

# THE SOURCE

Fall 2018

What's New?

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## Positive Relationships Support Positive Behavior

by Heather Irace

### Introduction

One of the most important parts of an early childhood teacher's or childcare provider's job is to teach young children how to get along well with other people. Most of the time, this happens naturally. Babies are born with an innate interest in people and a desire to connect with adults and other children. They pay close attention and quickly learn how to get positive attention. As a result, most children easily learn how to get along well with adults and other children and have little trouble making friends.

If you work with young children, you have probably met a few whose behavior challenges your ability to remain calm, loving, and professional.

Children grab toys, push people – even hit, kick, bite, or throw tantrums for a variety of reasons. The child's age, emotional state, developmental stage, experiences, and skills can all sometimes lead to "challenging" behaviors. These children do not always get along with others so easily. However, children can learn to change disruptive or harmful behavior if they have help from a caring adult.

### The relationship comes first

Every baby and child has a basic need for love and belonging. Building a strong, positive relationship with a child is the first step in teaching positive

social skills. Children tend to value and seek out approval from adults when they know they belong and are loved. Children often do not accept guidance from adults whom they do not know and trust.

Most of the time, teachers and childcare providers have no trouble building a relationship with the children in their care. Most children are easygoing and agreeable – they smile and invite you to play – so becoming friends is easy. This is not true for every child. Children who don't smile easily, have a wary or anxious attitude toward adults, are generally disagreeable, or are very sensitive or reactive can be harder to like. Some children just push your buttons

or ignite your hot spots. Some children have had negative experiences that make it hard for them to trust new people. Some children don't know how to get along, or feel like people don't like them, which may make it difficult to connect with them.

If a child is not easy to like or you find them annoying, you may need to put a lot of energy into building a positive relationship. You must make this investment if you are to succeed in teaching pro-social behavior. The children we find the most difficult to build relationships with are the ones who need positive relationships with adults the most!

*Learn what the child is interested in and what they enjoy doing*



### Office Hours

Monday - Friday  
8:30 am - 4:30 pm

### Closed

November 12  
Veteran's Day observed  
November 17 - 23  
Thanksgiving break  
December 22 - January 4  
winter break

We will be closed for  
staff meetings

1:00 to 3:00 pm  
September 18

12:30 to 3:00 pm  
November 1,  
November 29,  
and December 20

Continued on page 2

### Building a strong relationship

Strong, positive relationships are built on authentic interactions, shared experiences, and genuine interest. Children need to know you like them. Some children have heard a lot of criticism and negative messages about their likeability. These children will need to hear many positive messages to counterbalance the negative things they have heard and begun to believe about themselves. If this sounds hard, start by finding something to like in each and every child.

#### Authentic interactions

- Greet every child at the door by name; make sure they know you are happy to see them
- Follow the child’s lead during play
- Have real conversations during snack and meal times
- Share information about yourself and find something in common with the child
- Show interest in and get to know the child’s family

- At the end of a hard day, tell the child, “I’m sorry we had a bad day today – I know tomorrow is going to be better!”

#### Shared experiences

- Play with the child; follow their lead and give them your full attention
- Visit the child’s home
- Give the child your full attention, especially during caregiving routines

#### Genuine interest and affection

- Learn what the child is interested in and what they enjoy doing
- Ask parents to tell you about their child
- Have conversations about things you have done together in the past
- Listen to the child’s ideas and stories and be an appreciative audience
- Learn at least a few words of the child’s home language

#### Conclusion

Investing energy into building a strong relationship with each child in your care will have a lasting positive impact.

Children will have fewer challenging behaviors and stronger social skills. They are likely to be more cooperative, and may even help each other build positive social skills. You will enjoy being around them more. As you see children’s social skills grow, you may even feel more confident in your skills as a teacher.

#### Resources:

The Center on the Social and Emotional Foundations for Early Learning (2013). *Building Positive Relationships with Young Children*. Retrieved from [www.pyramidmodel.org/wp-content/uploads/2016/11/H1.5.pdf](http://www.pyramidmodel.org/wp-content/uploads/2016/11/H1.5.pdf) on 7/30/2018.

Center on the Developing Child (2010). *The Foundations of Lifelong Health Are Built in Early Childhood*. Retrieved from [www.developingchild.harvard.edu](http://www.developingchild.harvard.edu).

Would you like to receive  
The Source  
by email each quarter?  
Please email  
[amelia.reyes@mhcc.edu](mailto:amelia.reyes@mhcc.edu)  
to let us know.

## BEHAVIOR AND INCLUSION SUPPORT

Three different agencies are available to support Multnomah County child care providers in caring for children who experience special needs or challenging behaviors.

The CCR&R Child Behavior Specialist Line can support you in creating a positive learning environment and outlines to proactively manage children’s challenging behaviors. 503-491-6219

The Inclusive Child Care Program can help families and child care providers when children need exceptionally close supervision, special accommodations, or other supports for safe and appropriate care. 971-673-2286

Multnomah Early Childhood Program (MECP) provides screening, identification, and early intervention and early childhood special education services to children birth to age five in Multnomah County. 503-261-5535



**The deadline for testing your water for lead contamination is September 30, 2018.**

If you have questions, please call the  
Office of Child Care  
Lead Hotline  
503-947-5908

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# 2018 FALL CONFERENCE



**Friday and Saturday,  
October 12 and 13**  
**Mount Hood Community College**  
**26000 SE Stark St.**  
**Gresham, OR 97030**

The field of early childhood education and care is evolving every day. There are new things to learn, new people to meet, new obstacles to overcome, and new opportunities to discover.

At our Annual Fall Conference, we have created a rich learning environment for early childhood educators to dive deep into sessions, soak up knowledge, network with friends and colleagues, and visit fabulous vendors!

The 2018 Fall Conference will feature training in Cantonese, English, Spanish, and Vietnamese. Participants will receive a certificate for the keynote presentation and each class session they attend.

Scholarship applications and information are available from Oregon Center for Career Development (OCCD)  
[pdx.edu/occd/education-awards-enhanced-rate-scholarships](http://pdx.edu/occd/education-awards-enhanced-rate-scholarships)  
Conference registration is available at [oraeyc.org/fall-conf](http://oraeyc.org/fall-conf)

This conference replaces the CCR&R Spring Mini-Conference.

## BE PART OF STARTING A NEW LOCAL CHAPTER OF NBCDI



Photo by Army Medicine

A group of early childhood education professionals in Portland is working to form a new chapter of the National Black Child Development Institute. You can be part of it from the very beginning by becoming a member of the national organization. The Portland chapter will officially be eligible to start when there are at least 50 members in our area. Join now!  
Become a member today at [www.nbcdi.org/](http://www.nbcdi.org/)

### LOOKING FOR TRAINING IN OTHER LANGUAGES?

The Source is available in Chinese, English, Russian, Spanish, and Vietnamese.  
We offer training in Cantonese, English, Mandarin, Russian, Somali, Spanish, and Vietnamese.

Email [amelia.reyes@mhcc.edu](mailto:amelia.reyes@mhcc.edu) to be added to our mailing list. Let us know which language(s) you are interested in.

Save the date!

**THREADS OF JUSTICE**  
*Anti-Bias Early Childhood Education*

January, 2019  
Wild Lilac CDC | Portland, Oregon

[www.wildlilac.org/threads](http://www.wildlilac.org/threads)

## COMMUNITY CHILD CARE INITIATIVE

Are you a CCI program that is working on quality improvement goals to complete your Spark Portfolio?

Your work as an educator of young children is vital to the families and children you serve and we would like to support you in making your program the best it can be. CCI wants to remind you about the support and services we offer to help you through your Spark journey! Some of the ways CCI can help with:

- Professional development planning
- Oregon's Step Registry
- Portfolio building assistance – Including PM set 2 trainings
- Training
- On-site coaching
- Planning for quality improvement
- Almost ANYTHING related to increasing your program quality!

Please do not hesitate to contact me. Evening appointments can be scheduled if preferred! Thank you for participating in the CCI program - I look forward to hearing from you!

Debbie Buta (503) 491-6216  
or [debbie.buta@mhcc.edu](mailto:debbie.buta@mhcc.edu)



Are you interested  
in working on quality  
improvement?

There is still time to  
qualify for support funding  
and earn a star rating with  
the current Spark system!

Call for information.  
(503) 491-6205

## STATEWIDE CCR&Rs TO HOST FIRST ANNUAL CHILD CARE BUSINESS CONFERENCE

Oregon's Child Care Resource and Referral agencies have come together with their partners to offer the first statewide child care business conference. The conference will focus on the business administration of both family child care and center based care. Tom Copeland, a nationally renowned child care business specialist, will deliver the keynote. Morning and afternoon sessions will focus on topics such as business planning, risk management, increasing profits, and marketing. Information on how to access loans and other business supports will also be available.

The Child Care Business Conference will be held on November 10, 2018 at the Fort Dalles Readiness Center in The Dalles. Registration and scholarship information are available at [bit.ly/ORChildCareBusiness](http://bit.ly/ORChildCareBusiness).

For more information about the keynote speaker, please visit Tom Copeland's website:

<http://tomcopelandblog.com/>.

OCCD Scholarships accepted.

**OREGON**  
**Child Care**  
**Business**  
**CONFERENCE**  
*Save the Date!*  
**November 10**  
**2018**  
**The Dalles**





# Mt Hood Community College/CCR&R Registration

## FORMA DE REGISTRACIÓN

Information on this form will be provided to the Oregon Registry.

La información de este formulario será proporcionada al Registro de Oregon.



<b>Date Fecha:</b>	<b>Last name Apellido</b>	<b>First name Primer nombre</b>	<b>M.I. Segundo</b>
<b>Term / Year Año</b>	<b>Home Address Dirección</b>	<b>City Ciudad</b>	<b>State Estado</b>
Fall 2018			<b>Zip Código Postal</b>

<b>Gender Género</b>	<b>Mother's Maiden Name Apellido de Soltera de la Madre</b>
<b>Birth Date Fecha de Nac</b>	<b>Phone Teléfono</b>
<b>Email Correo electrónico</b>	

**Type of Care Tipo de cuidado:**

- Center     RF     CF  
 Exempt (not licensed through OCC, sin licencia de OCC)

<b>Child Care License Number</b>
<i>Numero De Licencia De Cuidado Infantil</i>

<input type="checkbox"/> Yes! Please mail me a Food Handler Packet. I have included a payment of \$10 <i>Si! Favor de enviar el paquete para manejar los alimentos. He incluido el pago de \$10</i>
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<b>Ethnic Data - Datos Etnicos</b>	
<input type="checkbox"/>	<b>Native American</b> <i>Nativo Americano</i>
<input type="checkbox"/>	<b>Alaskan Native</b> <i>Nativo de Alaska</i>
<input type="checkbox"/>	<b>Asian/Pacific Islander</b> <i>Asiatico/De las Islas Pacificas</i>
<input type="checkbox"/>	<b>African - American/Black</b> <i>Afro-Americano</i>
<input type="checkbox"/>	<b>Hispanic or Latino/a</b> <i>Hispano o Latino/a</i>
<input type="checkbox"/>	<b>White/Caucasian</b> <i>Blanco/Caucásico</i>
<input type="checkbox"/>	<b>Unknown or Other</b> <i>Se Desconoce o Otro</i> _____

<b>High School Education Educación Preparatoria</b>	
<input type="checkbox"/>	<b>(H)-High School Graduate</b> <i>Graduado de Preparatoria</i>
<input type="checkbox"/>	<b>(D)-Adult High School Diploma</b> <i>Diploma de la Preparatoria</i>
<input type="checkbox"/>	<b>(S)-Still in High School</b> <i>Todavía en la Preparatoria</i>
<input type="checkbox"/>	<b>(G)-GED</b>
<input type="checkbox"/>	<b>(N)-Did not complete</b> <i>No Complete</i>

<input type="checkbox"/>	<b>Are you a US Military veteran?</b> <i>¿US Veterano Militar?</i>
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<b>Name of High School</b> <i>Nombre de la Preparatoria</i>	<b>Graduation Yr</b> <i>Año Graduado</i>	<b>State</b> <i>Estado</i>

<b>Will you be employed while attending this class?</b> <i>¿Usted estará trabajando mientras asiste la escuela?</i>	
<input type="checkbox"/>	<b>Yes, full-time (35+ hours per week)</b> <i>Si, Tiempo Completo (35+ horas a la semana)</i>
<input type="checkbox"/>	<b>Yes, part-time (Less than 35 hours per week)</b> <i>Si, Medio Tiempo (Menos de 35 horas por semana)</i>
<input type="checkbox"/>	<b>No, not employed</b> <i>No, no estoy trabajando</i>

Course # <i>Curso #</i>	SEC # <i>Sección #</i>	Course Name <i>Nombre del Curso</i>	Date <i>Fecha</i>	Cost <i>Costo</i>

<b>FOR OFFICE USE ONLY</b>				Authorized Signature				Date			
Apply Cashier Code in the Amount of \$											
Cashier code	CCRD	EXP	CDFS	CCRC	CCI	OCCD	CDA	RFCF			

Bring or mail completed registration form to CCR&R-MC 4510 NE 102nd Ave. Portland, OR 97220  
 Envíenos por correo o en persona su forma de registraci3n a CCR&R-MC 4510 NE 102nd Ave Portland, OR 97220

# CCR&R TRAINING REGISTRATION, POLICIES, AND ETIQUETTE

## REGISTRATION:

1. Complete the registration form on page 5. All necessary information can be found with class descriptions.
2. Registration for classes will only be accepted by mail or in person, and they must be received prior to the class date. All classes require pre-registration and payment if applicable. Payments are non-transferable from person to person.
3. Mail the registration form with full payment to:  
CCR&R-MC  
4510 NE 102nd Ave  
Portland, OR 97220

Please make checks and money orders payable to CCR&R-MC. We cannot accept credit/debit card payments at this time. Each person registering for a class needs to fill out a separate registration form. Please make copies as needed or download more copies from our website:

[www.ccr-mc.org/training](http://www.ccr-mc.org/training)

4. Placement in a requested class will be on a first-come, first-served basis. If there is not space available in the class you request, we will call to let you know.

**CANCELLATION POLICY:** Please call ahead of time if you need to cancel. If you cancel at least 24 hours prior to the training for which you are registered, you will be issued a refund. The refund will be issued to the person that was registered for the class, regardless of who paid for the class. **Blended CPR classes must be cancelled 2 weeks in advance. See page 9 for specific dates.**

**ATTENDANCE POLICY:** If you miss a class and have not given at least 24 hours notice, you forfeit the payment for the class. It is important that participants arrive on time and stay for the duration of the class. Participants arriving later than 15 minutes after the start of class will not receive a certificate nor reimbursement, and no partial credit will be issued. In order to receive credit for multiple session trainings, full attendance is mandatory.

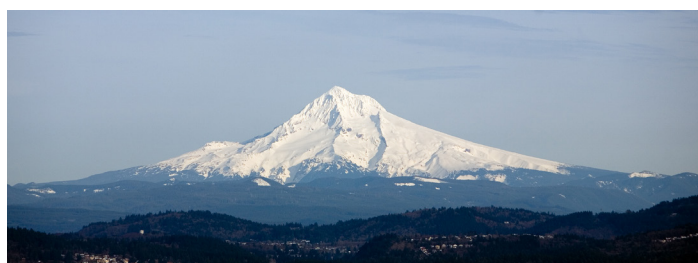
**INCLEMENT WEATHER:** In the case of inclement weather, CCR&R classes will be cancelled when and if Mt. Hood Community College closes. Closures will be announced via radio, television networks and mhcc.edu. If MHCC evening classes are cancelled, this also indicates that CCR&R evening classes will be cancelled. If class is not cancelled and you choose not to attend, you forfeit any applicable payment.

MHCC encourages students and staff to register for FlashAlert in order to receive emergency notices. There is no cost to use this service and your information will remain confidential. Set up a yearly FlashAlert subscription at [www.flashalert.net/id/MHCC](http://www.flashalert.net/id/MHCC)

**POLICY FOR CHILDREN:** Children under the age of 16 are not allowed in trainings. This is for the welfare of all class participants. Please adhere to this policy unless notified by CCR&R of an exception. If you need to bring your breastfeeding infant to class, please call us ahead of time to make arrangements.

**ACCOMMODATIONS AVAILABLE:** Individuals who require accommodations due to disability may contact CCR&R at (503) 491-6205. Please call at least two weeks before the class to ensure availability.

**CLASSROOM ETIQUETTE:** Please come prepared to take notes and participate in the class. When you arrive, sign in on the roster sheet. Please make sure your cell phone is turned off or silenced before the class begins. At the end of the class, please complete the evaluation. This will aid us in planning training opportunities that interest you and meet your professional needs. If you are not leaving the building right away after an evening class, let the instructor know. They may need to set the building alarm and will need to know if there is someone still in the building.



Mt. Hood seen from OHSU by Cacophony

# TRAINING KEYS

OREGON REGISTRY CORE KNOWLEDGE CATEGORIES (CKC) <a href="http://www.pdx.edu/occd">www.pdx.edu/occd</a>	
CKC	Abbreviation
Diversity	DIV
Family and Community Systems	FCS
Health, Safety, and Nutrition	HSN
Human Growth and Development	HGD
Learning Environments and Curriculum	LEC
Observation and Assessment	OA
Personal, Professional, and Leadership Development	PPLD
Program Management	PM
Special Needs	SN
Understanding and Guiding Behavior	UGB

## CDA NUMBERING SYSTEM (CDA)

[www.cdacouncil.org](http://www.cdacouncil.org)

Competency area 1. Planning a safe, healthy, learning environment. Training subjects include health and safety, first aid, space planning, materials and equipment.

Competency area 2. Steps to advance children's physical and intellectual development. Training subjects include active play, fine motor skills, language, writing, literacy, discovery, art, and music.

Competency area 3. Positive ways to support children's social and emotional development. Training subjects include friendship skills, self-esteem, self-control, understanding emotions, guiding behavior.

Competency area 4. Strategies to establish productive relationships with families. Training subjects include working with parents, home visits, conferences, referrals.

Competency area 5. Strategies to manage an effective program operation. Training subjects include planning, record-keeping, policies, and budgeting.

Competency area 6. Maintaining a commitment to professionalism. Training subjects include advocacy, ethical practices, work force issues, professional associations.

Competency area 7. Observing and recording children's behavior. Training subjects include tools and strategies for collecting objective information about children's learning and development.

Competency area 8. Principles of child development and learning. Training subjects include developmental milestones, and cultural influences on development.



SET ONE training provides an overview of basic principles, theories and/or research. Set One training participants are expected to gain basic, introductory knowledge of session topics.

SET TWO training presents intermediate knowledge. The purpose of these sessions is to build on previous knowledge by having professionals use what they have already learned and experienced to think in depth and to learn more. Sessions are developed assuming that participants already have basic knowledge of the subject.

SET THREE training presents advanced knowledge. Sessions provide opportunities for analysis, comparison, critical examination, evaluation, research, and/or practical study. Set Three training participants are expected to already have significant and/or intermediate knowledge of and professional experience in the session topic.

The listing for each training session includes age group information:

IT = Infants and toddlers (birth to 3 years old)

PK = Preschoolers (3 to 5 years old)

SA = School-age children (5 to 12 years old)

NA = The class contains no age-related content

All = The class includes content that applies to all age groups.

For more information visit the Oregon Center for Career Development (OCCD) at [www.pdx.edu/occd](http://www.pdx.edu/occd)

## CHILD CARE LICENSING INFORMATION

### Obtaining a Family Child Care License in Oregon

If you are applying for a Registered Family (RF) license, you will need to attend an Overview for Family Child Care class (see schedule below). If you are applying for a Certified Family (CF) Child Care license, start by calling the Office of Child Care at 1-800-556-6616. The steps below apply to both types of family child care license.

1. Enroll in Oregon's Central Background Registry and follow instructions to complete fingerprinting [oregonearlylearning.com](http://oregonearlylearning.com)
  2. Complete all Safety Set training (see information below) or make sure certifications are current:
    - Infant/Child/Adult CPR & First Aid
    - Child Care Food Handler Certification
    - Recognizing and Reporting Child Abuse and Neglect (RRCAN) in person or online - this certificate does not expire
  3. Complete license application and return it to the Office of Child Care
  4. To renew your license, ensure you have completed all required training hours and submitted certificates to your ORO account as needed
- Questions? Call the CCR&R at 503-491-6205.

## OVERVIEW FOR FAMILY CHILD CARE

The family child care overview is a free, one-time class which is required to become a licensed Registered Family (RF) child care provider in Oregon. Information presented includes rules and regulations, the application process, child care business principles, and resources including CCR&R services and the USDA food program. You must pre-register. Unless otherwise noted, classes are held at the CCR&R office; 4510 NE 102nd Ave, Portland, OR 97220.

### Course # CCRX10R

Location: CCR&R Office, 4510 NE 102nd Ave, Portland, OR 97220		
Thursday	October 18	9:00 am - 12:00 pm
Thursday	October 25	6:00 - 9:00 pm
Thursday	November 15	9:00 am - 12:00 pm
Tuesday	December 4	9:00 am - 12:00 pm

## SAFETY SET TRAINING

### In-person Introduction to Child Care Health and Safety

Wednesday, October 24

Required Health and Safety training for all providers working in licensed facilities and those caring for children receiving a DHS subsidy. Topics include injury prevention, illness prevention and management, emergency preparedness, and general safety. **This class is also available online at no cost. See below for details.**

Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220

6:30 - 8:30 pm	Cost: \$5.00	CCRX13THSN	Sec # 3	CKC: FCS	Age group: NA	CDA: 1
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### Online Introduction to Child Care Health and Safety

No Cost

Required Health and Safety training for all providers working in licensed facilities and those caring for children receiving a DHS subsidy. Topics include injury prevention, illness prevention and management, emergency preparedness, and general safety. This training is available online at [campus.educadium.com/OCCD/](http://campus.educadium.com/OCCD/)

### Child Care Food Handler Certification

\$10.00

Food handler certification may be completed online at [childcarefoodhandler.org](http://childcarefoodhandler.org), or you may purchase a self-study packet by sending the registration form on page 5 with a check or money order for \$10.00. Please check the box in the middle of the registration form. Child Care Food Handler Certification is good for 3 years.

### Online Recognizing and Reporting Child Abuse and Neglect (RRCAN)

No Cost

Child care and education providers are among those persons who are mandatory reporters of suspected incidents of child abuse and neglect in the state of Oregon. Participants will learn the process for reporting incidents of child abuse or neglect. This training is available online at [campus.educadium.com/OCCD/](http://campus.educadium.com/OCCD/)

**This class is also available in person for a fee of \$10.00. See page 9 for details.**



## SAFETY SET TRAINING (CONTINUED)

### Recognizing and Reporting Child Abuse and Neglect (RRCAN)

COST: \$10.00

RRCAN fulfills the child abuse class requirement for Office of Child Care licensing. **See schedule below.**  
**This class is also available online at no cost. See page 8 for details.**

### Infant/Child/Adult CPR and First Aid Certification

COST: \$50.00

Successful completion of our CPR/First Aid classes will certify you in infant, child and adult CPR and First Aid for 2 years. **See schedule below.**

Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
Date	RRCAN (CCR10)	Section #	CPR and 1 <sup>st</sup> Aid (CCR11)	Section #
Saturday, October 6	9:00 - 11:00 am	1	12:00 - 5:30 pm	9
Saturday, October 20			9:00 am - 3:00 pm	13
Saturday, November 3			9:00 am - 3:00 pm	15
Saturday, November 10			9:00 am - 3:00 pm	17
Saturday, December 1	9:00 - 11:00 am	7	12:00 - 5:30 pm	20
Saturday, December 8			9:00 am - 3:00 pm	22
Saturday, December 15			9:00 am - 3:00 pm	25

### Blended First Aid/CPR Training

COST: \$50.00

This class blends online and in-person training.

The class has two parts: 2-3 hours online, and 3 hours in-person on a scheduled date.



FIRST complete the 2-3 hour online portion of this class, which includes videos, reading, and quizzes. It must be completed **before** the scheduled classroom date.



NEXT, attend the 3-hour in-person portion of the class on your scheduled date. You will have hands-on practice with CPR manikins and first aid procedures.

#### REGISTRATION AND CANCELLATION POLICIES FOR BLENDED FIRST AID/CPR:

1. Select an in-person training date. All sessions are held at our Maywood campus. Fill out a registration form and mail it in.
2. Two weeks (14 days) prior to your in-person class, you will receive an email with the link to the online half of the training. You must complete this before attending your in-person class.
3. **If you wish to cancel, you must call and let us know at least two weeks (14 days) before your scheduled in-person training. No refunds can be given after that date. (503) 491-6205.**
4. After successful completion of the online portion and attendance at the in-person training, you will receive an email with your new First Aid/CPR certification card. These are sent on your training day.

Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
Day and Date	Time	Course #	Section #	Last Day to Cancel
Wednesday, October 17	6:00 - 9:00 pm	CCR11	11	Wednesday, October 3
Saturday, October 27	9:00 am - 12:00 pm	CCR11	14	Friday, October 12
Wednesday, November 28	6:00 - 9:00 pm	CCR11	18	Wednesday, November 14
Tuesday, December 11	6:00 - 9:00 pm	CCR11	24	Tuesday, November 27

<b>Introduction to Inclusion: Identifying and Referring Children to Early Intervention</b>					<b>Tuesday, October 16</b>	
This class is an introduction into identifying and working with children who may have developmental delays or disabilities. The class will cover how to identify a child who may have developmental delays, how to make a referral for screening and evaluations, talking to parents, and what early intervention services include.						
Meredith Villines		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:30 - 8:30 pm	Cost: \$10.00	CCRX18SN	Sec # 1	CKC: SN	Age group: All	CDA: 8

<b>Movement Activity for Those Rainy Days (Set 2)</b>					<b>Tuesday, October 16</b>	
Join the excitement as we move and groove! Examine the developmental need for gross motor development for children ages three through school-age. Practice selecting and implementing games and activities to support these needs. Participate and play!						
Tammy Marino		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:30 - 8:30 pm	Cost: \$20.00	CCRX11LEC	Sec # 1	CKC: LEC	Age group: PK/SA	CDA: 2

<b>Develop an Amazing Team: Recruit, Select, Engage, Coach and Retain the Best (Set 2)</b>					<b>Wednesday, October 17</b>	
Create an interview tool that helps you select professionals who can give you just what your school needs. Develop a plan to effectively, firmly and fairly coach the members of your team. Give them inspiration, skills and the drive to serve your families and children. This will build a cohesive, happy, motivated team. Evaluate and implement staff training and development plans that supports higher school goals. And finally, leave with ideas on how to keep the great members of your team for the long term.						
Amy Williams		Location: Metrokids CDC, 600 NE Grand Ave. Portland, OR 97232				
6:00 - 9:00 pm	Cost: \$30.00	CCRX74PM	Sec # 1	CKC: PPLD & PM	Age group: NA	CDA: 5

<b>What Did You Play Today? Strategies for Talking to Parents about Play</b>					<b>Thursday, October 18</b>	
Do you feel pressured to do a structured preschool curriculum? Do you struggle with parents who do not understand that play is important to children's learning? Come explore ways to share with parents the important role play has in their child's development.						
Debbie Buta		Location: CCR&R Office Classroom 4510 NE 102nd Ave. Portland, OR 97220				
6:00 - 9:00 pm	Cost: \$15.00	CCRX33FCS	Sec # 1	CKC: FCS	Age group: All	CDA: 4

<b>Positive Behavior Intervention and Strategies: Module 1: School Age</b>					<b>Saturday, October 20</b>	
This training is based on the principles that positive relationships serve as the foundation for addressing social emotional needs and that meaningful schedules and routines can serve as a prevention for challenging behaviors. Participants will leave with concrete strategies for preventing challenging behavior and setting a positive tone in their environment and relationships. This class includes a 30 minute lunch break.						
Tracy Branscomb		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
9:30 am - 2:00 pm	Cost: \$20.00	CCRX85UGB	Sec # 1	CKC: UGB	Age group: SA	CDA: NA

<b>Towards a Project Approach: Curricular Design</b>					<b>Saturday, October 20</b>	
You never have to teach children how to ask, "Why?" Even before they articulate the word, children ask this question. How might we mobilize children's innate curiosities and wonderings as a vehicle for learning? Project approaches to learning use children's inquiries to engage in long-term investigations over time. It places the child and the teacher side-by-side as researchers. Content and subject matter get folded into the process seamlessly and authentically. Instead of spending your time motivating children, use their existing motivations and wonderings in the project approach!						
Soobin Oh		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
9:00 am - 12:00 pm	Cost: \$30.00	CCRX16NLEC	Sec # 1	CKC: LEC	Age group: All	CDA: 1

<b>Observing Challenging Behaviors (Set 2)</b>				<b>Tuesday, October 23</b>		
Truly understanding challenging behaviors begins with observation. Yet, observing challenging behaviors can be a challenge! In this session we will explore techniques for observing challenging behaviors and sifting through the many influences to guide understanding that can lead to solutions. Through video clips and case studies we will practice observing and recording preschool and school-age children.						
Tammy Marino		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:30 - 8:30 pm	Cost: \$20.00	CCR550A	Sec # 1	CKC: OA	Age group: PK/SA	CDA: 7

<b>Yoga for Little Ones</b>				<b>Tuesday, October 23</b>		
Explore what yoga can do for your classroom. Create a peaceful, more harmonious place for children. Practice simple poses, relaxation, mindfulness, breath-work and leave with ideas and tools to create a practice your children will enjoy!						
Amy Williams		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:00 - 9:00 pm	Cost: \$24.00	CCR15LLEC	Sec # 1	CKC: LEC	Age group: PK/SA	CDA: 2

<b>Communication Skills for a Diverse Workplace</b>				<b>Wednesday, October 24</b>		
We work with children, their families, our teaching team, our supervisors and/or supervisees. We all bring unique communication styles, which are influenced by our first language and all the other languages we've learned. In this course, learn how to communicate effectively to prevent misunderstandings with parents and coworkers.						
Sarah Marble		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:30 - 8:30 pm	Cost: \$16.00	CCR 45DIV	Sec # 1	CKC: DIV	Age group: NA	CDA: 6

<b>Stress and the Brain: How to Reduce the Impact of Stress on Developing Brains (Set 2)</b>				<b>Thursday, October 25</b>		
Participants will explore the complexity of brain development and the effects of stress on a developing brain. We will examine the somewhat new field of interpersonal neurobiology and the implications for teachers. The group will work together to develop and practice strategies and techniques for reducing stress in our own lives and the lives of the children and families we serve.						
Caroline Falcone Goldstone		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:00 - 9:00 pm	Cost: \$30.00	CCR10NHGD	Sec # 1	CKC: HGD & PPLD	Age group: NA	CDA: 8

Are you a Registered or Certified Family Child Care provider?  
Remember, you may be able to pay for Set 2 training with a scholarship from OCCD.

<b>The Role Staff Handbooks Play in Your Program (Set 2)</b>				<b>NEW</b>		<b>Saturday, October 27</b>
Handbooks for staff play an important role by establishing YOUR expectations and your STAFF'S professionalism. We will explore ways your policies and procedures impact your program. You will leave with an outline of the important policies you want to include in your handbook.						
Carol McMurdie		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
9:00 am - 12:00 pm	Cost: \$30.00	CCR10SPM	Sec # 1	CKC: PM	Age group: NA	CDA: 5

<b>Planting the Seed: Nourishing Little Bodies and Minds (Set 2)</b>				<b>NEW</b>		<b>Saturday, October 27</b>
Do you struggle with picky eaters in your program? We all know that a well-balanced, healthy diet is critical to a child's physical and mental development. In this training we explore ways to encourage healthy eating with tips and tools for getting the children in your program to try new foods without making yourself crazy.						
Noemi Ochoa		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
12:30 - 3:30 pm	Cost: \$30.00	CCR13XHSN	Sec # 1	CKC: HSN	Age group: All	CDA: 1

Say, Let's Play!: Building Language and Early Literacy Through Dramatic Play					Monday, October 29	
Dramatic play helps build language skills! In this training, participants will be introduced to the ways that dramatic play supports language and early literacy skills. We will explore strategies to enhance children's play opportunities, providing rich opportunities for language development. Come discuss how to foster an environment with high-level play that promotes children's language and early literacy.						
Deborah Gitlitz		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:30 - 9:00 pm	Cost: \$20.00	CCRX16WLEC	Sec # 1	CKC: LEC	Age group: IT / PK	CDA: 2

Lifelong Success: Developing Moral Autonomy in Early Childhood					Tuesday, October 30	
Participants will be provided with an overview of how moral autonomy is influenced by family and community factors, including the three major theories of discipline and four parenting/teaching styles. Positive guidance strategies that promote self-regulation, self-esteem, problem solving, and social competence will be discussed.						
Aoife Magee		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:00 - 9:00 pm	Cost: \$24.00	CCRX10THGD	Sec # 1	CKC: UGB	Age group: IT / PK	CDA: 3

There's a Health Experiment in that Disposable Diaper					Thursday, November 1	
A basic course to identify potential health risks of using disposable diapers for extended periods of time, how to minimize the risks and how to identify low risk diaper products. We'll review developmental stages of bowel and bladder control of children under 5, how these stages impact toilet training, disposable diaper use, toileting readiness and challenges. The training will be rounded out with an opportunity to share experiences, and how "mindfulness" fits in.						
Karen Wells		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
7:00 - 8:30 pm	Cost: \$12.00	CCRX13JHSN	Sec # 1	CKC: HSN	Age group: NA	CDA: 1

**New Trainer!** Rosa Ramirez is a Family Support Specialist with Mt. Hood Community College Early Head Start. She has experience as a lead toddler teacher, family worker for EHS and now in her current role as family support specialist. Rosa has a passion for working with families and finds it rewarding when they get involved in their community and discover their strengths. She empowers parents to take joy in being their child's first teacher and coaches them on the importance of meaningful teaching opportunities in their everyday lives and routines.



Selecting Appropriate Toys and Materials for Children 0-3					NEW Thursday, November 1	
Participants will gain a better understanding of how to select developmentally appropriate toys for children 0-3 years of age. This will include a brief overview of homemade, teacher-created toys. Participants will also explore how to organize and present a learning environment that supports exploration.						
Rosa Ramirez		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:00 - 9:00 pm	Cost: \$24.00	CCRX15JLEC	Sec # 1	CKC: LEC	Age group: IT	CDA: 1

**New trainer!** Dani Stamm Thomas is a Quality Improvement Specialist for Child Care Resource and Referral in Clackamas County. Before coming to the R&R world three years ago Dani ran various child care programs serving birth to twelve year olds for five years. Dani lives in North Plains with her husband and their cat.



Understanding & Supporting Different Families (Set 2)					NEW Saturday, November 3	
We will examine our own values and ideas about what a family should be and debunk the myth of the perfect family. We will explore family diversity and use our understanding to develop ways to respect, support, and respond to different families in different ways. This class will include a 30-minute break for lunch.						
Dani Stamm Thomas		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
9:30 am - 2:00 pm	Cost: \$40.00	CCRX77DIV	Sec # 1	CKC: DIV & FCS	Age group: NA	CDA: 4

<b>Using Observation and Assessment for Infant and Toddler Planning (Set 2)</b>				<b>NEW</b>	<b>Saturday, November 3</b>		
I have all of this information from observing and assessing the infants and toddlers in my program - so now what? In this session we will examine the linkages between observation and assessment practices, curriculum planning and implementation, and individualizing curriculum for positive outcomes. This class will include a 30-minute break for lunch.							
Raylene Donaldson			Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
9:00 am - 2:30 pm	Cost: \$40.00	CCR730A	Sec # 1	CKC: OA	Age group: IT	CDA: 7	

<b>Home Language Home Connection</b>				<b>NEW</b>	<b>Monday, November 5</b>		
Do you take care of Dual Language Learners? In this class we will explore the strengths that DLLs bring to the classroom, some strategies we can use to support their learning, and the importance of family connections.							
Rachel Altmann			Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:30 - 8:30 pm	Cost: \$5.00	CCR76DIV	Sec # 1	CKC: DIV	Age group: NA	CDA: 4	

<b>Smart Moves</b>				<b>Wednesday, November 7</b>			
Learning, thought, creativity, and intelligence are not processes of the brain alone, but of the whole body. In this class you'll discover why children must move, and how they must move, to fully activate their potential for growth in all areas of development.							
Sheila Henderson			Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:30 - 8:30 pm	Cost: \$16.00	CCR50HSN	Sec # 1	CKC: HSN	Age group: All	CDA: 2	

<b>Positive Behavior Intervention and Strategies: Module 2 Infant-Toddler</b>				<b>Thursday, November 8 and Thursday, November 15</b>			
<b>This is part two</b> of the Infant Toddler PBIS series. Through PowerPoint, video, and small and large group discussion, we will look at how care-giving routines and other strategies support social emotional development in infants and toddlers. We'll also discuss targeted supports for fostering social and emotional development. <b>Must attend both sessions to get a certificate.</b> <b>Module 1 is required before taking Module 2; it was offered during the summer quarter.</b>							
DyLynn Robertson and Roberta Recken			Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:30 - 9:00 pm	Cost: \$30.00	CCR75UGB	Sec # 1	CKC: UGB	Age group: IT	CDA: 3	

<b>Encouraging Mindfulness Through Exploring the Senses</b>				<b>Thursday, November 8 and Thursday, November 15</b>			
In this workshop, we will deepen our understanding of mindfulness with children, tune in to the world around us in a new way, and leave with practical strategies for offering mindfulness activities in your child care environment. The workshop will bring us into the present moment and all that we hear, see, smell, taste and touch. We will discuss how children can likewise be more present, by learning through their senses. We will examine our role in offering experiences for them to explore. <b>Must attend both sessions to get a certificate.</b>							
Caroline Falcone Goldstone			Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
7:00 - 9:00 pm	Cost: \$30.00	CCR10ZHGD	Sec # 1	CKC: HGD	Age group: PK / SA	CDA: 3	

<b>Distributed Leadership Practices in Childhood Care and Education (Set 2)</b>				<b>NEW</b>	<b>Tuesday, November 13</b>		
Ever thought that your job was impossible? Well you are not alone! In this training we will examine the practice of distributed leadership and the interdependence of leaders, followers and situations that arise. Through discussion and case scenarios we will explore strategies that will help you decide if distributed leadership is right for you!							
Tammy Marino			<b>Special Location:</b> MetroKids CDC, 600 NE Grand Ave, Portland, OR 97232				
6:00 - 9:00 pm	Cost: \$30.00	CCR10BPDF	Sec # 1	CKC: PPLD	Age group: NA	CDA: 6	

<b>Collaboration: Back to Basics</b>				<b>Tuesday, November 27</b>			
Starting a new collaboration? Need to examine an existing one? Join us as we review the four stages of starting collaboration and the key factors for shaping and building strong relationships.							
Raylene Donaldson		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220					
6:30 - 8:30 pm	Cost: \$16.00	CCR47PM	Sec # 1	CKC: PM	Age group: NA	CDA: 5	

<b>All Children Have Special Needs: Teaching to Promote Disability Awareness, Empathy, and Inclusivity (Set 2)</b>				<b>NEW Thursday, November 29</b>			
How can we practice and apply a philosophy which emphasizes ALL children are special in their own way? We will explore teaching disability awareness, empathy, learning from individual differences, and building friendships. The Individuals with Disabilities Education Act (IDEA) categories for Special Education eligibility will be briefly reviewed.							
Richard Halpern		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220					
6:30 - 8:30 pm	Cost: \$20.00	CCR81SN	Sec # 1	CKC: SN	Age group: SA	CDA: NA	

<b>Put it in Writing</b>				<b>Thursday, November 29</b>			
Confused about what forms are required by the Office of Child Care for licensing? Join us for a free, fun-filled class to discuss what forms are required and which forms are helpful when communicating with families in your care. Sample forms will be provided.							
Deb Johnson		Location: CCR&R Office Classroom 4510 NE 102nd Ave. Portland, OR 97220					
6:30 - 8:30 pm	Cost: \$5.00	CCR33PM	Sec # 1	CKC: PM	Age group: NA	CDA: 5	

<b>In the Mix 3: Connecting School-Age Children, Families &amp; Communities</b>				<b>Saturday, December 1</b>			
A provider's partnerships with children's families and with other significant adults in the community are important for the development of the children. School-age children need positive relationships with their families and with other caring adults. We will make plans to enhance these important relationships in family child care.							
Joan Lowe		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220					
9:30 - 11:30 am	Cost: \$10.00	CCR17FCS	Sec # 1	CKC: FCS	Age group: SA	CDA: 4	

<b>Supporting Children's Social and Emotional Development Birth - 5: Guiding Children's Behavior</b>				<b>NEW Saturday, December 1</b>			
In this basic training of the Supporting Children's Social and Emotional Development Birth-5 series, participants will learn about the differences between positive child guidance and punishment. The session will also provide information about typical behaviors based on a child's development and ways to encourage appropriate child behavior. Explore these topics and more in this training on "Guiding Children's Behavior."							
Aoife Magee		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220					
9:30 am - 12:00 pm	Cost: \$15.00	CCR10HUGB	Sec # 1	CKC: UGB	Age group: IT / PK	CDA: 3	

<b>Supporting Children's Social and Emotional Development Birth - 5: Responding to the Individual Child</b>				<b>NEW Saturday, December 1</b>			
In this basic training of the Supporting Children's Social and Emotional Development Birth-5 series, participants will learn about techniques for observing children and creating factual, objective observation notes that can be utilized to develop individualized plans of action. In addition, the session includes ideas for communicating with families regarding behavioral or developmental concerns and a review of available resources. Explore these topics and more in this training on "Responding to the Individual Child."							
Aoife Magee		Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220					
12:30 - 3:00 pm	Cost: \$15.00	CCR68OA	Sec # 1	CKC: OA	Age group: IT / PK	CDA: 7	

<b>Relationship Dynamics: Building Skills and Behavior for Positive Social Connections (Set 2)</b>						<b>Tuesday, December 4</b>	
Participants will explore common challenges in negative relationship dynamics and the skills and prosocial behaviors needed to create healthier social exchanges through problem solving, communication, and connection. Strategies based upon theories and research related to psycho-social stages, attachment, parenting/teaching styles, and relationship dynamics will be examined to promote healthy development and relationships from early childhood to adulthood.							
Aoife Magee			Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:00 - 9:00 pm	Cost: \$30.00	CCR83UGB	Sec # 1	CKC: UGB	Age group: All	CDA: 3	

<b>First Connections 11: Discoveries of Infancy</b>						<b>Wednesday, December 5</b>	
Infancy is a period rich in intellectual development. Infants and toddlers discover the basics of all understanding in their first three years. They learn through an active process of interacting with the world, using their senses and their bodies in an atmosphere of warm relationships with those who care for them.							
Heather Irace			Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:00 - 9:00 pm	Cost: \$15.00	CCR11HGD	Sec # 1	CKC: HGD	Age group: IT	CDA: 2	

<b>Difficult Parents: A Survival Class (Set 2)</b>						<b>Thursday, December 6</b>	
Ever deal with a helicopter parent? One who hovers for hours and hours? Join us as we discuss the characteristics of some of the common challenging parent behaviors and explore strategies for effectively meeting their needs as well as your own!							
Tammy Marino			Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:30 - 8:30 pm	Cost: \$20.00	CCR18FCS	Sec # 1	CKC: FCS	Age group: NA	CDA: 4	

Please be aware that children under the age of 16 are not allowed in trainings. If you need to bring a breastfeeding infant, please call 503-491-6205 before your training day to let us know.

<b>Children Around the World (Set 2)</b>						<b>NEW</b>	<b>Saturday, December 8</b>
This session will help to focus on the differences of nationalities, traditions, cultures, languages, music and historical aspects of each individual child and acceptance of each other in society. We will explore links between cultures and provide tools for curriculum enrichment in child care programs.							
Helen Pevzner			Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
9:30 am - 12:30 pm	Cost: \$30.00	CCR71DIV	Sec # 1	CKC: DIV & LEC	Age group: All	CDA: 8	

<b>EI / ECSE Alphabet Soup: How It Can Nourish Your Program (Set 2)</b>						<b>Wednesday, December 12</b>	
Every field has its own jargon. Early Intervention/Early Childhood and Special Education (EI/ECSE) is no exception. In this interactive session, we will examine the Individual Family Service Plan: what they look like, how to read them and how to utilize the information to benefit the children in your care.							
Melinda Benson			Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
6:00 - 9:00 pm	Cost: \$15.00	CCR56SN	Sec # 1	CKC: SN	Age group: IT / PK	CDA: 4	

<b>Developmentally Appropriate Art for Infants &amp; Toddlers (Set 2)</b>						<b>NEW</b>	<b>Saturday, December 15</b>
Come explore fun and engaging activities, along with rich materials to engage infants and toddlers in art. Discussion will focus on how we can know if an art experience is developmentally appropriate for young children. All domains of development will be explored through art, helping you to develop a wider breath of activities.							
Joan Lowe			Location: MHCC Maywood Campus 10100 NE Prescott St. Portland, OR 97220				
9:00 am - 12:00 pm	Cost: \$30.00	CCR17FLEC	Sec # 1	CKC: LEC	Age group: IT	CDA: 1	

Mt. Hood Community College  
Child Care Resource and Referral  
of Multnomah County  
26000 SE Stark St.  
Gresham, OR 97030

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## CCR&R STAFF (503) 491-6205

Christine Waters, Director 491-6210  
Amelia Reyes, Program Assistant 491-6205 - Registration  
Carmen Ellis, Training Coordinator 491-6213  
Janet Muros, Program Specialist 491-6222  
Deb Johnson, CCI Coordinator 491-6220  
Carol Wilks, CCI Program Specialist 491-6206  
Debbie Buta, CCI Business Consultant 491-6216  
Hadiyah Miller ECE Consultant 491-6221  
Tam Nguyen, Provider Specialist (Vietnamese) 491-6214  
Esther Horta, ECE Consultant/Network (Spanish) 491-6208  
Yelena Hennegan, ECE Consultant/Network (Russian) 491-6211  
Galina Nekrasova, ECE Consultant/Network (Russian) 491-6218  
Leslee Barnes, ECE Consultant/Network (English) 491-6215  
Muna Farah, ECE Consultant/Network (Somali) 491-6209

### Child behavior specialist line (503) 491-6219

Sieu Inac, Inclusion Specialist (971) 673-2294  
Cami Stevenson, Early Intervention/Special Education 491-6217  
Paula Zaninovich MSW, Child Behavior Consultant 491-6145  
Maria Nazzaro LCSW, Child Behavior Consultant (503) 258-4543

### Training Registration Questions? Call (503) 491-6205

For child care referrals call 2-1-1

For referral support contact 2-1-1 Info at (503) 416-2698

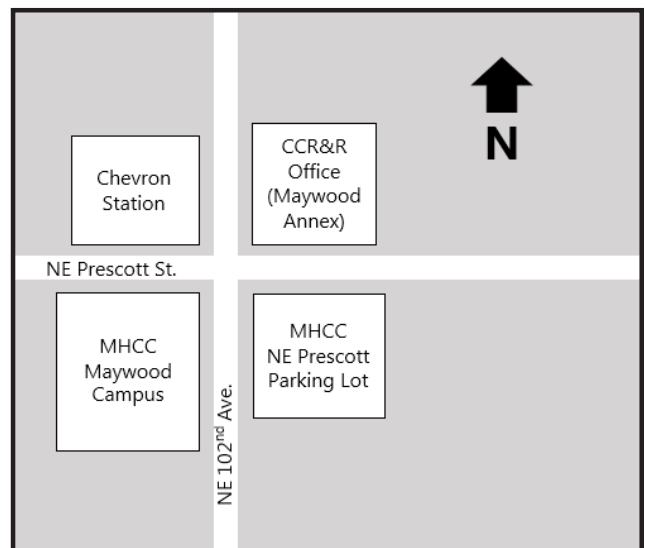
Website: [www.ccr-mc.org](http://www.ccr-mc.org)

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Please call or drop in if you need help  
registering for a CCR&R class.

Other services typically require an appointment.



OFFICE: [4510 NE 102nd AVE, PORTLAND, OR 97220](https://www.google.com/maps/place/4510+NE+102nd+Ave,+Portland,+OR+97220)

MAYWOOD: 10100 NE PRESCOTT ST, PORTLAND, OR 97220