

[Abilities Network] Project ACT - All Children Together
410-828-7700 ext. 1274
(Call to schedule training)
www.abilitiesnetwork.org

PROJECT ACT TRAINING DESCRIPTIONS

3 HOUR TRAININGS

All Project ACT trainings are hands-on and interactive. We believe active participants learn more! We encourage participants to share their thoughts, ideas, questions, and experiences in order to learn from each other as they explore training materials. All of our Training Consultants are Project ACT Staff and have advanced degrees in Special Education, Speech, Early Childhood Education, and/or Counseling. Project ACT training modules are created by specialists in their respective fields. All of our trainings are approved by the Maryland State Department of Education – Office of Child Care Credentialing and provide participants with Core of Knowledge Hours.

Please note that **all of Project ACT's trainings were developed with a focus on early childhood and are therefore primarily intended for a birth through 5 years population. Some of Project ACT's trainings are appropriate for a before and after school-age population and are indicated using **(SA)**. **

Attention Deficit Hyperactivity Disorder (AD/HD): Learning the Basics (SA)

This training provides participants with an overview of Attention Deficit Hyperactivity Disorder (ADHD). It dispels myths associated with ADHD, reviews current research, diagnostic criteria, red flags and strategies that help children with ADHD to be successful. **Core of Knowledge Area: Special Needs (3 hours); Level: Beginner to Intermediate**

Autism Spectrum Disorders: Helping Children Adapt to the World Around Them (SA)

Children with Autism Spectrum Disorders often struggle with completing self-help tasks. This training provides participants with the skills they need to assist children with increasing their independence by breaking tasks into small sequential steps. Participants learn how to incorporate everyday living skills into curriculum and provide supports within the community. Participants interested in this training should take Autism Spectrum Disorders 1: Learning the Basics or have prior knowledge of ASD. **Core of Knowledge Area: Special Needs (2 hours) & Community (1 hour); Level: Intermediate to Advanced**

Autism Spectrum Disorders: Connecting the Circle of Friends (SA)

This interactive training helps participants to understand the challenges children on the Autism Spectrum may face with communication, play skills and social skills. Participants will learn strategies and have a chance to practice using augmentative communication, the D.I.R. Floor Time model created by Greenspan and Wieder, and using social stories and social scripts. Participants interested in this training should take Autism Spectrum Disorders: Learning the Basics or have prior knowledge of ASD. **Core of Knowledge Area: Special Needs (3 hours); Level: Intermediate to Advanced**

Autism Spectrum Disorders: Learning the Basics (SA)

This training provides an overview of Autism Spectrum Disorders (ASD) and helps participants understand the complexities related to working with children with ASD. It reviews current research and types of successful intervention strategies. Participants learn practical strategies for assisting children with ASD in the classroom. **Core of Knowledge Area: Special Needs (3 hours); Level: Beginner**

Autism Spectrum Disorders: M.O.D.E.L.S. for Behavior (SA)

This training is geared toward professionals who are working with children with autism spectrum disorders (ASD). It examines the steps involved in creating effective MODELS for positive behavior, beginning with the **M**otivation, or the “why” behind the behavior and the impact of **O**rganization during the day. Next, it considers the importance of **D**ocumentation to track behaviors and set up reasonable **E**xpectations through establishing and reinforcing guidelines. Finally, it explains the importance of having an effective **L**anguage system and provides possible **S**olutions for behavior challenges. Participants interested in this training should take Autism Spectrum Disorders: Learning the Basics or have prior knowledge of ASD. **Core of Knowledge Area: Special Needs (3 hours); Level: Intermediate**

BASIC I: Before and After School Inclusion Curriculum (SA)

This training is designed to introduce participants to the benefits of including children with various disabilities in their before and after school settings. Participants examine such topics as: A.D.A., definition of inclusion and the benefits of it in before and after school settings, implementing a philosophy of inclusion in a variety of settings, curricular and environmental inclusive adaptations, addressing the needs of staff members and strategies for including families. **Core of Knowledge Area: Development (1.5 hours) & Special Needs (1.5 hours); Level: Beginner to Advanced**

Building Early Literacy Through Expressive Arts

This training builds participants' knowledge and understanding of the ways in which the expressive arts can enhance children's literacy. Participants learn specific and practical strategies for promoting literacy skills through movement, play, music and visual arts. These strategies will assist teachers in creating learning environments which promote knowledge acquisition, creativity and positive self-esteem for all children, including those with special needs. **Core of Knowledge Area: Curriculum (2 hours) & Special Needs (1 hour); Level: Beginner to Intermediate**

Community Connections: Bridging the Gap between Families, Child Care and Community Resources (SA)

Community Connections provides participants with statewide and local resources that can be utilized by caregivers and families. The training prepares participants to identify family needs and match them to the appropriate agencies and services, and highlights strategies for maintaining communication in the child care environment. **Core of Knowledge Area: Community (3 hours); Level: Beginner to Intermediate**

Developmentally Appropriate Art

This training teaches participants how to implement a developmentally appropriate art curriculum and how to create an environment where art is an integral part of the day. It explores visual arts, how to implement a variety of art experiences for children of all ages, and the educator's role in facilitating creative art activities and engaging children in conversations. It also provides strategies for involving parents in art activities at school and in the community. **Core of Knowledge Area: Curriculum (2 hours) & Community (1 hour); Level: Beginner to Intermediate**

Developmentally Appropriate Art for Before and After School Programs (SA)

This workshop is designed to teach participants how to design and implement a developmentally appropriate art curriculum in the classroom environment. Participants will learn the differences between "product art" and "process art" as well as what materials are necessary to fully engage children and expand their creative abilities. This workshop is designed to teach participants how to design and implement a developmentally appropriate art curriculum in the classroom environment. Participants will learn the differences between "product art" and "process art" as well as what materials are necessary to fully engage children and expand their creative abilities. **Core of Knowledge Area: Community (1 hour) & Curriculum (2 hours); Level: Beginner to Intermediate**

Developmentally Appropriate Practices: Using Learning Centers to Create an Ideal Classroom Environment

This interactive training provides participants with an overview of developmentally appropriate practices, as defined by the National Association for the Education of Young Children and shares practical strategies for creating inviting environments for infants, toddlers, and preschoolers. Participants will learn how to use classroom learning centers and have opportunities to teach each other about these areas. This training provides many tips for creating fun and engaging learning opportunities for children.

Core of Knowledge Area: Curriculum (3 hours); Level: Beginner to Intermediate

Developmental Delays

This training provides participants with knowledge and strategies for teaching children with developmental delays. Participants review characteristics of typical child development from birth through five, discuss "red flags," developmental screening tools, developmental delays and adaptations to assist children with developmental delays. Through interactive simulations, participants will gain an understanding of the challenges children with developmental delays face and have an opportunity to develop accommodations they can utilize in their classrooms.

Core of Knowledge Area: Development (1 hour) & Special Needs (2 hours); Level: Beginner to Intermediate

The Essence of Language: Appreciating the Importance of Language Development for Children Birth - 5 Years

This training provides participants with an overview of children's typical language development from birth through five, possible "red flags" for language delays and how to assist English Language Learners. Through interactive activities, reviews of research and video, participants share their expertise and gain a comprehensive knowledge of language development and how to assist all children in improving their communication skills.

Core of Knowledge Area: Child Development (1.5 hours) & Special Needs (1.5 hours); Level: Beginner to Intermediate

Fun with Feelings: Activities that Promote Emotional Intelligence

During this training, participants will learn strategies and "fun" activities to assist preschool and school aged children in exploring their feelings for the purpose of promoting Emotional Intelligence. Participants will learn about the connection between Multiple Intelligences and Emotional Intelligence. Participants will explore sample "feeling stations," and learn about potential "red flag" behaviors in children that may need to be addressed by a mental health professional.

Core of Knowledge Area: Special Needs (1 hour) & Development (2 hours); Level: Beginner to Intermediate

The Good Mentor: Strategies for Coaching Teachers on Effective Language and Literacy Practices (SA) *Appropriate for Head Start programs*

This training provides an understanding of the mentoring process as it relates to early childhood teachers learning effective language and literacy practices. The roles of a mentor are clarified and examples are provided that clearly define the differences between “job supervision” and “job mentoring.” Supervisory Mentoring, Situational Mentoring, Formal Mentoring and Informal Mentoring are examined in detail for a greater understanding of expectations when forming a mentoring partnership. Strategies are provided that focus on promoting better listening skills and ways to effectively transfer experience, knowledge and wisdom throughout the process of mentoring. **Core of Knowledge Areas: Professionalism (3 hours); Level: Beginner to Advanced**

Healthy Social and Emotional Development in Children Ages 0-5

This training will increase participants’ knowledge of healthy social and emotional development in early childhood. Participants will gain an overview of healthy development, ways to recognize major milestones, “red flags” which may indicate possible delays, and strategies to use to promote social and emotional competencies in children ages birth through five. **Core of Knowledge Areas: Development (2 hours) & Special Needs (1 hour); Level: Beginner to Intermediate**

Healthy Social and Emotional Development in Children Ages 3-5

This training will increase participants’ knowledge of healthy social and emotional development in early childhood. Through research highlighting the importance of social emotional development for children’s academic success, participants will gain an overview of healthy development, ways to recognize major milestones, “red flags” which may indicate possible delays, and strategies to use to promote social and emotional competencies in children ages three to five. **Core of Knowledge Area: Development (1 hour) & Special Needs (2 hours); Level: Beginner to Intermediate**

How to Cope with Bullying Behaviors (SA)

In this training, participants will learn to identify the causes and signs of bullying behavior in children as well as understand the reasons why some children have bullying behaviors. Through movie clips and group participation, participants will receive working strategies for handling both bullies and their victims in order to provide a safe learning environment for all children. **Core of Knowledge Area: Health, Safety and Nutrition (2 hours) & Child Development (1 hour); Level: Beginner to Intermediate**

If They Are Mad And You Know It, Then What?

In this training, participants will be supported in their understanding that all emotions are natural and that learning self-control is a developmental skill that continues to be mastered throughout childhood. An overview of "what's happening" in the brain of a child who is experiencing anger and related feelings will be shared and discussed. The four developmental stages of self-control will be explained and strategies to support children in the development of these stages will be detailed. Strategies and techniques will be identified and discussed for participants to be able to immediately implement into their child care settings.

This training includes Family Communications/Mr. Roger's "What Do You Do With the Mad That You Feel?"

Core of Knowledge Area: Child Development (3 hours); Participant level: Intermediate to Advanced

Introduction to Inclusion

In this interactive training, participants will learn about including children with special needs in their child care. The civil rights laws that protect persons with disabilities will be reviewed and participants will learn what these laws require of child care settings. Participants will become familiar with ideas to utilize when adapting their learning environment to accommodate children of varying abilities and will understand how these accommodations benefit all children and families. **Core of Knowledge Area: Special Needs (2 hours) & Professionalism (1 hour); Level: Beginner to Intermediate**

Language: The Key to Literacy

This training showcases the importance of how strong language skills promote literacy. Through a variety of activities, participants review ways to promote language development as highlighted by key research studies. Participants will gain a thorough understanding of how language impacts literacy and how to promote learning opportunities so that all children begin school with a wealth of words. **Core of Knowledge Areas: Curriculum (2 hours) Child Development (1 hour); Level: Beginner to Advanced**

Managing Stress at Any Age (SA)

This training is designed to increase participants' knowledge of stress and how to manage its symptoms. This training introduces participants to "good" and "bad" stress as well as other types of stress such as acute stress and post traumatic stress disorder, and participants will learn initial signs and symptoms of each type of stress. The participants will also be able to examine the similarities and differences of stress in infants, toddlers, preschool children, school-aged children, adolescents and adults. **Core of Knowledge Areas: Health and Safety (2 hours) & Professionalism (1 hour); Level: Beginner to Intermediate**

Multiple Intelligences: Discovering Gifts & Empowering Children (SA)

This training introduces participants to the theory of Multiple Intelligences and innovative teaching ideas which will assist in making their classroom an enhanced learning environment for children of all abilities. Participants will learn to identify the unique learning strengths of children and how to apply practical strategies to promote inclusive and empowering learning opportunities for all. **Core of Knowledge Area: Curriculum (1 hour) & Special Needs (2 hours); Level: Beginner to Intermediate**

Outdoor Learning Opportunities: Bringing the Classroom Outdoors

Throughout this advanced training, participants will discuss in depth the importance of outdoor play for young children. Participants will also discuss research that indicates the reasons why children are not being encouraged to play outdoors as much as in the past. Through large and small group discussion, pictures and descriptive outdoor play scenarios, participants will be exposed to many innovative ideas to bring the indoor classroom environment outdoors including such ideas as dramatic arts, visual arts, musical opportunities, nature journaling and planting a garden.

Participants will also be introduced to the Preschool Outdoor Environment Measurement Scale (POEMS) which was designed as an assessment tool for those seeking ideas for high-quality outdoor learning environments.

Core of Knowledge Area: Child Development (1 hour) & Curriculum (2 hours); Level: Advance

The Preschool Child: Exploring the Myths, Gifts and Challenges of AD/HD

In this training, participants will learn about Attention-Deficit/Hyperactivity Disorder (AD/HD) and review the three sub-types. Participants will be able to define behavioral characteristics of each sub-type as well as identify early signs of AD/HD in behaviors displayed by preschool-age children. Participants will be introduced to a variety of suggestions on how to modify an early childhood environment to encourage more appropriate behaviors from young children.

In small groups, participants will review 3 case scenarios and identify specific strategies discussed throughout the training that they would use to help shape behaviors and to support social and emotional competency in all young children. A variety of resources related to AD/HD such as books and websites will also be shared.

Core of Knowledge Area: Special Needs (2 hours) & Child Development (1 hour); Level: Intermediate to Advanced

Promoting Positive Behavior in School Age Children (SA)

This informative training will introduce participants to the developmental traits of school age children, the goals that children strive for and how their behaviors relate to those goals, and ways to encourage children to choose positive methods to achieve these goals. **Core of Knowledge Area: Development (2 hours) & Special Needs (1 hour); Level: Beginner to Advanced**

Promoting Resiliency in Early Childhood

From this training, participants gain an understanding of resiliency, and the important role attachment plays in helping children. Participants will learn factors that contribute to the formation of attachment relationships and discover intervention strategies that can be used to promote resiliency in children. **Core of Knowledge Area: Development (3 hours); Level: Beginner**

Sensory Sensitivity (SA)

This training provides participants with an understanding of sensory integration, sensory integration dysfunction, and how sensory issues can impact children with autism spectrum disorders. It discusses ways to include 'sensory diets' and sensory activities that assist children with Autism Spectrum Disorders (ASD) to be successful in their learning environments. Participants interested in this training should take [Autism Spectrum Disorders: Learning the Basics](#) or have prior knowledge of ASD. **Core of Knowledge Area: Special Needs (2 hours) & Curriculum (1 hour); Level: Beginner to Intermediate**

Traumatic Events: Helping Our Children Cope During and After a Crisis

This informative and interactive training provides an understanding of personal/family, community and global traumatic events as well as how such events may possibly affect children in their development. Practical strategies are provided focusing on ways to help children feel safe, empowered, and eager to engage in regular activities. ** It is recommended, but not required, that participants take "Promoting Resiliency in Early Childhood" prior to receiving this training. ** **Core of Knowledge Area: Health, Safety and Nutrition (2 hours) & Special Needs (1 hour); Level: Intermediate to Advanced**

Understanding and Helping Children with Childhood Depression (SA)

This training defines the symptoms of childhood depression and provides strategies for assisting children with depression in the classroom setting. Through examples in videos and role play scenarios, participants will identify symptoms and develop a better understanding of potential issues. Participants will learn tips for working with children suffering from depression as well as additional resources. **Core of Knowledge Area: Special Needs (3 hours); Level: Beginner to Intermediate**

Understanding Learning Disabilities (SA)

During this training, participants will gain knowledge of different types of learning disabilities. Through simulations and video clips, participants will explore the challenges of having a learning disability and how frustrating it can be for a child. This presentation will highlight some of the red flags in young children that might lead to a later diagnosis of a learning disability; and highlight teaching strategies and specific accommodations that meet the needs of all children, especially those children with learning disabilities. **Core of Knowledge Area: Special Needs (3 hours); Level: Beginner to Intermediate**

Understanding Oppositional Defiant Disorder (ODD) (SA)

This training introduces participants to Oppositional Defiant Disorder (ODD). Participants will understand the possible causes of ODD and the common behavioral characteristics that often accompany this disorder. Through interactive discussions and video clips, participants receive insight into the thought processes of a child with ODD. This training discusses recommendations for managing the behaviors of children with ODD as well as guided role playing scenarios for reducing oppositional behaviors in the classroom. **Core of Knowledge Area: Special Needs (3 hours); Level: Beginner to Intermediate**

Understanding Temperament: Implications for Working with Young Children

In this training, participants will learn the definition of temperament and its nine traits, the three main types of temperament and the term, 'goodness of fit.' Through partner discussions, chart activities and case scenarios, participants will actively investigate the best ways to create an environment that will allow for differences in temperament. Temperament as it relates to children with special needs will be explored along with strategies to encourage peer-modeling and the building of social skills. **Core of Knowledge Area: Development (1.5 hours) & Special Needs (1.5 hours); Level: Intermediate**

Using a Positive Approach to Address Challenging Behaviors (SA)

This interactive training will define the term, "behavior" and discuss the four main motivators for behaviors. This training will engage participants to discover how to redirect and shape behavior while encouraging positive social and emotional skill-building in children. Global classroom strategies will be reviewed to encourage positive behavior in all children. Participants will leave this training with several strategies they can choose to implement immediately in their educational setting. **Core of Knowledge Area: Child Development (2 hours) & Special Needs (1 hour); Level: Intermediate to Advanced**

"Well Said!" A 3-Part Series on the Complete Communication Experience
Part 1: Effective Strategies for Enhancing Communication with Families (SA)

This is one training of a 4-part, comprehensive series covering all aspects of communication in an early childhood setting. In this active training, the two main types of communication used with families, verbal and non-verbal, are introduced and explored in great detail. Participants will investigate the use, as well as the misuse, of written, oral and nonverbal forms of communication with families. Strategies and techniques will be discussed that will be of great support to participants desiring to immediately implement innovative ways to promote positive and effective communication in their early educational setting. Strategies to enhance communication with families with limited English proficiency will also be discussed. **Core of Knowledge Area: Professionalism (2 hours) & Community (1 hour); Level: Intermediate to Advanced**

"Well Said!" A 3-Part Series on the Complete Communication Experience
Part 2: Effective Strategies for Enhancing Your Learning Environment to Promote Communication Skills in Young Children

This is one training of a 3-part, comprehensive series covering all aspects of communication in an early childhood setting. In this interactive training, participants will review and discuss high-quality ways to establish a learning environment that enhances language and communication development in young children. Everything from the physical set-up of the classroom to creative ways to extend children's unique stories will be discussed to highlight how early educators can have a significant impact on children's verbal, written and listening skills.

Though this training is identified as Part 2 of a 3-Part training series, it is not essential that participants complete the trainings in a specific order.

Core of Knowledge Area: Professionalism (2 hours) & Community (1 hour); Level: Intermediate to Advanced

"Well Said!" A 3-Part Series on the Complete Communication Experience
Part 3: Innovative Strategies for Enhancing Communication with Staff,
Partners and Related Children's Service Agencies

This is one training of a 3-part, comprehensive series covering all aspects of communication in an early childhood setting. In this informative training, participants will learn the best ways to facilitate positive communication with staff; including communication between director and teachers as well as between lead teacher and assistant teacher. The importance of establishing a teaching style will be discussed and ideas for teachers to implement in their practice will be reviewed. The importance of partnering with similar organizations will be outlined as well as discussing ways to remain informed with current information on related children's service agencies. Though this training is identified as Part 3 of a 3-Part training series, it is not essential that participants complete the trainings in a specific order.

Core of Knowledge Area: Professionalism (1 hour) & Community (2 hours);
Participant Level: Intermediate to Advanced