedness for Child Care Centers: Updating the Plan and Reviewing the Plan with Staff (for those who attended the workshop May, 2007)

9:00am - 3:15pm ♦ Saturday ♦ May 16

\$25.00 (includes lunch and materials)

.5 CEU/5 hours in-service credit

For those practitioners attending Updating the Plan: Nothing ever stays the same. Hence it is important to take the time to update your facility's Emergency Preparedness Plan. This training will walk you through how to do just that!

Registration deadline Monday, May 11.