

Training Tracks

HAWAII'S RESOURCE FOR CHILD CARE TRAINING CLASSES, UPDATES AND MORE • WINTER 2018

For your reference, this edition contains our current Training Catalog with Class Descriptions.

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Shopping online?
PATCH is on amazonSmile!
Add PATCH People Attentive to
Children as you shop today.

We always love to hear
your feedback about this
newsletter. Please email
patch@patchhawaii.org.



Supporting Hawaii's Child Care Needs

Guest Post

FROM
DESIREE DE LA ESPRIELLA
(PICTURED, WITH HER SONS)



PATCH has really been an invaluable resource to me in my new endeavor to open a family child care. Something that WAS completely alien and overwhelming has turned into a most positive experience. When I first thought of the idea to start a child care all I knew was PATCH and contacted them right away. They were able to assist me with:

- getting an application,
- giving me information on the USDA food program, and
- with questions and reservations I had with starting a child care, and
- even had a representative from PATCH come all the way to my home in Lahaina to give me guidance on set up.

With the help of PATCH I have unraveled the mystery of the Family Child Care license application by attending their Basic Series classes – that has helped me really understand the ins and outs starting a child care.

Continued on Page 5

To address
homeless
keiki's
needs



Think outside of the box

While others' focus is finding housing solutions, what about our keiki?

1,237 0-5 year olds are homeless in Hawai'i. Our youngest children are most affected by the poverty and transition homelessness entails.

90%

Of brain development occurs before age 5.
The first few years of life are crucial to healthy brain development

4x

The rate at which homeless children experience illness vs. other children.
Illness affects school & preschool attendance.

Your donation to PATCH today will help support homeless keiki.

PATCH Homeless Outreach Program connects keiki with resources for their care, education, protection, nourishment & health. Without your support, we couldn't even begin to help them. Your donation is tax-deductible by law.

Donate online at Patchhawaii.org/donate-to-PATCH/

Contact Virginia Lord at VLord@Patch-hi.org or call 808-550-3852.

PLEASE CUT ON DOTTED LINE AND COMPLETE AND ENCLOSE THE DONATION FORM BELOW WITH YOUR GIFT TO PATCH.

- ☐ My gift of: ☐ \$10 ☐ \$25 ☐ \$50 ☐ \$_____ is enclosed. Please make checks payable to "PATCH," and mail to:
PATCH 560 N. Nimitz Hwy, #218 Honolulu, HI 96817
- ☐ Please charge \$_____ to my credit card. (You may also visit www.patchhawaii.org or call 550-3852 to donate via credit card).
Card Number _____ Expiration Date _____ Security Code _____
- ☐ My gift is in memory/honor of _____ ☐ My employer has a matching gift program.
Donor Name _____
Address _____
Email _____ Phone _____
- ☐ Donation Remains Anonymous

PATCH'S MISSION IS TO SUPPORT AND IMPROVE THE QUALITY AND AVAILABILITY OF CARE FOR THE YOUNG PEOPLE OF HAWAII.

News & Highlights

FREE!

Want to know more about working with keiki with Special Needs? Sign up now!

**Catch PATCH Special Needs Series Classes
ONLINE on Tuesday evenings this coming January-February, 2018!**



- ✓ Missed a class in the Special Needs Series?
- ✓ Want to get a head start on learning?
- ✓ A great way to save time, money, & stress!
- ✓ Make it up online! Convenient!
- ✓ Avoid traffic, parking, & juggling schedules.

6:00-7:30 PM	TUESDAYS IN JANUARY, FEBRUARY
01/09/2018	INTRODUCTION TO INCLUSION (908)
01/16/2018	EXPLORING INCLUSION (909)
01/23/2018	INCLUSIVE EARLY LEARNING ENVIRONMENTS (322)
01/30/2018	FAMILY PARTNERSHIP & INCLUSION (624)
02/06/2018	CREATING A CULTURALLY INCLUSIVE ENVIRONMENT (708)
02/13/2018	WORKING IN AN INCLUSIVE ENVIRONMENT (808)
02/20/2018	SPECIAL NEEDS: COMMUNITY RESOURCE AND REFERRAL PROCESS (625)

Visit <http://elearning.vitalect.com/patch> to register today.
These are **SELF-PACED** webinars. You can take them in your own precious time!

*... and the
GOOD NEWS
keeps coming!*

You can now access all
30 hours of the WestEd
Advanced Infant/Toddler
Training Series on PATCH
elearning vitalect website.

Visit <http://elearning.vitalect.com/patch> to register today.

NEED HELP PAYING FOR PRESCHOOL?

WE
WILL BE
ACCEPTING
APPLICATIONS
1/2/2018-3/29/2018



PRESCHOOL OPEN DOORS

Applications accepted for children born August 1st, 2013 through July 31st, 2014 for program participation July 1, 2018 - June 30, 2019. Preschool Open Doors (POD) provides monthly preschool tuition subsidies to qualified families. Parents may choose any DHS-licensed preschool. Download an application at www.patchhawaii.org.

Applications must be received at the Oahu office by March 29, 2018 to be considered.

Return completed applications to:



OPEN DOORS

PATCH Preschool Open Doors
560 N. Nimitz Hwy. Suite 218,
Honolulu, Hawaii 96817

Fax: 694-3066

Email: PODAdmin@Patch-Hi.org



Call
POD Oahu
(808) 791-2130
POD Toll-Free
1-800-746-5620



Guest Post

FROM
DESIREE DE LA ESPRIELLA

Continued

from

Cover Page



I was able to discover just what it takes to be a quality child care operator and caregiver from

just attending the first class. I was also taught the business aspects of owning and operating a child care, such as writing a mission statement or making sure I keep track of mileage and receipts that I otherwise would not have thought of.

Aside from the Basic Series classes, PATCH's offerings and advising of numerous other FREE classes on child development, nutrition, and movement has afforded me the education to provide the very best care for the children. I am currently attending a course PATCH offers called, "I'm Moving I'm Learning" which not only gives me fantastic ideas of activities and meals for the children I will be taking care of, but has also educated me on the development of children both mentally and physically. . .

Did you know 80% of our brain makes synaptic connections by age 3?.. I sure did not, but knowing that information shows me just how important it is to provide meaningful and quality child care for their young developing minds.

My attendance of courses like this is vital and instrumental in my professional development and I could not be more grateful to PATCH for the opportunity to learn and grow. At least, I thought I couldn't be more grateful. . . The Cash for Caring program was recently introduced to me and it really couldn't have come

at a better time. I've been on maternity leave the past two months, so money has been budgeted to the "T", not leaving any wiggle room for me to get a child care business started. But now, with the prospect of receiving money to aid me in getting the equipment I need to make my child care safe, the furniture I need to make my child care conducive to learning and moving, the materials I need to make my child care enriching, and so much more . . it has been an incredible relief.

PATCH has provided me with resources without which I would be completely lost and unqualified. Thanks to them I feel confident I can offer real quality and informed care to the children of my future family child care.

Thank you!

Desiree

PATCH welcomes your stories, testimonials, and guest posts. Drop us a line at patch@patch-hi.org or mail to Virginia Lord 560 N. Nimitz Hwy #218 Honolulu, Hawaii 96817. Please don't forget to include your child care photos or keiki art.

Events

save the date!



Date/s	Event	Island
January 13	Tripler Army Medical Center Baby Expo	OAHU
January 14	25th Annual Ohana Festival at Japanese Cultural Center of Hawaii. Entertainment, food booths, keiki games, craft fair, cultural demonstrations and much more. Free parking at UH parking structure + Free shuttle service. Visit www.jcch.com or call 808-9457633.	OAHU
February 3	Waimea Cherry Blossom Festival 9am-3pm. An all day lineup of multi-Cultural performing arts. Free shuttle. Call 808-961-8706 for information.	BIG ISLAND
February 25	Waimea Town Celebration Ho'olaulea 41st Anniversary celebration with LIVE Entertainment, local food booths, craft Vendors, games, rides, and more.	KAUAI
April 7	March for Babies, Kauai 2018: walk to help more babies be born healthy. At Lydgate Pavilion, Lihue from 6:45-8:00AM, Contact 808-634-5840 or visit facebook.com/march4babieskauai/	KAUAI
April 21	Provider Appreciation Day event	BIG ISLAND
May 19-20	New Baby Expo at the Neal Blaisdell Center Especially for expectant parents and young Families with children age 5 and under. Prices usually \$5.50 a ticket for adults, Free for kids age 5 and under. Features Hawaii's largest selection of products and Services for young families, entertainment and baby race. Please come say hi to us at the PATCH booth!	OAHU

READ MORE about events and local news on your Island's News page.

sneezes & SNIFFLES

by Linda Tapsell, RN
© Excelligence Learning Corporation
www.earlychildhoodnews.com

Along with colder weather and dreary days, winter brings the dreaded cold. And, because of parents' busy work schedules, you are likely to see many cases of the common cold in your child care setting. The common cold spreads easily through the air (coughing and sneezing) or through physical contact with saliva (food sharing or handling). It brings about sneezing, nasal congestion and discharge, a sore throat, cough, and in some cases can include a headache, fever, and chills.

Although there is no vaccine to prevent a cold, proper hand-washing can remove the viruses that cause the common cold. Prevention is the key.

How can this be accomplished in the child care setting?

In reality, children cannot be expected to wash their hands alone, nor can teachers be expected to disrupt the curriculum for 15 to 20 minutes to wash the hands of eight three-year-olds every time one of them sneezes. **Practical suggestions for prevention include carrying tissues with you to wipe drippy noses before the children rub their nose on convenient shirt sleeves, carrying moist towelettes (preferably an antiseptic kind) to cleanse hands after touching runny noses, and washing your own hands as often as possible.**

sneezes & sniffles



Continued from Page 6

The following statements will help you recognize and understand the common cold while helping you protect yourself as you care for others.

1

Respiratory infections are common in early childhood.

2

A healthy child will have six to eight colds a year.

3

Many types of viruses can cause colds; a vaccine is not available.

4

Colds are self-limiting; medication does little to cure symptoms.

5

Colds make children miserable but not acutely ill.

6

Nasal discharge is the most common sign of a cold in children.

7

The common cold has a sudden onset (symptoms can appear within hours of exposure), is of short duration (lasting 5-7 days), and has pronounced symptoms (as described above).

8

No one, regardless of age, is immune from the cold.

9

It is easy for children to become dehydrated when ill due to fever, sweating, and runny nose; replenish fluids by encouraging the children to drink water and juices.

10

Some children will develop Otitis media (a middle ear infection) during their cold, which can lead to the prescribing of antibiotics. **If your center administers medication and a parent requests antibiotic medication to be given, remember the following:**

- Ask the parent if the medication needs to be refrigerated.
- Check the label before you give medication to make sure you are giving it to the correct child.
- Never share a prescription between siblings. physician should prescribe all medications.
- Check the date a prescription was prescribed. Using a medication that was ordered a year ago is equivalent to giving the wrong medication.
- If a child vomits after receiving medication, repeat the dose. However, if you believe a child swallowed most of the medication before he or she vomited, do not readminister.
- Antibiotics must be taken for the prescribed time, usually seven to 14 days regardless of symptoms; if they are stopped too early resistant bacteria may continue to grow.

***Linda Tapsell** is a registered nurse who specializes in pediatrics. She has worked in early child care settings overseas, and is a freelance writer.*



PATCH supports the professional development of those in the field of early childhood education and care. Our ECE Scholarships reimburse tuition monies to students who have passed eligible courses. Funding is limited and issued on a first come, first served basis.

What does the ECE Scholarship cover?

- Eligible college coursework tuition from in-state institutions.
- PACE classes now converted to college credits.
- CDA direct assessment or renewal fees.

What is the criteria for coursework?

- Early childhood or child development focused.
- College courses completed June 2017-May 2018.
- PACE classes converted to college credits.
Fall 2017 &/or Spring 2018 semester transcripts.
- CDA Credential dated June 2017-May 2018.

What is the maximum I can receive?

\$750.00 per round.

Applicants can qualify for more than one round. Other financial aid is taken into account when calculating. Reimbursements are distributed after close of each round.

Deadlines: Applications must be postmarked on or before the deadline of each round.

- ❓ Round 1: August 31, 2018
- ❓ Round 2: January 15, 2018
- ❓ Round 3: May 31, 2018*

*Send in Round 3 transcript no later than June 30, 2018.



Supporting Hawaii's Child Care Needs

**Contact your local PATCH office or visit
www.patchhawaii.org to download an application.**

Mahalo to the State of Hawaii Dept. of Human Services, Hawaii Island United Way & Maui United Way for funding PATCH Scholarships.

PATCH Training

How to Read the PATCH Training Calendar

PATCH's Training Calendar is designed for easy reading. Each class has indicators related to Hawaii's **Attitudes, Skills and Knowledge (ASK)** Core Areas and **Subject Areas (SA)** for the Child Development Associate (CDA) credential.

Basic Series (10 classes) *An overview of basic skills to become a successful family child care provider.*

Challenging Behaviors Basic Series (7 classes) *Experienced caregivers, gain in-depth knowledge and strategies to work with age 2-8's challenging behaviors.*

Quality Care Series (10 classes) *Supports staff in early childhood programs engaged in self-assessment of Hawaii's Preschool Content Standards. Meets professional development criteria for early educators.*

Puppet Series (5 classes) *For all early childhood professionals. On using puppets to build literacy skills.*

Supporting Play Series (5 classes) *Methods professionals can utilize to help 3-5 year old children to develop socially and cognitively through play.*

* **WestEd Basic Infant/Toddler Series (10 classes)** *Introduction to working with 0-3 year old children.*

* ++ **WestEd Advanced Infant/Toddler Series (10 classes)** *Focuses on additional considerations when working with 0-3 year old children.*

Introduction to Preschool Series (7 classes) *For new preschool staff, provides an overview of working with preschool-aged children in centers or homes.*

* **Infant/Toddler Series 3 (10 classes)** *Continues to build on foundations laid in the two WestEd series.*

I'm Moving, I'm Learning (5 classes) *Healthy practices for children/families to decrease child obesity.*

* **Infant/Toddler Social Emotional (10 classes)** *Examine social emotional development of 0-3 year olds and individualized support for challenging behaviors.*

Time To Sign Series (4 classes) *Use of sign language with children and families to communicate through music, movement and play.*

Special Needs Series (7 classes) *Inclusion and working with children with special needs.*

Child Care Administration (5 classes) *Covers licensing and running a child care center or preschool.*

* meets DHS I/T licensing requirements.

++ offered online as self-paced webinars.



8 Subject Areas

are utilized for the Child Development Associate (CDA). These indicators are important when looking for specific types of classes to fulfill initial CDA requirements :

- SA 1 - Planning a safe, healthy learning environment
- SA 2 - Steps to advance children's physical and intellectual development
- SA 3 - Positive ways to support children's social and emotional development
- SA 4 - Strategies to establish productive relationships with families
- SA 5 - Strategies to manage an effective program operation
- SA 6 - Maintaining a commitment to your profession
- SA 7 - Observing and recording children's behavior
- SA 8 - Principles of child growth and child development

10 ASK Core Areas are used in Hawaii that are utilized by the CANOES Registry:

- ⇒ Growth & Development (GD)
- ⇒ Professionalism (PRO)
- ⇒ Diversity (DIV)
- ⇒ Observation & Assessment (OA)
- ⇒ Health, Safety & Nutrition (HSN)
- ⇒ Relationships and Guidance (RG)
- ⇒ Learning Environments (ENV)
- ⇒ Planning Learning Experiences (PLE)
- ⇒ Working With Families (WF)
- ⇒ Program Management (MAN)

Training Guidelines

Reminders About PATCH Training Attendance

Thank you for your diligence as a child care professional and your dedication to your on-going training and development.

When attending PATCH training classes there are a few guidelines to remember:

Sign Up for Classes Ahead of Time: Remember to sign up for PATCH classes in advance by calling your local PATCH office. To register for a class you must pay a \$5.00 refundable deposit to PATCH at least three calendar days before the class. Your \$5.00 deposit will be returned upon attendance or can be applied to a future class.

Remember to sign in: You will not receive a certificate for a training class if your name does not appear on the sign-in sheet. Please check all your information on the sign-in sheet. Print clearly when correcting errors in your name, address, or telephone number.

Be on time: If you arrive more than 15 minutes late, you will not be allowed to sign in. If you are unable to stay for the full duration of the training, you will not receive a training certificate. In both of these circumstances, your attendance will not be posted in the database for that class. Likewise, if a trainer is more than 15 minutes late—you may assume that the class has been cancelled due to unforeseen circumstances. We will call you to reschedule the class.

Turn off your cell phone: As a courtesy to the other participants, please turn off the volume of your cell phone or pager.

Adults only please: We love children too, but as a courtesy to other participants, we ask you to make alternative arrangements for child care.

Bring your Record of Training: Please bring your Record of Training (available via the PATCH office) to each class and remember to get the PATCH instructor's signature after each class. When you have completed an entire series, please return the original Record of Training to the PATCH office and we will mail you a Certificate of Completion for the series.

Keep good records: Whether you take a PATCH class or any other training, you should keep track of the trainings you attend for future reference. If you need verification of your PATCH classes, there is a \$2.00 fee for a computer printout list of classes taken at PATCH. If you have

misplaced your Record of Training sheet, there is a \$3.00 fee for a replacement. Duplicate certificates are available for \$1.00 each. Please keep in mind that PATCH often deletes information more than 5 years old to make room for the following year.

PATCH strives to coordinate its Training Program (and other programs) to fit the needs of Hawaii's child care professionals. If you have comments or suggestions, please contact your local PATCH office or email us at Patch@PatchHawaii.org.



PATCH Classes for PARENTS!
Many of our classes are great for parents.
Look for the Parent Symbol in the
Training Calendar and Sign Up Today!

Oahu Island News

By Cindy Ballard,
Professional Development
Manager

Aloha and Hau'oli Makahiki Hou,

We hope you had a safe and relaxing holiday season that included laughter and being surrounded by those you love. A New Year is upon us. It is a great time to start something new or carry on traditions from times past.

Thank you all who joined us on December 2nd for the Winter Provider Social at the Hilton Waikiki Beach Hotel with our guest speaker Tom Copeland. We hope you enjoyed a wonderful lunch and gained some insight into liability insurance, taxes, and overall business practices. PATCH appreciates all you do for young children every day. Your participation at these events is valued and we hope that more family child care providers will take advantage of these opportunities to meet and network with others and receive relevant training.

Pictured **TOP**: PATCH staff with Tom Copeland at the Winter Provider Social Event (L-R) Jordana Ferreira, Brandie Shin, Mei Qing Ou, Rebecca Fukutomi, Tom Copeland, Audrey Pasion, Mary Ann Chang, Gina Sayers, and Anthony Arce. Pictured **MIDDLE**: & **BOTTOM RIGHT**: Child care providers learning about "The Business of Child Care", plus PATCH giveaways and holiday decor at the event.

If you need to take a Safe Sleep training, we will be offering two classes this quarter, one in February, and one in March. Infant/Toddler classes will also be available this quarter if you need to meet licensing requirements for caregiver or lead caregiver qualifications. Please see the Training Calendar for details on when and where the trainings will be offered.

We are excitedly working on new classes that should be available within the next Training Calendar quarter: Basic Food Allergies, Building Family Partnerships (4 classes), classes on Nutrition, and Physical Movement (3 classes). PATCH will keep you posted as we get closer to completing all of the classes to be delivered into the community.

As always, thank you for your participation in our classes and providing feedback. We value your thoughts and please contact the training department if you have any questions.

Thank you and Happy New Year!



Oahu Island Training Calendar

Abundant Life Preschool: 650 Kilani Avenue Wahiawa, HI 96786

INTRODUCTION TO INCLUSION (908)

Thursday, 1/11/2018 6:00 PM-7:30 PM 1.5 hours
History of IDEA, terminology and reframing language. ASK: DIV-1.5; SA: SA4-1.5

Special Needs

Cost: \$0



EXPLORING INCLUSION (909)

Thursday, 1/18/2018 6:00 PM-7:30 PM 1.5 hours
Exploring inclusion and our role supporting inclusion. ASK: DIV-1.5; SA: SA4-1.5

Special Needs

Cost: \$0



INCLUSIVE EARLY CHILDHOOD ENVIRONMENTS (322)

Thursday, 1/25/2018 6:00 PM-7:30 PM 1.5 hours
Benefits of inclusion, planning inclusive environments, and exploring attitudes towards inclusion. ASK: MAN, SA: SA5.

Special Needs

Cost: \$0



FAMILY PARTNERSHIPS AND INCLUSION (624)

Thursday, 2/1/2018 6:00 PM-7:30 PM 1.5 hours
Importance of building family partnerships, cultural awareness and effective communication. ASK: WF, SA: SA4.

Special Needs

Cost: \$0

CREATING A CULTURALLY INCLUSIVE ENVIRONMENT (708)

Thursday, 2/8/2018 6:00 PM-7:30 PM 1.5 hours
Language and awareness in a group setting and strategies for building tolerance and acceptance. ASK: ENV, SA: SA1.

Special Needs

Cost: \$0

WORKING IN AN INCLUSIVE ENVIRONMENT (808)

Thursday, 2/15/2018 6:00 PM-7:30 PM 1.5 hours
Observation, planning, prevention and reflection in an inclusive environment. ASK: OA, SA: SA7.

Special Needs

Cost: \$0

SPECIAL NEEDS: COMMUNITY RESOURCES AND REFERRAL PROCESS (625)

Thursday, 2/22/2018 6:00 PM-7:30 PM 1.5 hours
Exploring resources and the referral process for supports. ASK: WF, SA: SA4.

Special Needs

Cost: \$0



Oahu Island Training Calendar

Kama'aina Kids-Hawaii Kai: 5919 Kalaniana'ole Hwy Honolulu, HI 96821

INTRODUCTION TO SOCIAL EMOTIONAL WELLNESS (237)

Wednesday, 1/10/2018 6:00 PM-9:00 PM 3 hours
Introduction to key social emotional needs of infants/toddlers. ASK: RG-3, SA: SA3-3

I/T Social Emotional

Cost: \$0



TEMPERAMENT AND SECURE RELATIONSHIPS (114)

Wednesday, 1/17/2018 6:00 PM-9:00 PM 3 hours
Understanding temperament and importance of building secure relationships. ASK: GD-1.5; RG-1.5, SA: SA8-1.5; SA3-1.5

I/T Social Emotional

Cost: \$0

DEVELOPMENT OF SOCIAL EMOTIONAL WELLNESS (115)

Wednesday, 1/24/2018 6:00 PM-9:00 PM 3 hours
Developmental concepts of infant/toddler social emotional wellness. ASK: GD-3, SA: SA8-3

I/T Social Emotional

Cost: \$0

OBSERVATION AND RESPONSIVE ROUTINES (807)

Wednesday, 1/31/2018 6:00 PM-9:00 PM 3 hours
The importance of careful observation and supportive environments. ASK: OA-1.5; ENV-1.5, SA: SA7-1.5; SA1-1.5

I/T Social Emotional

Cost: \$0

BUILDING EMOTIONAL LITERACY (428)

Wednesday, 2/7/2018 6:00 PM-9:00 PM 3 hours
Strategies to build emotional literacy skills. ASK: PLE-3, SA: SA2-3

I/T Social Emotional

Cost: \$0



WORKING IN PARTNERSHIPS WITH FAMILIES (621)

Wednesday, 2/14/2018 6:00 PM-9:00 PM 3 hours
Working with families and developing social skills for infants/toddlers. ASK: WF-3, SA: SA4-3

I/T Social Emotional

Cost: \$0

INDIVIDUALIZED INTERVENTION WITH INFANTS/TODDLERS (238)

Wednesday, 2/21/2018 6:00 PM-9:00 PM 3 hours
Understanding challenging behaviors of infants/toddlers. ASK: RG-3, SA: SA3-3

I/T Social Emotional

Cost: \$0



WHEN BEHAVIOR GOES OFF TRACK (239)

Wednesday, 2/28/2018 6:00 PM-9:00 PM 3 hours
Responding to challenging behaviors of infants/ toddlers. ASK: RG-3, SA: SA3-3

I/T Social Emotional

Cost: \$0



EFFECTS OF CHALLENGING BEHAVIORS (240)

Wednesday, 3/7/2018 6:00 PM-9:00 PM 3 hours
Explore the effects and supports of challenging behavior on families and caregivers. ASK: RG-1.5; WF-1.5, SA: SA3-1.5; SA4-1.5

I/T Social Emotional

Cost: \$0

DEVELOPING A SUPPORT PLAN FOR INFANTS/TODDLERS (241)

Wednesday, 3/14/2018 6:00 PM-9:00 PM 3 hours
Using a program process to develop a behavior support plan. ASK: RG, SA: SA3

I/T Social Emotional

Cost: \$0

Oahu Island Training Calendar

Kama'aina Kids-Pearl City: 784 Kamehameha Hwy. Pearl City, HI 96782

OBSERVATION AND RESPONSIVE ROUTINES (807)

I/T Social Emotional

Friday, 1/5/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

The importance of careful observation and supportive environments. ASK: OA-1.5; ENV-1.5, SA: SA7-1.5; SA1-1.5

DEVELOPING A SUPPORT PLAN FOR INFANTS/TODDLERS (241)

I/T Social Emotional

Friday, 1/12/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

Using a program process to develop a behavior support plan. ASK: RG, SA: SA3

WORKING IN PARTNERSHIPS WITH FAMILIES (621)

I/T Social Emotional

Friday, 1/19/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

Working with families and developing social skills for infants/toddlers. ASK: WF-3, SA: SA4-3

DEVELOPMENT OF SOCIAL EMOTIONAL WELLNESS (115)

I/T Social Emotional

Friday, 1/26/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

Developmental concepts of infant/toddler social emotional wellness. ASK: GD-3, SA: SA8-3

WHEN BEHAVIOR GOES OFF TRACK (239)

I/T Social Emotional

Friday, 2/2/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

Responding to challenging behaviors of infants/ toddlers. ASK: RG-3, SA: SA3-3



Maili Early Learning Complex: 87-790 Kulauku Street Waianae, HI 96792

EARLY CHILDHOOD CURRICULUM 101 (421)

Quality Care Series

Thursday, 1/11/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

What is early childhood curriculum? Planning good curriculum. HPCS Guiding Principles 1, 2, 5, and 6. ASK: PLE-3, SA: SA2-3

INTENTIONAL TEACHING (422)

Quality Care Series

Thursday, 1/18/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

The connection of intentional teaching in early childhood education and care to the Guiding Principles of the Hawaii Preschool Content Standards. HPCS Guiding Principles 1-10. ASK: PLE-3, SA: SA2-3

OBSERVATION-BASED PLANNING FOR YOUNG CHILDREN (423)

Quality Care Series

Thursday, 1/25/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

Using observation and reflective planning for every child: individual children, small groups, whole groups. HPCS Guiding Principle 2. ASK: PLE-1.5; OA-1.5, SA: SA2-1.5; SA7-1.5

SCIENCE DISCOVERIES IN THE PRESCHOOL ENVIRONMENT (424)

Quality Care Series

Thursday, 2/1/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

Science curriculum activities including sensory table activities, Science Centers, science experiments and ideas. HPCS Domain IV Cognitive Development, Subdomain: Science. ASK: PLE-3, SA: SA2-3

MORE THAN COUNTING: MATH IN THE PRESCHOOL (425)

Quality Care Series

Thursday, 2/8/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

Teaching strategies that support the development of mathematical concepts in preschool-age children. HPCS Domain IV Cognitive Development, Subdomain: Mathematics. ASK: PLE-3, SA: SA2-3

Oahu Island Training Calendar

Mali Early Learning Complex: 87-790 Kulauku Street Waianae, HI 96792

TALKING WITH CHILDREN (236)

Quality Care Series

Thursday, 2/15/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

Encouraging conversations with children that support learning. HPCS Domain III Language Development and Literacy, Sub-domain: Communication. ASK: RG-2; PLE-1, SA: SA3-2; SA2-1

CURRICULUM 201: INTEGRATED CURRICULUM USING SCIENCE AND SOCIAL STUDIES (426)

Quality Care Series

Thursday, 2/22/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

Using topics that are interesting to children to design curriculum activities. HPCS Guiding Principles 1, 2, 5, and 6. ASK: PLE-3, SA: SA2-3

FLOWING THROUGH THE DAY: CLASSROOM TRANSITIONS (704)

Quality Care Series

Thursday, 3/1/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

Providing transitions that support children relationships and learning/ HPCS Guiding Principles 4, 5, 8 and 9. ASK: ENV-3, SA: SA1-3

DOES MY CHILD JUST PLAY ALL DAY?: TALKING TO FAMILIES ABOUT CURRICULUM (618)

Quality Care Series

Thursday, 3/8/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

Learn family friendly communication strategies and tools to help families understand how children learn. HPCS Guiding Principle 3. ASK: WF-3, SA: SA4-3

DOCUMENTING QUALITY CURRICULUM IN A QUALITY PROGRAM (317)

Quality Care Series

Thursday, 3/15/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

Identifying, collecting and organizing evidence that your program aligns with the Hawaii Preschool Content Standards and Guiding Principles. All HPCS and Guiding Principles. ASK: MAN-3, SA: SA5-3

Mililani Presbyterian I/T Center: 95-410 Kuahelani Street Mililani, HI 96789

INTRODUCTION TO EARLY CHILDHOOD EDUCATION AND CARE (106)

Intro. To Preschool

Thursday, 1/11/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

Overview of professionalism, NAEYC Code of Ethics, and Hawaii Preschool Content Standards. ASK: GD-1.5; PRO-1.5, SA: SA8-1.5; SA6-1.5

THE PREPARED PRESCHOOL ENVIRONMENT (702)

Intro. To Preschool

Thursday, 1/18/2018 6:00 PM-8:00 PM 2 hours Cost: \$0

Overview of an appropriate environment for preschoolers. ASK: ENV-2, SA: SA1-2

HEALTH AND SAFETY IN PRESCHOOL SETTINGS (512)

Intro. To Preschool

Thursday, 1/25/2018 6:00 PM-8:00 PM 2 hours Cost: \$0

Overview of health and safety regulations. ASK: HSN, SA: SA1

CLASSROOM MANAGEMENT AND SUPERVISION (231)

Intro. To Preschool

Thursday, 2/1/2018 6:00 PM-8:00 PM 2 hours Cost: \$0

Looking at challenging supervision issues and classroom management. ASK: RG-2, SA: SA3-2

Oahu Island Training Calendar

Mililani Presbyterian I/T Center: 95-410 Kuahelani Street Mililani, HI 96789

CONVERSATIONS WITH PRESCHOOLERS (107)

Intro. To Preschool

Thursday, 2/8/2018 6:00 PM-8:00 PM 2 hours
Techniques for building conversations with preschoolers. ASK: GD-2, SA: SA8-2

Cost: \$0

COMMUNICATION WITH CO-WORKERS AND FAMILIES (006)

Intro. To Preschool

Thursday, 2/15/2018 6:00 PM-8:00 PM 2 hours
Establishing relationships and communication with families and co-workers. ASK: PRO-1; WF-1, SA: SA6-1; SA4-1

Cost: \$0

OBSERVATIONS AND ASSESSMENTS IN PRESCHOOL SETTINGS (805)

Intro. To Preschool

Thursday, 2/22/2018 6:00 PM-8:00 PM 2 hours
Introduction to observational tools and how to use them. ASK: OA-2, SA: SA7-2

Cost: \$0

THE IMPORTANCE OF PLAY (227)

Play

Thursday, 3/1/2018 6:00 PM-9:00 PM 3 hours
Learn the characteristics and importance of play and identify common problems children may have in play. ASK: RG -1.5; PLE-1.5, SA: SA3-1.5; SA2-1.5

Cost: \$0



OBSERVING CHILDREN AT PLAY (804)

Play

Thursday, 3/8/2018 6:00 PM-9:00 PM 3 hours
Recognizing the value of systematic observation and learn ways to incorporate this skill into daily practice. ASK: OA-3, SA: SA7-3

Cost: \$0

THE CHILD WHO DOESN'T ENGAGE IN PLAY (228)

Play

Thursday, 3/15/2018 6:00 PM-9:00 PM 3 hours
Identify ways that problems affect development and learn new skills to support children who do not engage with people or materials. ASK: RG-3, SA: SA3-3

Cost: \$0

THE CHILD WHO DOESN'T ENGAGE WITH OTHERS (229)

Play

Thursday, 3/22/2018 6:00 PM-9:00 PM 3 hours
Learn new skills to validate children, create safe environments, nurture playfulness, and help children feel successful and able to comfortably interact with their peers. ASK: RG-3, SA: SA3-3

Cost: \$0

THE CHILD WHO IS EXCLUDED (230)

Play

Thursday, 3/29/2018 6:00 PM-9:00 PM 3 hours
Gain a broader understanding of how you can help children develop the necessary skills to interact successfully with their peers. ASK: RG-3, SA: SA3-3

Cost: \$0

Visit www.patchhawaii.org/providers/training
to learn about PATCH Online Training.
Get qualified, on your own time, 24/7!



Oahu Island Training Calendar

Oahu PATCH Training Room: 560 North Nimitz Highway Ste. 218 Honolulu, HI 96817



BASIC FOOD ALLERGIES (519)

Other



Saturday, 2/24/2018 9:00 AM-11:00 AM 2 hours Cost: \$0

An overview of food allergies and symptoms, precautionary measures, and creating a food allergy plan. ASK: HSN-2, SA:

INTRODUCTION TO FAMILY CHILD CARE (007)

Basic Series

Thursday, 1/11/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

Introduction to family child care as a service, business and profession. ASK: PRO-3, SA: SA6-3

THE BUSINESS OF FCC, PART I: THE BASICS (318)

Basic Series

Thursday, 1/18/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

An overview of how to start a self-owned business. ASK: MAN-3, SA: SA5-3

THE BUSINESS OF FCC, PART II: BUILDING IT (319)

Basic Series

Thursday, 1/25/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

An overview of Hawaii State requirements for applying and establishing your family child care home. ASK: MAN-3, SA: SA5-3

THE BUSINESS OF FCC, PART III: PROMOTING IT (320)

Basic Series

Thursday, 2/1/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

A review of the required written policies and procedures for family child care homes. ASK: MAN-1.5; WF-1.5, SA: SA5-1.5;

RELATIONSHIPS WITH FAMILIES IN YOUR FCC (619)

Basic Series

Thursday, 2/8/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

An overview of how to establish positive working relationships with families. ASK: WF-3, SA: SA4-3

ADDRESSING HAWAII'S HEALTH STANDARDS (513)

Basic Series

Thursday, 2/15/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

An overview of Hawaii State regulations pertaining to health standards for family child care homes. ASK: HSN-3, SA: SA1-3

ADDRESSING HAWAII'S ENVIRONMENTAL STANDARDS (514)

Basic Series

Thursday, 2/22/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

An overview of Hawaii State regulations addressing environmental (safety) standards. ASK: HSN-3, SA: SA1-3

FAMILY CHILD CARE ENVIRONMENT (705)

Basic Series

Thursday, 3/1/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

An overview of key elements to include in family child care environments. ASK: ENV-3, SA: SA1-3

PROGRAM PROVISIONS: CHILD DEVELOPMENT (113)

Basic Series

Thursday, 3/8/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

An overview of Hawaii State regulations for meeting the needs of children and an introduction to child development. ASK: GD -1.5; PLE-1.5, SA: SA8-1.5; SA2-1.5

PROVIDING QUALITY CARE (008)

Basic Series

Thursday, 3/15/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

An overview of Hawaii's Quality Care program and key elements of providing quality care. ASK: PRO-1.5; RG-1.5, SA: SA6-1.5; SA3-1.5

Oahu Island Training Calendar

Oahu PATCH Training Room: 560 North Nimitz Highway Ste. 218 Honolulu, HI 96817

I'M MOVING, I'M LEARNING: INTRODUCTION (321)

Tuesday, 1/9/2018 6:00 PM-9:00 PM 3 hours

Introduction to key elements, strategies and resources for health practices in programs ASK: MAN, SA: SA5

I'm Moving/Learning

Cost: \$0



I'M MOVING, I'M LEARNING: BODY LANGUAGE (242)

Tuesday, 1/16/2018 6:00 PM-9:00 PM 3 hours

Key concepts, vocabulary and strategies related to motor development ASK: RG, SA: SA3

I'm Moving/Learning

Cost: \$0



I'M MOVING, I'M LEARNING: CULTURE, FAMILIES, NUTRITION (620)

Tuesday, 1/23/2018 6:00 PM-9:00 PM 3 hours

Getting families involved in healthy practices. ASK: WF-1.5; HSN-1.5, SA: SA4-1.5; SA1-1.5

I'm Moving/Learning

Cost: \$0



I'M MOVING, I'M LEARNING: PLANNING AND ASSESSMENT (806)

Tuesday, 1/30/2018 6:00 PM-9:00 PM 3 hours

Observation, assessment and planning environments for motor development. ASK: OA-1.5; ENV-1.5, SA: SA7-1.5; SA1-1.5

I'm Moving/Learning

Cost: \$0

I'M MOVING, I'M LEARNING: MOVE, PLAY, AND LEARN (427)

Tuesday, 2/6/2018 6:00 PM-9:00 PM 3 hours

Movement activities integrating play and learning. ASK: PLE, SA: SA2

I'm Moving/Learning

Cost: \$0

SAFE SLEEP IN CHILDCARE (518)

Tuesday, 2/13/2018 7:00 PM-8:30 PM 1.5 hours

Setting safe sleep environments and response to emergencies. ASK: HSN-1.5, SA: SA1-1.5.

Other

Cost: \$0



SAFE SLEEP IN CHILDCARE (518)

Tuesday, 3/6/2018 7:00 PM-8:30 PM 1.5 hours

Setting safe sleep environments and response to emergencies. ASK: HSN-1.5, SA: SA1-1.5.

Other

Cost: \$0



The Cole Academy-Kapolei: 1033 Ala Kahawai Street Kapolei, HI 96707

OBSERVATION-BASED PLANNING FOR YOUNG CHILDREN (423)

Thursday, 1/4/2018 6:00 PM-9:00 PM 3 hours

Using observation and reflective planning for every child: individual children, small groups, whole groups. HPSC Guiding Principle 2. ASK: PLE-1.5; OA-1.5, SA: SA2-1.5; SA7-1.5

Quality Care Series

Cost: \$0

POSITIVE DISCIPLINE I (203)

Tuesday, 2/27/2018 6:00 PM-8:00 PM 2 hours

Addresses the frustrations and concerns teachers have when their discipline efforts are not working. ASK: RG-2, SA: SA3-2

Other

Cost: \$0



POSITIVE DISCIPLINE II (204)

Thursday, 3/8/2018 6:00 PM-8:00 PM 2 hours

Shows how our relationships with children have dramatic effects on their responses to discipline. Builds upon Positive Discipline I ASK: RG-2, SA: SA3-2

Other

Cost: \$0



POSITIVE DISCIPLINE III (205)

Tuesday, 3/13/2018 6:00 PM-9:00 PM 3 hours

Teaches how we can begin to read the messages behind the child's behavior. Should be taken after Positive Discipline I & II. ASK: RG-3, SA: SA3-3

Other

Cost: \$0



Maui County News

By Jessica Crouse,
Maui Coordinator

Aloha and Hau'oli Makahiki Hou,

This season, I have found myself asking, "What can I do now to make the future a kinder and safer place?" In reflection, there are several paths any of us can use to work towards such a future, including modeling behaviors we want to see and taking time to be kind to one another. There is also an opportunity to identify what we value and what aspects of our lives we are grateful for.

Did you know research shows we have the ability to re-program how our brains process information to live happier and more enriched lives: if we spend a few minutes each day for 21 days identifying 2-3 things we are grateful for, we can change the way we view our experiences and respond to our environment. The Maui PATCH team did this exercise in October, and it was inspiring to learn more about each other and give ourselves time to live in the present to connect with those moments that can be easy to overlook in our regular routines. If you would like to practice this activity, we invite you to share what you're grateful for with us by e-mailing jcrouse@patch-hi.org and in return we will share our "gratitudes" with you too!

Perhaps the most important way we can shape the future is through our work with young children. In the words of Maria Montessori, "Early childhood education is the key to the betterment of society". I am grateful to be part of such a vibrant community, committed to the education and care of young children.

Thank you for all you do to care for children, from providing safe spaces with developmentally appropriate activities, to teaching them how to build crucial skills so they can continue to learn and grow in the future, and for showing your commitment to high quality care by continuing your own professional development.

We are offering a variety of training courses this quarter, including the ten course Basic Series, Safe Sleep in Childcare, and a selection of special topic courses such as Fostering Resiliency, Routines and Culture, and Positive Discipline. To RSVP for a training, please call our office at (808) 242-9232, or e-mail mbecker@patch-hi.org. We look forward to seeing you!

want to start a licensed home
daycare business? PATCH Basic
Series will give you a great
start! we're here to help you
learn about caring for keiki.



Pictured at Right: some of our providers showing off their flexibility during a "Parachutes and Peacocks" PATCH workshop.



Maui County Training Calendar

Maui PATCH Office: 1063 Lower Main Street C-214, Wailuku, HI 96793

INTRODUCTION TO FAMILY CHILD CARE (007)

Basic Series

Monday, 1/8/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

Introduction to family child care as a service, business and profession. ASK: PRO-3, SA: SA6-3

THE BUSINESS OF FCC, PART I: THE BASICS (318)

Basic Series

Monday, 1/15/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

An overview of how to start a self-owned business. ASK: MAN-3, SA: SA5-3

THE BUSINESS OF FCC, PART II: BUILDING IT (319)

Basic Series

Monday, 1/22/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

An overview of Hawaii's state requirements for applying and establishing your family child care home. ASK: MAN-3, SA: SA5-3

THE BUSINESS OF FCC, PART III: PROMOTING IT (320)

Basic Series

Monday, 1/29/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

A review of the required written policies and procedures for family child care homes. ASK: MAN-1.5; WF-1.5, SA: SA5-1.5; SA4-1.5

RELATIONSHIPS WITH FAMILIES IN YOUR FCC (619)

Basic Series

Monday, 2/5/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

An overview of how to establish positive working relationships with families. ASK: WF-3, SA: SA4-3

ADDRESSING HAWAII'S HEALTH STANDARDS (513)

Basic Series

Monday, 2/19/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

An overview of Hawaii State regulations pertaining to health standards for family child care homes. ASK: HSN-3, SA: SA1-3

ADDRESSING HAWAII'S ENVIRONMENTAL STANDARDS (514)

Basic Series

Monday, 2/26/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

An overview of Hawaii State regulations addressing environmental (safety) standards. ASK: HSN-3, SA: SA1-3

FAMILY CHILD CARE ENVIRONMENT (705)

Basic Series

Monday, 3/5/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

An overview of key elements to include in family child care environments. ASK: ENV-3, SA: SA1-3

PROGRAM PROVISIONS: CHILD DEVELOPMENT (113)

Basic Series

Monday, 3/12/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

An overview of Hawaii state regulations for meeting the needs of children and an intro to child development. ASK: GD-1.5; PLE-1.5, SA: SA2-1.5; SA8-1.5

PROVIDING QUALITY CARE (008)

Basic Series

Monday, 3/19/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

An overview of Hawaii's quality care program and key elements of providing quality care. ASK: PRO-1.5; RG-1.5, SA: SA6-1.5; SA3-1.5

Maui County Training Calendar

Maui PATCH Office: 1063 Lower Main Street C-214, Wailuku, HI 96793

FOSTERING RESILIENCY (507)

Other



Tuesday, 1/16/2018 5:30 PM-8:30 PM 3 hours Cost: \$0
Understanding and developing strategies that help children "bounce back" from stress. ASK: HSN-3, SA: SA1-3

GREETINGS AND DEPARTURES (604)

Other

Tuesday, 1/30/2018 5:30 PM-7:30 PM 2 hours Cost: \$0
Helping parents and children transition into and out of the child care setting. ASK: WF-2, SA: SA4-2

ROUTINES AND CULTURE (901)

Other

Tuesday, 2/6/2018 5:30 PM-7:30 PM 2 hours Cost: \$0
Understanding how culture impacts daily routines. ASK: DIV, SA: SA4

POSITIVE CONFERENCES (608)

Other

Tuesday, 2/20/2018 5:30 PM-8:30 PM 3 hours Cost: \$0
Planning effective parent conferences. ASK: WF-2; MAN-1, SA: SA4-2; SA5-1

WHEN BEHAVIOR GOES OFF TRACK (239)

I/T Social Emotional

Wednesday, 2/7/2018 5:30 PM-8:30 PM 3 hours Cost: \$0
Responding to challenging behaviors of infants/ toddlers ASK: RG-3, SA: SA3-3

EFFECTS OF CHALLENGING BEHAVIORS (240)

I/T Social Emotional

Wednesday, 2/21/2018 5:30 PM-8:30 PM 3 hours Cost: \$0
Explore the effects and supports of challenging behavior on families and caregivers. ASK: RG-1.5; WF-1.5, SA: SA3-1.5; SA4-1.5

POSITIVE DISCIPLINE I (203)

Other



Thursday, 3/15/2018 5:30 PM-7:30 PM 2 hours Cost: \$0
Addresses the frustrations and concerns teachers have when their discipline efforts are not working. ASK: RG-2, SA: SA3-2

Do you need to take SAFE SLEEP classes?

SAFE SLEEP IN CHILDCARE (518)

Other

Wednesday, 3/21/2018 5:30 PM-7:00 PM 1.5 hours Cost: \$0
Setting safe sleep environments and response to emergencies. ASK: HSN-1.5, SA: SA1-1.5



Maui County Early Childhood Resource Center: 5 Napua Drive Wailuku, HI 96793

EMOTIONAL DEVELOPMENT (102)

WestEd Basic



Tuesday, 1/16/2018 6:00 PM-9:00 PM 3 hours Cost: \$0
The development of emotional stages in infants and toddlers. ASK: GD-2; RG-1, SA: SA8-2; SA3-1

Aloha and Happy New Year to all of the wonderful child care providers and Preschool staff!!

All of us at PATCH Kauai hope you had a happy and peaceful holiday season and are ready for 2018!!

We had another really nice Providers Breakfast and Tom Copeland Training in December 2017. It was great to see everyone and to learn about liability insurance and the latest tax information from Tom.

Congratulations to all providers who received PATCH Ca\$h for Caring grants in 2017. It is our pleasure to support you in your important work nurturing the youngest residents of Kauai, helping them get a good start in life. We appreciate all the hard work you do every day in your family child care homes and preschools. If you did not make the December deadline for a Ca\$h for Caring grant, you'll have another chance in 2018. We will accept applications through the Spring and will announce dates and details by the end of January 2018. It is really easy to apply so don't be shy plus the PATCH staff is willing to assist you, as needed.



This new year bring PATCH trainings that are right on target for the new DHS requirement of 16 hours of training every year:

- We will offer the series called **"I'm Moving, I'm Learning"**, an active, very fun class. with **PATCH Trainer, Paula Moriguchi**. This class was developed for the Head Start program to help curb childhood obesity and is now in use in many preschools across the US and is also appropriate for family child care providers.
- **Lorraine Shimauchi**, PATCH Kauai's career counselor and trainer **will teach the Quality Care Series starting in January. The exact start date and location will be announced later.**
- **PATCH will offer the Basic Series: Introduction to Family Child Care** for all of those in our community who want to start doing child care in their own home. The Basic Series includes ten three hour classes designed around the Hawaii Administrative Rules, with activities to help understand the regulations and help you to implement a quality family child care business. Paula has been doing a wonderful job teaching this series so **if you know anyone who might be interested in opening their own child care, please let them know.**
- Finally, we offer **Safe Sleep training** on several dates in this new year, and it will be taught by Lorraine.

For FULL CLASS DETAILS including dates, times, and locations, please view the training calendar on the following pages.



**Above: Melody, Kim, & Andy
Right: Brenda, Sherry,
Crystal, and Toni**



**Above: Marilyn, Dorothy, Clara
Right: Sam, Krishen, Karin,
Nornette, and Nanea
Right: Paula, Dale, Katerina,
and Gini**



Kauai Island Training Calendar

Do you need to take SAFE SLEEP classes?

Join us for a FREE 1.5 hour training on setting safe sleep environments and respond to emergencies. Safe Sleep training class meets ASK: HSN-1.5 & SA1-1.5 core and subject areas of CDA credentials.

Kauai PATCH Office: 4485 Pahee Street Suite 124 Lihue, HI 96766

SAFE SLEEP

Monday, 1/22/2018 6:00 PM-7:30 PM 1.5 hours
Setting safe sleep environments and response to emergencies. ASK: HSN-1.5, SA: SA1-1.5

Other

Cost: \$0



SAFE SLEEP

Tuesday, 2/19/2018 6:00 PM-7:30 PM 1.5 hours
Setting safe sleep environments and response to emergencies. ASK: HSN-1.5, SA: SA1-1.5

Other

Cost: \$0



SAFE SLEEP

Monday, 3/19/2018 6:00 PM-7:30 PM 1.5 hours
Setting safe sleep environments and response to emergencies. ASK: HSN-1.5, SA: SA1-1.5

Other

Cost: \$0



Kauai PATCH Office: 4485 Pahee Street Suite 124 Lihue, HI 96766

I'M MOVING, I'M LEARNING: INTRODUCTION (321)

Thursday, 2/8/2018 6:00 PM-9:00 PM 3 hours
Introduction to key elements, strategies and resources for health practices in programs. ASK: MAN-3, SA5-3

I'm Moving/Learning

Cost: \$0



I'M MOVING, I'M LEARNING: BODY LANGUAGE (242)

Thursday, 2/15/2018 6:00 PM-9:00 PM 3 hours
Key concepts, vocabulary and strategies related to motor development. ASK: RG-3, SA: SA3-3

I'm Moving/

Cost: \$0



I'M MOVING, I'M LEARNING: CULTURE, FAMILIES, NUTRITION (620)

Thursday, 2/22/2018 6:00 PM-9:00 PM 3 hours
Getting families involved in healthy practices. ASK: WF-1.5; HSN-1.5, SA: SA4-1.5; SA1-1.5

I'm Moving/Learning

Cost: \$0



I'M MOVING, I'M LEARNING: PLANNING AND ASSESSMENT (806)

Thursday, 3/1/2018 6:00 PM-9:00 PM 3 hours
Observation, assessment, and planning environments for motor development. ASK: OA-1.5; ENV-1.5, SA: SA7-1.5; SA1-1.5

I'm Moving/Learning

Cost: \$0

I'M MOVING, I'M LEARNING: MOVE, PLAY & LEARN (427)

Thursday, 3/8/2018 6:00 PM-9:00 PM 3 hours
Movement activities integrating play and learning. ASK: PLE, SA: SA2

I'm Moving/Learning

Cost: \$0

Kauai Island Training Calendar

Kauai PATCH Office: 4485 Pahee Street Suite 124 Lihue, HI 96766

EARLY CHILDHOOD CURRICULUM 101 (421)

Quality Care Series

Tuesday, 1/30/2018

6:00 PM-9:00 PM

3 hours

Cost: \$0

What is early childhood curriculum? Planning good curriculum. HPCS GUIDING PRINCIPLE 2. ASK: PLE-3, SA: SA2-3. QUALITY CARE SERIES

INTENTIONAL TEACHING (422)

Quality Care Series

Tuesday, 2/6/2018

6:00 PM-9:00 PM

3 hours

Cost: \$0

The connection of intentional teaching in early childhood education and care to the Guiding Principles of the HPCS. ASK: PLE-3, SA: SA2-3. Quality Care Series

OBSERVATION-BASED PLANNING FOR YOUNG CHILDREN (423)

Quality Care Series

Tuesday, 2/13/2018

6:00 PM-9:00 PM

3 hours

Cost: \$0

Using observation and reflective planning for every child: individual children, small groups, whole groups. HPCS GUIDING PRINCIPLE 2. ASK: PLE-1.5; OA-1.5, SA: SA2-1.5; SA7-1.5. QUALITY CARE SERIES

SCIENCE DISCOVERIES IN THE PRESCHOOL ENVIRONMENT (424)

Quality Care Series

Tuesday, 2/20/2018

6:00 PM-9:00 PM

3 hours

Cost: \$0

Science curriculum activities including sensory table activities, science centers, science experiments and ideas. ASK: PLE-3, SA: SA2-3. QUALITY CARE SERIES

MORE THAN COUNTING: MATH IN THE PRESCHOOL (425)

Quality Care Series

Tuesday, 2/27/2018

6:00 PM-9:00 PM

3 hours

Cost: \$0

Teaching strategies that support the development of mathematical concepts in preschool-age children. HPCS domain IV cognitive development, subdomain: mathematics. ASK: PLE-3, SA: SA2-3 QUALITY CARE SERIES

TALKING WITH CHILDREN (236)

Quality Care Series

Tuesday, 3/6/2018

6:00 PM-9:00 PM

3 hours

Cost: \$0

Encouraging conversations with children that support learning. HPCS domain III language development and literacy subdomain: communication. ASK: RG-2; PLE-1, SA: SA3-2; SA2-1 QUALITY CARE SERIES

CURRICULUM 201: INTEGRATED CURRICULUM USING SCIENCE AND SOCIAL STUDIES (426)

Quality Care Series

Tuesday, 3/13/2018

6:00 PM-9:00 PM

3 hours

Cost: \$0

Using topics that are interesting to children to design curriculum activities. ASK: PLE-3, SA: SA2-3. QUALITY CARE SERIES

FLOWING THROUGH THE DAY: CLASSROOM TRANSITIONS (704)

Quality Care Series

Tuesday, 3/20/2018

6:00 PM-9:00 PM

3 hours

Cost: \$0

Providing transitions that support children's relationships and learning. HPCS Guiding Principles 4,5,8, and 9. ASK: ENV-3, SA: SA1-3

DOES MY CHILD JUST PLAY ALL DAY? TALKING TO FAMILIES ABOUT CURRICULUM (618)

Quality Care Series

Tuesday, 3/27/2018

6:00 PM-9:00 PM

3 hours

Cost: \$0

Learn family friendly communication strategies and tools to help families understand how children learn. HPCS Guiding Principle 3. ASK: WF-3, SA: SA4-3

Kauai Island Training Calendar

Kauai PATCH Office: 4485 Pahee Street Suite 124 Lihue, HI 96766

INTRODUCTION TO FAMILY CHILD CARE (007)

Basic Series

Wednesday, 1/17/2018 6:00 PM-9:00 PM 3 hours

Cost: \$0

Introduction to family child care as a service, business and profession. ASK: PRO-3, SA: SA6-3

THE BUSINESS OF FCC, PART I: THE BASICS (318)

Basic Series

Wednesday, 1/24/2018 6:00 PM-9:00 PM 3 hours

Cost: \$0

An overview of how to start a self-owned business. ASK: MAN-3, SA: SA5-3

THE BUSINESS OF FCC, PART II: BUILDING IT (319)

Basic Series

Wednesday, 1/31/2018 6:00 PM-9:00 PM 3 hours

Cost: \$0

An overview of Hawaii State requirements for applying for and establishing your family child care home. ASK: MAN-3, SA: SA5-3

THE BUSINESS OF FCC, PART III: PROMOTING IT (320)

Basic Series

Wednesday, 2/7/2018 6:00 PM-9:00 PM 3 hours

Cost: \$0

A review of the required written policies and procedures for family child care homes. ASK: MAN-1.5; WF-1.5, SA: SA5-1.5; SA4-1.5

RELATIONSHIPS WITH FAMILIES IN YOUR FCC (619)

Basic Series

Wednesday, 2/14/2018 6:00 PM-9:00 PM 3 hours

Cost: \$0

An overview of how to establish positive working relationships with families. ASK: WF-3, SA: SA4-3

ADDRESSING HAWAII'S HEALTH STANDARDS (513)

Basic Series

Wednesday, 2/21/2018 6:00 PM-9:00 PM 3 hours

Cost: \$0

An overview of Hawaii State regulations pertaining to the health standards for family child care homes. ASK: HSN-3, SA: SA1-3

ADDRESSING HAWAII'S ENVIRONMENTAL STANDARDS (514)

Basic Series

Wednesday, 2/28/2018 6:00 PM-9:00 PM 3 hours

Cost: \$0

An overview of Hawaii State regulations addressing environmental (safety) standards. ASK: HSN-3, SA: SA1-3

FAMILY CHILD CARE ENVIRONMENT (705)

Basic Series

Wednesday, 3/7/2018 6:00 PM-9:00 PM 3 hours

Cost: \$0

An overview of key elements to include in family child care environments. ASK: ENV-3, SA: SA1-3

PROGRAM PROVISIONS: CHILD DEVELOPMENT (113)

Basic Series

Wednesday, 3/14/2018 6:00 PM-9:00 PM 3 hours

Cost: \$0

An overview of Hawaii State regulations for meeting the needs of children and an intro to child development. ASK: GD-1.5; PLE-1.5, SA: SA8-1.5; SA2-1.5

PROVIDING QUALITY CARE (008)

Basic Series

Wednesday, 3/21/2018 6:00 PM-9:00 PM 3 hours

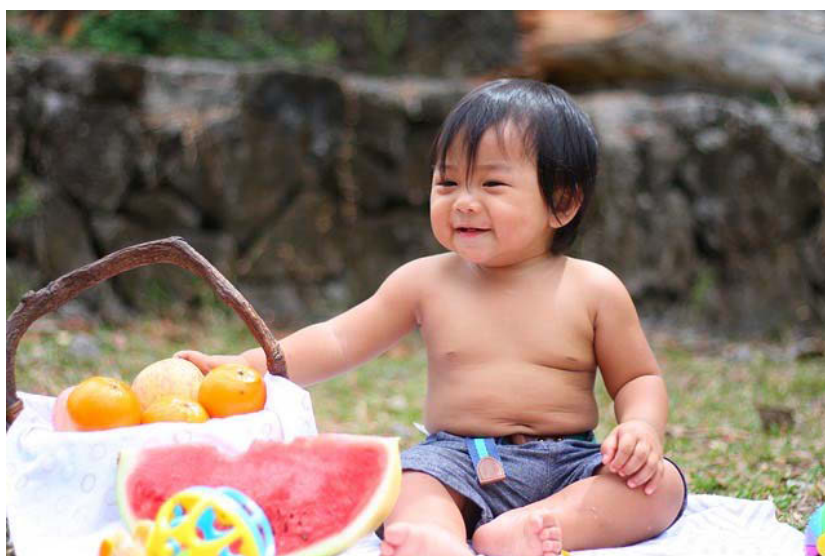
Cost: \$0

An overview of Hawaii's Quality Care program and key elements of providing quality care. ASK: PRO-1.5; RG-1.5, SA: SA6-1.5; SA3-1.5

The last quarter was a busy one on Hawaii Island. There were a few new requirements from DHS this year pertaining to professional development. Big Island child care providers got on it right away by finishing their initial health and safety training and assessments and getting signed up for free PATCH trainings. As training was in high demand, PATCH scheduled and conducted a great number of training classes. Several providers and programs were able to meet their annual training requirements after the quarter. Good job providers! Your commitment to professional development and to providing high quality care for our kids is commendable.

Big Island PATCH staff were also busy providing in-services to community partners and DHS. We attended events in Na'alehu, Hilo, Waikoloa and Kona. PATCH received an award from the 2017 Visitor Industry Charity Walk. Mahalo to all the PATCH staff and families that walked in the event. Mahalo to Robin Fisher, a dedicated family child care provider, for helping provide engaging keiki activities after the walk. All this participation helped secure an award that is being used to help fund the **2018 Provider Appreciation Day event on April 21st. Licensed Providers, save the date!** It's going to be a good one.

PATCH is also planning quarterly Provider Socials! Come together with other providers for fun! These aren't just a chance to have conversations with adults, but are a great opportunity to relax and have partnership with other early childhood educators. Call your regional PATCH office to get info on the next one near you. We also always welcome provider support in planning the get-togethers.



West Hawaii Training Calendar

Konawaena High School Grads Program - Kealahou: 81-1043 Konawaena School Road Kealahou, HI 96750

EMOTIONAL DEVELOPMENT (102)

Tuesday, 1/16/2018

8:15 AM-11:15 AM

3 hours

WestEd Basic

Cost: \$0

The development of emotional stages in infants and toddlers. ASK: GD-2; RG-1, SA :SA8-2; SA3-1



LANGUAGE DEVELOPMENT (104)

Tuesday, 1/16/2018

12:00 PM-3:00 PM

3 hours

WestEd Basic

Cost: \$0

Understanding and supporting language development. ASK: GD-3, SA: SA8-3



West Hawaii Training Calendar

Ohana Keiki Daycare Center - Salvation Army: 75-2233 Kalani Street Kailua-Kona, HI 96740

BRAIN DEVELOPMENT (105)

WestEd Advanced

Thursday, 1/25/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

Understanding how the brain develops and the impact on early learning. ASK: GD-3, SA: SA8-3



ADDRESSING HAWAII'S HEALTH STANDARDS (513)

Basic Series

Thursday, 2/8/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

An overview of Hawaii State regulations pertaining to health standards for family child care homes. ASK: HSN, SA: SA1

CHILD ABUSE AND NEGLECT (517)

Other

Thursday, 3/1/2018 5:30 PM-8:30 PM 3 hours Cost: \$0

Defining, recognizing, reporting and preventing child abuse and neglect. ASK: HSN-3, SA1-3

Family Support Hawaii Early Headstart; Jack & Helen Greenwell Family Development Center:

81-6493 Mamalahoa Hwy. Kealahou, HI 96750

FOSTERING RESILIENCY (507)

Other

Monday, 1/29/2018 9:00 AM-12:00 PM 3 hours Cost: \$0

Understanding and developing strategies that help children "bounce back" from stress. ASK: HSN-3, SA: SA1-3



PROTECTIVE URGES (606)

WestEd Advanced

Monday, 2/26/2018 9:00 AM-12:00 PM 3 hours Cost: \$0

Working with the feelings of parents and caregivers. ASK: WF-3, SA: SA4-3

DEVELOPMENT AND LEARNING IN THE MULTICULTURAL SETTING (903)

WestEd Advanced

Monday, 3/12/2018 9:00 AM-12:00 PM 3 hours Cost: \$0

Looking at culture and how it impacts on early learning. ASK: DIV-3, SA: SA4-3

P.A.R.E.N.T.S Inc. - Ka'u: 95-5657 Mamalahoa Hwy. Unit 5 Na'alehu, HI 96772

TEACHING POSITIVE RELATIONSHIPS I (419)

Chall. Behaviors Basic

Friday, 1/26/2018 9:00 AM-12:00 PM 3 hours Cost: \$0

Identifying effective teachable moments. ASK: PLE, SA: SA2

CONVERSATIONS WITH INFANTS AND TODDLERS (420)

Infant/Toddler Series 3

Friday, 1/26/2018 12:30 PM-3:30 PM 3 hours Cost: \$0

Strategies to engage infants and toddlers in conversations. ASK: PLE-3, SA: SA2-3



Tutu & Me Traveling Preschool; Kailua-Kona Office: 73-5574 Maiau St. #6 Kailua-Kona, HI 96740

FLEXIBLE, FEARFUL AND FEISTY (208)

WestEd Ad-

Friday, 1/12/2018 8:00 AM-11:00 AM 3 hours Cost: \$0

Understanding temperament and the impact on behavior. ASK: RG, SA3



NUTURING RESPONSIBLE BEHAVIOR (216)

Other

Friday, 1/12/2018 12:00 PM-3:00 PM 3 hours Cost: \$0

Strategies to nurture responsibility and prevent discipline problems. ASK: RG-3, SA: SA3-3

East Hawaii Training Calendar

East Hawaii PATCH Training Room: 26 Waiānue Ave Hilo, HI 96720

SAFE SLEEP IN CHILDCARE (518)

Thursday, 1/18/2018

6:00 PM-7:30 PM

1.5 hours

Other

Cost: \$0



Setting safe sleep environments and response to emergencies. ASK: HSN-1.5, SA: SA1-1.5.

THE IMPORTANCE OF PLAY (227)

Thursday, 2/1/2018

6:00 PM-9:00 PM

3 hours

Play

Cost: \$0



Learn the characteristics and importance of play and identify common problems children may have in play. ASK: RG-1.5; PLE-1.5, SA: SA3-1.5; SA2-1.5

OBSERVING CHILDREN AT PLAY (804)

Thursday, 2/8/2018

6:00 PM-9:00 PM

3 hours

Play

Cost: \$0

Recognizing the value of systematic observation and learn ways to incorporate this skill into daily practice. ASK: OA, SA: SA7

THE CHILD WHO DOESN'T ENGAGE IN PLAY (228)

Thursday, 2/15/2018

6:00 PM-9:00 PM

3 hours

Play

Cost: \$0

Identify ways that problems affect development and learn new skills to support children who do not engage with people or materials. ASK: RG-3, SA: SA3-3

THE CHILD WHO DOESN'T ENGAGE WITH OTHERS (229)

Thursday, 2/22/2018

6:00 PM-9:00 PM

3 hours

Play

Cost: \$0

Learn new skills to validate children, create safe environments, nurture playfulness and help children feel successful and able to comfortably interact with peers. ASK: RG-3, SA: SA3-3

THE CHILD WHO IS EXCLUDED (230)

Thursday, 3/1/2018

6:00 PM-9:00 PM

3 hours

Play

Cost: \$0

Gain a broader understanding of how you can help children develop the necessary skills to interact successfully with their peers. ASK: RG-3, SA: SA3-3

SAFE SLEEP IN CHILDCARE (518)

Thursday, 3/15/2018

6:00 PM-7:30 PM

1.5 hours

Other

Cost: \$0



Setting safe sleep environments and response to emergencies. ASK: HSN-1.5, SA: SA1-1.5.

DEVELOPMENTAL GUIDELINES FOR INFANTS AND TODDLERS (108)

Tuesday, 1/16/2018

5:30 PM-8:30 PM

3 hours

Infant/Toddler Series 3

Cost: \$0



Overview of developmental guidelines for infants and toddlers. ASK: GD-3, SA: SA8-3

UNDERSTANDING SOCIAL AND EMOTIONAL DEVELOPMENT OF INFANTS AND TODDLERS (110)

Tuesday, 1/30/2018

5:30 PM-8:30 PM

3 hours

Infant/Toddler Series 3

Cost: \$0



Looking at social and emotional development of infants and toddlers. ASK: GD-2; RG-1, SA: SA8-2; SA3-1

TEMPERAMENT AND SECURE RELATIONSHIPS (114)

Tuesday, 2/27/2018

5:30 PM-8:30 PM

3 hours

I/T Social Emotional

Cost: \$0

Understanding temperament and importance of building secure relationships. ASK: GD-1.5; RG-1.5, SA: SA8-1.5; SA3-1.5.

East Hawaii Training Calendar

East Hawaii PATCH Training Room: 26 Waiānūenue Ave Hilo, HI 96720

FLOWING THROUGH THE DAY: CLASSROOM TRANSITIONS (704)

Quality Care Series

Tuesday, 3/13/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

Providing transitions that support children's relationships and learning. HPSCS GUIDING PRINCIPLES 4, 5, 8 and 9. ASK: ENV-3, SA: SA1-3

TALKING WITH CHILDREN (236)

Quality Care Series

Tuesday, 3/27/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

Encouraging conversations with children that support learning. HPSCS domain III language development and literacy, subdomain: communication.. ASK: RG-2; PLE-1, SA: SA3-2; SA2-1

INTRODUCTION TO EARLY CHILDHOOD EDUCATION AND CARE (106)

Intro. To Preschool

Wednesday, 1/17/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

Overview and professionalism, NAEYC Code of Ethics, and Hawaii Preschool content standards. ASK: GD-1.5; PRO-1.5, SA: SA8-1.5; SA6-1.5

HEALTH AND SAFETY IN PRESCHOOL SETTINGS (512)

Intro. To Preschool

Wednesday, 1/31/2018 6:00 PM-8:00 PM 2 hours Cost: \$0

Overview of health and safety regulations. ASK: HSN-2, SA: SA1-2

CLASSROOM MANAGEMENT AND SUPERVISION (231)

Intro. To Preschool

Wednesday, 2/7/2018 6:00 PM-8:00 PM 2 hours Cost: \$0

Looking at challenging supervision issues and classroom management. ASK: RG-2, SA: SA3-2

IT'S NOT JUST ROUTINE (505)

WestEd Basic

Wednesday, 2/28/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

A look at feeding, diapering and toileting routines. ASK: HSN-2; MAN-1, SA: SA1-2; SA5-1



Melia's Child, The Place to Learn: 15-2039 Melia Road, Keaau, HI 96749

BRAIN DEVELOPMENT (105)

WestEd Advanced

Wednesday, 1/24/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

Understanding how the brain develops and the impact on early learning. ASK: GD-3, SA: SA8-3



FLEXIBLE, FEARFUL AND FEISTY (208)

WestEd Advanced

Wednesday, 3/7/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

Understanding temperament and the impact on behavior. ASK: RG-3, SA: SA3-3



EMOTIONAL DEVELOPMENT (102)

WestEd Basic

Wednesday, 2/14/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

The development of emotional stages in infants and toddlers. ASK: GD-2; RG-1, SA: SA8-2; SA3-1.



LANGUAGE DEVELOPMENT (104)

WestEd Basic

Wednesday, 2/21/2018 6:00 PM-9:00 PM 3 hours Cost: \$0

Understanding and supporting language development. ASK: GD-3, SA: SA8-3.



Training Catalog and Descriptions December 2017 Update

CLASS#	PROFESSIONALISM (PRO) (SA6)	SERIES	HOURS	FEES	MULTI ASK/SA	For Parents
002	Overview of CDA: What is the CDA and how can PATCH help you? (PRO, SA6 - 3hrs)		3			
003	Mentoring Overview: Learn essential skills to become a mentor. (PRO, SA6 - 3hrs)		3			
006	Communication with Co-workers and Families: Establishing relationships and communication with families and co-workers. (PRO, SA6 - 1hr) (WF, SA4 - 1hr)	INTRO. TO PRESCHOOL	2		X	
007	Introduction to Family Child Care: Introduction to family child care as a service, business and profession. (PRO, SA6 - 3hrs)	BASIC: INTRO TO FCC	3			
008	Providing Quality Care: An overview of Hawaii's Quality Care program and key elements of providing quality care. (PRO, SA6 - 1.5) (RG, SA3 - 1.5)	BASIC: INTRO TO FCC	3		X	
009	Babysitting: Part II. Child care basics for teenagers interested in working with young children: Activities, Behaviors, Professional Development. (PLE, SA2 - 1hr) (RG, SA3 - 1hr) (PRO, SA3 - 1hr)	BABYSITTING	3		X	
010	Child Care Staff Qualifications and Professional Development: Understanding the professional development pathways for practitioners in of early childhood education and care. (PRO, SA6 - 2 hr)	CHILD CARE ADMIN	2			

CLASS#	GROWTH & DEVELOPMENT (GD) (SA8)	SERIES	HOURS	FEES	MULTI ASK/SA	For Parents
101	Exploring the Incredible Unit Blocks: Discover the true design of unit blocks (GD, SA8 - 2hrs) (PLE, SA2 - 1hr)		3		X	
102	Emotional Development: The development of emotional stages in infants and toddlers (GD, SA8 - 2hrs) (RG, SA3 - 1hr)	BASIC I/T	3		X	
103	Discoveries of Infancy I: Early learning development. (GD, SA8 - 3hrs)	BASIC I/T	3			
104	Language Development: Understanding and supporting language development (GD, SA8 - 3hrs)	BASIC I/T	3			
105	Brain Development: Understanding how the brain develops and the impact on early learning. (GD, SA8 - 3hrs)	ADVANCED I/T	3			
106	Introduction to Early Childhood Education and Care: Overview of professionalism, NAEYC Code of Ethics, and Hawaii Preschool Content Standards. (GD, SA8 - 1.5hrs) (PRO, SA6 - 1.5hrs)	INTRO. TO PRESCHOOL	3		X	
107	Conversations with Preschoolers: Techniques for building conversations with preschoolers. (GD, SA8 - 2hrs)	INTRO. TO PRESCHOOL	2			
108	Developmental Guidelines for Infants and Toddlers: Overview of developmental guidelines for infants and toddlers. (GD, SA8 - 3hrs)	I/T SERIES 3	3			
109	Understanding Infant & Toddler Curriculum: A guide to creating a responsive curriculum for infants and toddlers. (GD, SA8 - 3hrs)	I/T SERIES 3	3			
110	Understanding Social & Emotional Development of I/T: Looking at social and emotional development of infants and toddlers. (GD, SA8 - 2hrs) (RG, SA3 - 1hr)	I/T SERIES 3	3		X	
113	Program Provisions: Child Development. An overview of Hawaii State regulations for meeting the needs of children and an introduction to child development. (GD, SA8 - 1.5) (PLE, SA2 - 1.5)	BASIC: INTRO TO FCC	3		X	
114	Temperament and Secure Relationships: Understanding temperament and importance of building secure relationships. (GD, SA8 - 1.5 hrs)(RG, SA3 - 1.5 hrs)	I/T SOCIAL EMOTIONAL	3		X	
115	Development of Social Emotional Wellness: Developmental concepts of infant/toddler social emotional wellness. (GD, SA8 - 3 hrs)	I/T SOCIAL EMOTIONAL	3			
116	Let's Communicate Through Sign: Learn basic signs, developmental milestones, and activities to use with infants through preschoolers. (GD, SA8 - 1.5 hrs) (PLE, SA2-1.5 hrs)	TIME TO SIGN	3		X	
117	Early Childhood Education and Care: Early childhood programs emphasis on developmentally appropriate practice and continuous quality improvement. (GD, SA2 - 2 hrs)	CHILD CARE ADMIN	2			

CLASS#	RELATIONSHIPS & GUIDANCE (RG) (SA3)	SERIES	HOURS	FEES	MULTI ASK/SA	For Parents
203	Positive Discipline I: Addresses the frustrations and concerns teachers have when their discipline efforts are not working. (RG, SA3 - 2hrs)		2			
204	Positive Discipline II: Shows how our relationships with children have dramatic effects on their responses to discipline. Builds upon Positive Discipline I (# 203). (RG, SA3 - 2hrs)		2			
205	Positive Discipline III: Teaches how we can begin to read the messages behind a child's behavior. Should be taken after Positive Discipline I & II (# 203 and # 204). (RG, SA3 - 3hrs)		3			
206	Building A Classroom Community: Helping teachers promote respect, teamwork and cooperation within the classroom. Primarily for center based providers (RG, SA3 - 1hr) (PLE, SA2 - 1hr)		2		X	
207	Social Guidance: Helping infants and toddlers develop positive peer interactions. (RG, SA3 - 3hrs)	BASIC I/T	3			
208	Flexible, Fearful and Feisty: Understanding temperament and the impact on behavior. (RG, SA3 - 3hrs)	ADVANCED I/T	3			
216	Nurturing Responsible Behavior: Strategies to nurture responsibility and prevent discipline problems. (RG, SA3 - 3hrs)		3			
219	Building Relationships: Making the connection between social and emotional development and challenging behaviors. (RG, SA3 - 3hrs)	Challenging Behaviors Basic	3			
220	Creating Supportive Environments II: Developing strategies that support children's positive social behavior. (RG, SA3 - 3hrs)	Challenging Behaviors Basic	3			
221	Teaching Positive Relationships II: Introducing strategies for teaching friendship skills. (RG, SA3 - 2hrs)	Challenging Behaviors Basic	2			
222	Teaching Positive Behaviors I: Introducing strategies for teaching anger management skills. (RG, SA3)	Challenging Behaviors Basic	3			
223	Teaching Positive Behaviors II: Strategies for teaching children beginning problem solving skills. (RG, SA3 - 3hrs)	Challenging Behaviors Basic	3			
224	Working with Challenging Behaviors: Gain a broader understanding of how to help children develop the necessary skills to interact successfully with their peers. (RG, SA3 - 3hrs)	Challenging Behaviors Advanced	3			
225	Building a Behavior Support Plan I: Introduction to the Positive Behavior Support process. (RG, SA3 - 3hrs)	Challenging Behaviors Advanced	3			
226	Building a Behavior Support Plan II: Introducing the process for developing Behavior Support Plans. (RG, SA3 - 3hrs)	Challenging Behaviors Advanced	3			

Training Catalog and Descriptions

December 2017 Update

PATCH
TRAINING TRACKS

227	The Importance of Play: Learn the characteristics and importance of play and identify common problems children may have in play. (RG, SA3 - 1.5hrs) (PLE, SA2 - 1.5hrs)	SUPPORTING PLAY	3	X	
228	The Child Who Doesn't Engage in Play: Identify ways that problems affect development and learn new skills to support children who do not engage with people or materials. (RG, SA3 - 3hrs)	SUPPORTING PLAY	3		
229	The Child Who Doesn't Engage with Others: Learn new skills to validate children, create safe environments, nurture playfulness, and help children feel successful and able to comfortably interact with peers. (RG, SA3 - 3hrs)	SUPPORTING PLAY	3		
230	The Child Who is Excluded: Gain a broader understanding of how you can help children develop the necessary skills to interact successfully with their peers. (RG, SA3 - 3hrs)	SUPPORTING PLAY	3		
231	Classroom Management and Supervision: Looking at challenging supervision issues and classroom management. (RG, SA3 - 2hrs)	INTRO. TO PRESCHOOL	2		
232	Supporting the Individual Needs of Infants and Toddlers: Strategies to work with infants and toddlers with challenging behaviors. (RG, SA3 - 3hrs)	I/T SERIES 3	3		
236	Talking with Children: Encouraging conversations with children that support learning. HPSC Domain III Language Development and Literacy, Subdomain: Communication. (RG, SA3 - 2hrs) (PLE, SA2 - 1hr)	QUALITY CARE	3	X	
237	Intro to Social/Emotional Wellness: Introduction to key social emotional needs of infant/toddlers. (RG, SA3 - 3 hrs)	I/T SOCIAL EMOTIONAL	3		
238	Individualized Intervention with Infants and Toddlers: Understanding challenging behaviors in infants and toddlers. (RG, SA3 - 3 hrs)	I/T SOCIAL EMOTIONAL	3		
239	When Behavior Goes Off Track: Responding to challenging behaviors in infants and toddlers. (RG, SA3 - 3 hrs)	I/T SOCIAL EMOTIONAL	3		
240	Effects of Challenging Behavior: Explore the effects and supports of challenging behavior on families and caregivers. (RG, SA3 - 1.5 hrs)(WF, SA4 - 1.5 hrs)	I/T SOCIAL EMOTIONAL	3	X	
241	Developing a Support Plan for Infants/Toddlers: Using a program process to develop a behavior support plan. (RG, SA3 - 3 hrs)	I/T SOCIAL EMOTIONAL	3		
242	I'm Moving, I'm Learning: Body Language: Key concepts, vocabulary and strategies related to motor development (RG, SA3 - 3 hrs)	I'M MOVING/ LEARNING	3		

CLASS#	PROGRAM MANAGEMENT (MAN) (SA5)	SERIES	HOURS	FEES	MULTI ASK/SA	For Parents
307	Beyond the Norm: Using themes to enhance your curriculum. (MAN, SA5 - 2hrs)		2			
308	Moving from Here to There: Smooth transitional times. Primarily for center based providers. (MAN, SA5 - 3hrs)		3			
309	Together in Care: Creating close caregiver/child relationships within a group. (MAN, SA5 - 2hrs) (PLE, SA2 - 1hr)	BASIC I/T	3		X	
310	Individual Care and Small Groups: Working with infants and toddlers individually and in small groups. (MAN, SA5 - 2hrs) (RG, SA3 - 1hr)	ADVANCED I/T	3		X	
311	Bringing Home to School: Bridging the cultural gap between home and school. Primarily for center based providers. (MAN, SA5 - 2hrs)		2			
312	Advanced Tax: How to complete tax forms and other tax planning strategies. (MAN, SA5 - 3hrs)		3			
313	Developmental Milestones: Understanding and using Developmental Milestone charts. (MAN, SA5 - 3hrs)		3			
314	Hawaii Preschool Content Standards: Strategies in using the standards for providers working with 4 year-olds. (MAN, SA5 - 2hrs)		2			
317	Documenting Quality Curriculum in a Quality Program: Identifying, collecting and organizing evidence that your program aligns with the Hawaii Preschool Content Standards and Guiding Principles. All HPSC and Guiding Principles. (MAN, SA5 - 3hrs)	QUALITY CARE	3			
318	The Business of FCC, Part I: The Basics. An overview of how to start a self-owned business. (MAN, SA5 - 3hrs).	BASIC: INTRO TO FCC	3			
319	The Business of FCC, Part II: Building It. An overview of Hawaii State requirements for applying for and establishing your family child care home. (MAN, SA5 - 3hrs)	BASIC: INTRO TO FCC	3			
320	The Business of FCC, Part III: Promoting It. A review of the required written policies and procedures for family child care homes. (MAN, SA5 - 1.5hrs) (WF, SA4 - 1.5hrs)	BASIC: INTRO TO FCC	3		X	
321	I'm Moving, I'm Learning: Introduction. Introduction to key elements, strategies and resources for health practices in programs. (MAN, SA5 - 3 hrs)	I'M MOVING/ LEARNING	3			
322	Inclusive Early Childhood Environments: Benefits of inclusion, planning inclusive environments, exploring attitudes towards inclusion. (MAN, SA5 - 1.5 hrs)	SPECIAL NEEDS	1.5			
323	Child Care Business Basics, Program Design and Management: Understanding that Child Care Administrators need a strong foundation in fundamentals of child development, ECE and organizational management. (MAN, SA5 - 2 hrs)	CHILD CARE ADMIN	2			

CLASS#	PLANNING LEARNING EXPERIENCES (PLE) (SA2)	SERIES	HOURS	FEES	MULTI ASK/SA	For Parents
402	Parachutes and Peacocks: Outdoor games and activities for 4-5 year olds. A physically demanding class so dress appropriately. (PLE, SA2 - 2hrs) (MAN, SA5 - 1hr)		3		X	
403	From Bubbles to Butterflies: Thematic science activities for 4-5 year olds. A create-and-take class with a (PLE, SA2 - 1.5hrs) (RG, SA3 - 1.5hrs)		3		X	
404	The Magic of Puppets: Using puppets to support language and learning. (PLE, SA2 - 2hrs)	PUPPETS	2			
405	Teaching with Puppets: Using puppets to teach within your setting. Should be taken after The Magic of Puppets (# 404) and Building Puppets (# 412). Participants must bring sock puppet created in # 412 Building Puppets. (PLE, SA2 - 2hrs)	PUPPETS	2			
406	Easy Puppets for Children: Create and take samples of easy puppets for children to make. Should be taken after The Magic of Puppets (# 404). (PLE, SA2 - 3hrs)	PUPPETS	3			
407	Extending Books I: Ways to encourage literacy in young children. (PLE, SA2 - 3hrs)		3			
408	Extending Books II: Create-and-take story props based on children's favorite books. (PLE, SA2 - 3hrs)		3			
409	Discoveries of Infancy II: Supporting early learning development. Should be taken after Discoveries of Infancy I (# 103). (PLE, SA2 - 3hrs)	BASIC I/T	3			
410	The Responsive Process: Helping caregivers provide sensitive, responsive care. (PLE, SA2 - 2hrs) (RG, SA3 - 1hr)	ADVANCED I/T	3		X	

411	Ages of Infancy: Understanding the rapid growth and changing needs of infants and toddlers. (PLE, SA2 - 3hrs)	BASIC I/T	3		
412	Building Puppets: Create-and-take teaching puppets and story aprons to use in your setting. Participants should bring an old light-weight towel and detergent bottle. Should be taken after The Magic of Puppets (# 404). (PLE, SA2 - 3hrs)	PUPPETS	3		
413	Puppets and Multicultural Tales: Create and take puppets to use with multicultural stories. Should be taken after The Magic of Puppets (# 404). (PLE, SA2 - 2hrs) (DIV, SA4 - 1hr)	PUPPETS	3	X	
414	Bigger than Books: Overview of the importance of reading aloud to young children. (PLE, SA2 - 3hrs)		3		
415	From Sand to Snow: Sensory activities for toddlers and preschoolers. (PLE, SA2 - 3hrs)		3		
419	Teaching Positive Relationships I: Identifying effective teachable moments. (PLE, SA2 - 3hrs)	Challenging Behavior Basic	3		
420	Conversations with Infants and Toddlers: Strategies to engage infants and toddlers in conversations. (PLE, SA2 - 3hrs)	I/T SERIES 3	3		
421	Early Childhood Curriculum 101: What is early childhood curriculum? Planning good curriculum. HPCS Guiding Principles 1, 2, 5, and 6. (PLE, SA2 - 3hrs)	QUALITY CARE	3		
422	Intentional Teaching: The connection of intentional teaching in early childhood education and care to the Guiding Principles of the Hawaii Preschool Content Standards. HPCS Guiding Principles 1 - 10. (PLE, SA2 - 3hrs)	QUALITY CARE	3		
423	Observation-based Planning for Young Children: Using observation and reflective planning for every child: individual children, small groups, whole groups. HPCS Guiding Principle 2. (PLE, SA2 - 1.5hrs) (OA, SA7 - 1.5hrs)	QUALITY CARE	3	X	
424	Science Discoveries in the Preschool Environment: Science curriculum activities including sensory table activities, Science Centers, science experiments and ideas. HPCS Domain IV Cognitive Development, Subdomain: Science. (PLE, SA2 - 3hrs)	QUALITY CARE	3		
425	More Than Counting: Math in the Preschool: Teaching strategies that support the development of mathematical concepts in preschool-age children. HPCS Domain IV Cognitive Development, Subdomain: Mathematics. (PLE, SA2 - 3hrs)	QUALITY CARE	3		
426	Curriculum 201: Integrated Curriculum Using Science and Social Studies: Using topics that are interesting to children to design curriculum activities. HPCS Guiding Principles 1, 2, 5, and 6. (PLE, SA2 - 3hrs)	QUALITY CARE	3		
427	I'm Moving, I'm Learning: Move, Play and Learn: Movement activities integrating play and learning. (PLE, SA2 - 3 hrs)	I'M MOVING/ LEARNING	3		
428	Building Emotional Literacy: Strategies to build emotional literacy. (PLE, SA2 - 3 hrs)	I/T SOCIAL EMOTIONAL	3		

CLASS#	HEALTH, SAFETY, NUTRITION (HSN) (SA1)	SERIES	HOURS	FEES	MULTI ASK/SA	For Parents
505	It's Not Just Routine: A look at feeding, diapering and toileting routines. (HSN, SA1 - 2hrs) (MAN, SA5 - 1hr)	BASIC I/T	3		X	
506	Health, Safety & Nutrition: Health and safety issues surrounding infant and toddler care. (HSN, SA1 - 3hrs)	BASIC I/T	3			
507	Fostering Resiliency: Understanding and developing strategies that help children "bounce back" from stress. (HSN, SA1 - 3hrs)		3			
512	Health and Safety in Preschool Settings: Overview of health and safety regulations. (HSN, SA1 - 2hrs)	INTRO. TO PRESCHOOL	2			
513	Addressing Hawaii's Health Standards: An overview of Hawaii State regulations pertaining to health standards for family child care homes. (HSN, SA1 - 3hrs)	BASIC: INTRO TO FCC	3			
514	Addressing Hawaii's Environmental Standards: An overview of Hawaii State regulations addressing environmental (safety) standards. (HSN, SA1 - 3hrs)	BASIC: INTRO TO FCC	3			
515	Babysitting: Part I. Child care basics for teenagers interested in working with young children: Safety & Health, Child Development, Feeding & Bedtime. (HSN, SA1 - 2hrs) (GD, SA8 - 1hr)	Babysitting	3		X	
516	Medication Administration in Childcare: Identifying proper medication administration, components of a medication policy and medication disposal. (HSN, SA1 - 3hrs)		3			
517	Child Abuse and Neglect: Defining, recognizing, reporting and preventing child abuse and neglect. (HSN, SA1 - 3hrs)		3			
518	Safe Sleep in Childcare: Setting safe sleep environments and response to emergencies. (HSN, SA1 - 1.5hrs)		1.5			
519	Basic Food Allergies: An overview of food allergies and symptoms, precautionary measures creating a food allergy plan. (HSN, SA1 - 2hrs)		2			

CLASS #	WORKING WITH FAMILIES (WF) (SA4)	SERIES	HOURS	FEES	MULTI ASK/SA	For Parents
601	Working with Children who have ADD/ADHD: The importance of working with the child, family, and professionals. (WF, SA4 - 3hrs)		3			
602	Working Wonders with Difficult Parents: Learn effective communication strategies. (WF, SA4 - 3hrs)		3			
603	Adjusting to the New Setting: Helping the child and family adjust to a new child care setting. (WF, SA4 - 2hrs)		2			
604	Greetings and Departures: Helping parents and children transition into and out of the child care setting. (WF, SA4 - 2hrs)		2			
605	Introduction to Infant/Toddler Care: A look at quality care in infant toddler programs. (WF, SA4 - 2hrs) (PRO, SA6 - 1hr)	BASIC I/T	3		X	
606	Protective Urges: Working with the feelings of parents and caregivers. (WF, SA4 - 3hrs)	ADVANCED I/T	3			
607	Responding to the Family's Needs: Helping caregivers become more responsive to the needs of family members. (WF, SA4 - 3hrs)	ADVANCED I/T	3			
608	Positive Conferences: Planning effective parent conferences. (WF, SA4 - 2hrs) (MAN, SA5 - 1hr)		3		X	
615	Effective Teaming: Strategies for forming family centered teams. (WF) (SA4)	Challenging Behaviors Advanced	3			
616	First Moves: Welcoming New Families: Supportive strategies to help families transition into new programs. (WF, SA4 - 3hrs)	I/T SERIES 3	3			

Training Catalog and Descriptions December 2017 Update

617	Building Partnerships with Families: An in-depth look into building effective partnerships with families. (WF, SA4 - 3hrs)	I/T SERIES 3	3		
618	"Does my child play all day?": Talking to Families about Curriculum: Learn family friendly communication strategies and tools to help families understand how children learn. HPCS Guiding Principle 3. (WF, SA4 - 3hrs)	QUALITY CARE	3		
619	Relationships with Families in Your FCC: An overview of how to establish positive working relationships with families. (WF, SA4 - 3 hrs)	BASIC: INTRO TO FCC	3		
620	I'm Moving, I'm Learning: Culture, Families, Nutrition: Getting families involved in healthy practices. (WF, SA4 - 1.5 hrs)(HSN, SA1 - 1.5 hrs)	I'M MOVING/ LEARNING	3	X	
621	Working in Partnerships with Families: Working with families and developing social skills for infants and toddlers. (WF, SA4 - 3 hrs)	I/T SOCIAL EMOTIONAL	3		
622	Time to Sign for Families: A workshop for families to use sign language with their children (WF, SA4 - 3 hrs)	TIME TO SIGN	3		
623	Promoting Positive Attachment: Build understanding and awareness of secure attachment for infants. (WF, SA4 - 2 hrs)		2		
624	Family Partnerships and Inclusion: Importance of building family partnerships, cultural awareness and effective communication. (WF, SA4 - 1.5 hrs)	SPECIAL NEEDS	1.5		
625	Special Needs: Community Resources and Referral: Exploring resources and the referral process for supports. (WF, SA4 - 1.5 hrs)	SPECIAL NEEDS	1.5		
626	Families, Child Care Centers and Community Partnerships: Building family partnerships and encouraging family engagement/involvement as essential practices. (WF, SA4 - 2 hrs)	CHILD CARE ADMIN	2		

CLASS#	LEARNING ENVIRONMENT (ENV) (SA1)	SERIES	HOURS	FEES	MULTI ASK/SA	For Parents
700	Space to Grow: Introduction to basic concepts relating to infant and toddler space. (ENV, SA1 - 3hrs)	ADVANCED I/T	3			
701	Creating Supportive Environments I: Making the connection between the environment, social-emotional development, and challenging behaviors. (ENV, SA1 - 3hrs)	Challenging Behavior Basic	3			
702	The Prepared Preschool Environment: Overview of an appropriate environment for preschoolers. (ENV, SA1 - 2hrs)	INTRO. TO PRESCHOOL	2			
703	The Prepared Infant and Toddler Environment: How to strategically create a responsive environment for infants and toddlers. (ENV, SA1 - 3hrs)	I/T SERIES 3	3			
704	Flowing Through the Day: Classroom Transitions: Providing transitions that support children's relationships and learning. HPCS Guiding Principles 4, 5, 8, and 9. (ENV, SA1 - 3hrs)	QUALITY CARE	3			
705	Family Child Care Environment: An overview of key elements to include in family child care environments. (ENV, SA1 - 3hrs.)	BASIC: INTRO TO FCC	3			
706	Ready, Set, Sign: Learn more signs and their use for classroom management. (ENV, SA1 - 1.5) (PLE, SA2 - 1.5)	TIME TO SIGN	3		X	
707	Ready, Set, Read: Activities using sign language for developing routines, transitions and beginning literacy. (ENV, SA1 - 1.5) (PLE, SA2 - 1.5)	TIME TO SIGN	3		X	
708	Creating a Culturally Inclusive Environment: Language and awareness in a group setting and strategies for building tolerance and acceptance. (ENV, SA1 - 1.5 hrs)	SPECIAL NEEDS	1.5			

CLASS#	OBSERVATION & ASSESSMENT (OA) (SA7)	SERIES	HOURS	FEES	MULTI ASK/SA	For Parents
801	Respectfully Yours: Respecting infants and toddlers as competent learners. (SA7, SA6, SA3 - 1hr each) (OA, PRO, RG - 1hr each)	ADVANCED I/T	3		X	
803	Interview Process: Using interviews and observations to determine the reasons behind challenging behaviors. (OA, SA7 - 3hrs)	Challenging Behaviors Advanced	3			
804	Observing Children at Play: Recognize the value of systematic observation and learn ways to incorporate this skill into daily practice. (OA, SA7 - 3hrs)	SUPPORTING PLAY	3			
805	Observation and Assessments in Preschool Settings: Introduction to observational tools and how to use them. (OA, SA7 - 2hrs)	INTRO TO PRESCHOOL	2			
806	I'm Moving, I'm Learning: Planning and Assessment: Observation, assessment, and planning environments for motor development. (OA, SA7 - 1.5 hrs)(ENV, SA1 - 1.5)	I'M MOVING/ LEARNING	3		X	
807	Observation and Responsive Routines: The importance of careful observation and supportive environments. (OA, SA7 - 1.5 hrs)(ENV, SA1 - 1.5 hrs)	I/T SOCIAL EMOTIONAL	3		X	
808	Working in an Inclusive Environment: Observation, planning, prevention and reflection in an inclusive environment (OA, SA7 - 1.5 hrs)	SPECIAL NEEDS	1.5			

CLASS#	DIVERSITY (DIV) (SA4)	SERIES	HOURS	FEES	MULTI ASK/SA	For Parents
901	Routines and Culture: Understanding how culture impacts daily routines. (DIV, SA4 - 2hrs)		2			
902	Special Needs: Facing caregiver fears and concerns regarding children with special needs. (DIV, SA4 - 3hrs)	ADVANCED I/T	3			
903	Development and Learning in the Multicultural Setting: Looking at culture and how it impacts early learning. (DIV, SA4 - 3hrs)	ADVANCED I/T	3			
906	Cultural Diversity in Infant and Toddler Settings: Looking at our own personal experiences with diversity and its impact on practices. (DIV, SA4 - 3hrs)	I/T SERIES 3	3			
907	Cultural Sensitivity with Families: Creating a culturally responsive infant and toddler program. (DIV - 1.5hrs, WF - 1.5hrs) (SA4 - 3hrs)	I/T SERIES 3	3		X	
908	Introduction to Inclusion: History of IDEA, terminology and reframing language. (DIV, SA4 -1.5 hrs)	SPECIAL NEEDS	1.5		X	
909	Exploring Inclusion: Exploring inclusion and our role supporting inclusion. (DIV, SA4 -1.5 hrs)	SPECIAL NEEDS	1.5		X	
910	Diversity and Inclusive Child Care Settings: Quality early childhood programs emphasize working well with others, supporting children and families from various cultural and diverse backgrounds. (DIV, SA4 - 2 hrs)	CHILD CARE ADMIN	2		X	

Resources

For Child Care Professionals

Child Care Aware: A variety of online resources for families including information on how to choose quality child care, child development, activity tips and ideas, military support and more! Visit www.childcareaware.org

Child Care Land - free resources, activity ideas, blank forms, patterns, themes and much more! Visit www.childcareland.com

Docs for Tots - online tool for doctors and child care professionals to collaborate and support efforts to care for young children. Visit www.docsfortots.org

Head Start and Early Head Start Programs - available FREE on Kauai, Maui (Lanai and Molokai), Oahu and the Big Island; both center based and home based options are available. Visit <http://hawaii.gov/dhs/self-sufficiency/childcare/headstart/>

Healthy Habits for Healthy Kids - A Nutrition and Activity Guide for Parents: an interactive resource with activities, recipes, mealtime tips, guides and much more! Visit www.wellpoint.com/healthy_parenting/index.html

United States Consumer Product Safety Commission - Online resource for safety education, regulations, laws, and product recall information: Visit: <http://www.cpsc.gov/en/recalls/>

Other Training and Education Services

FIRST AID AND CPR CLASSES:

- AMERICAN RED CROSS:
734-2101 hawaiiredcross.org
- AMERICAN HEART ASSOCIATION:
Oahu 538 7021 Kauai 245-7311
Big Is. 961-2825 Maui 244-7185
www.americanheart.org
- AMERICAN SAFETY & HEALTH INSTITUTE:
1-800-246-5101*
www.ashinstitute.org
- MEDIC FIRST AID:
1-800-800-7099*
www.medicfirstaid.com

* These Mainland agencies will advise of independent trainers you may contact to schedule locally based training.

CHILD DEVELOPMENT ASSOCIATE
CDA CREDENTIAL 1-800-424-4310
or contact HAEYC at 942-4708

HAWAII ASSOCIATION FOR THE
EDUCATION OF YOUNG CHILDREN
(HAEYC) 942-4708 hawaiiikeiki.org

HAWAII BAPTIST EARLY
EDUCATION ASSOCIATION
(HBEEA) 946-9581, 947-6679



ALOHA UNITED WAY Call 211 - In the same way calling 911 links you to Emergency services, 211 connects you to 4,000 government and community services. Available Monday-Friday, 6am - 9pm, it's fast, free & confidential. Call now to GET or GIVE HELP.

THE INSTITUTE
FOR FAMILY
ENRICHMENT (TIFFE) 596-8433

CHAMINADE UNIVERSITY
Education Department 739-4652

PROFESSIONAL & CAREER
EDUCATION PROGRAM (PACE)
Oahu: 845-9496 Hilo: 974-7421

UNIVERSITY OF HAWAII
West Oahu: 454-4700
College of Education,
Manoa: 946-7915

MAUI COLLEGE
Human Services Program
984-3208

KAUAI COMMUNITY COLLEGE
Early Childhood Education
Program 245-8356

HAWAII COMMUNITY COLLEGE
Early Childhood Education Program
974-7421

HONOLULU COMMUNITY COLLEGE
Early Childhood Education Program
845-9466

Mahalo to the State of Hawaii Department of Human Services, Benefit, Employment and Support Services Division

PATCH, is a local 501(c)(3) resource and referral agency created in 1976. Our vision is to support and improve the quality and availability of care for young people of Hawaii. PATCH strives to provide families with information and resources needed when looking for quality care for their children; support the professional development of care givers through training; and provide data and services to the community to maximize the quality of the care giving experience and to increase the number and quality of care givers. PATCH has not investigated the resources listed and makes no warranties, express or implied, regarding the nature and quality of goods or services rendered by said resource providers.

**10
tips**
Nutrition
Education Series

make healthier holiday choices



10 tips for a healthier holiday

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days.

1 create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to <https://www.supertracker.usda.gov/myrecipe.aspx>.



2 enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

3 make sure your protein is lean

Turkey; roast beef; fresh ham; beans; and some types of fish, such as cod or flounder, are lean protein choices. When serving meats, trim away any fat before cooking. Go easy on the sauces and gravies—they can be high in saturated fat and sodium.

4 cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.



5 bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt.



6 tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



7 be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

8 make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.



9 enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

10 give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.



Short On Time
This Quarter?

**NEED
TRAINING?
GO ONLINE**

See Page 3 for Details



PATCH offices statewide

PATCH—Oahu

560 North Nimitz Highway
Suite 218
Honolulu, HI 96817
Phone: 808-833-6866

PATCH—Maui County

Puuone Plaza
1063 Lower Main Street #C-217
Wailuku, HI 96793
Phone: 808-242-9232
Lanai & Molokai: 1-800-498-4145

PATCH—Kauai

4485 Pahe'e Street
Suite 124
Lihue, HI 96766
Phone: 808-246-0622

PATCH—West Hawaii

79-7393 Mamalahoa Hwy
Unit 4A
Kealahakua, HI 96750
Phone: 808-322-3500

PATCH—East Hawaii

26 Waianuenue Ave
Hilo, HI 96720
Phone: 808-961-3169

E-mail: Patch@PatchHawaii.org

Website: www.PatchHawaii.org



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@PATCH_Hawaii



PATCH: SUPPORTING HAWAII'S CHILD CARE NEEDS SINCE 1976

○ WINTER | 2018



PATCH

Supporting Hawaii's Child Care Needs

560 North Nimitz Highway
Suite 218
Honolulu, HI 96817