Welcome to another great year of training! In this newsletter you’ll find the upcoming yearly training calendar with a wide variety of training classes. You will also find a current registration form and profiles on all the CAC Trainers.

Online registration can be done on www.careaboutchildcare.utah.gov, log in, click on Provider tab, then Training Calendar on the left side of the page to find the classes available.

The Care About Childcare staff is always happy to help or answer any of your training questions, please call us at (435)797-1552.

Care About Childcare – USU office has moved to the USU Family Life Center – 493 North 700 East, Logan at the bottom of Old Main Hill at Utah State University.
CAC-USU Reserved Parking Spots:
If you visit on a weekday during business hours, please use the Care About Childcare reserved parking spaces on the south side of the Family Life Center at 493 N 700 E, Logan (bottom of Old Main Hill)

CAC-USU Brigham City trainings are located at the Utah State University Brigham City Regional Campus (Old Fred Meyers building)

195 West 1100 South
Brigham City

For more information call CAC-USU at: 435-797-1552
You are invited to

Care About Child Care - USU Open House

When: Monday August 27, 2018
Time: 3pm – 8pm
Where: CAC Office, 493 N 700 E,
Logan (bottom of Old Main Hill)

Come see our new office, training space and resource room
Refreshments, Giveaways, and Door Prizes
# CAC's Amazing Instructors!

**Denise Johnson**  
I have been an Instructor for CAC for 13 years (I do not know the exact amount of time!). I worked as a childcare provider in a local childcare center for 14 years. During this time, I was a three-year-old teacher, five year old teacher, Preschool teacher and Child Care Director. I returned to school to earn my Master's Degree in 2007. I received a Sensory Impairment Early Intervention Master's Degree in 2009. I am now an Early Intervention Vision Specialist for USDB. I am married and have four children—three sons and one daughter. We enjoy watching sporting events, especially baseball and hockey, together. We love to travel to baseball stadiums and catch a few games. We laugh a lot at our house and are really enjoying a less busy life with only one child left at home!

**Azile Jenson, M.Ed.**  
I have had 30 years’ experience in Early Childhood Education working in a variety of places including Utah State University, Utah School for the Blind, Head Start and the national T/TA system for early childhood. I have five children and sixteen grandchildren who are the love of my life. I like to read, travel and oil paint. I have visited all 50 states and each one is beautiful and unique just like each child. I love teaching the CAC classes and meeting so many wonderful people.

**Amidee Arellano**  
I am currently an Education Specialist at Centro de la Familia (Migrant Head Start). I have been teaching CAC classes for two years and absolutely love spending time teaching, learning and connecting with other providers. I have earned my Bachelor’s Degree with emphasis on Psychology and Early Childhood/Family Education and have spent the last 10 years attending early childhood trainings and conferences. I love to learn! Luckily, for me, I work in a field where the learning never stops! My favorite topic to teach both children and adults is empathy in all things. I have been lucky to gain experience working with children of all ages over the years in center care, preschool and in-home care settings. I love spending time with my husband and our three rowdy dogs. We love to camp, hike, spend time in nature and listen to live music of all varieties. If I am not working, I can usually be found tending to my small goat/chicken farm, or taking my nieces and nephews out to have fun. I am excited to continue being an instructor for CAC and to get to know all of you wonderful providers.
Lisa Reeder
I truly enjoy teaching and learning about child development. I live in Hyde Park and have a great husband and four fantastic children. I graduated from Utah State with a BS in secondary education. I find early childhood so fascinating that I have spent my time here instead of with the big kids. I have run a family childcare since 2001 in my home. I really like to travel. I love reading. I enjoy camping in the wilderness, but with a camp trailer so it is not too rough.

Gina Holdaway
I am the mother of 2 teenage boys, Sage (16) and Jack (14). They are the light of my life, and keep things fun! They both swim on competitive swim teams so we spend a lot of time and weekends at swim meets. Fourteen years ago, I opened my family childcare program in Brigham City. It has grown and evolved throughout the years, and is a constant work in progress. In 2012, I became a CAC Class Instructor. This position has afforded me the opportunity to get to know the providers throughout our community, and I feel that I have learned something from every one of you! I admire the network of support and encouragement that we give to one another. I love ice cold Cokes, listening to Van Morrison, and eating chips.

Wendee Lamb
I am a Cache Valley native, currently living in Smithfield. I have been married for 24 years and have 6 children. I love spending time with my family at soccer games, camping, hiking, working in the yard, doing crafts and playing games. Summer is my favorite time of year and I love to eat all fruits and vegetables. I graduated from Utah State University with an Early Childhood education degree. I worked in the Cache District for 8 years teaching kindergarten and first grade. I then started my own preschool business, Magical Beginnings, which has operated for 17 years. I love working with kids, seeing their excitement to learn and watching them grow. I have been an instructor with CAC for 12 years and love to share experience and ideas with other providers.

Alyson Bradbury
I currently work at Little Brigham Aggies in Brigham City. I've worked there for two years and have been in child care for almost 6 years. I have always loved playing with kids so it is great to be paid while doing it. I am also a mom of a 3-year-old daughter and a 9-month-old little boy. A fun fact about them is that they were born on the same day 3 years apart. I have been married to my husband for over 5 years and we own a little home in Brigham City. In my spare time, I love to camp, and travel, and read. As much as I love kids, I am excited to be able to teach adults as well.
NEW Instructor: **Heather Andrews**

I am originally from Cache Valley, I grew up in Lewiston on a farm, and then we moved to Idaho for a couple of years and back to Richmond. I graduated from Snow College with a dual associate’s degree, in Early Childhood Education and Childcare Management. I worked in Ephraim Utah for 4 years for the Migrant Head Start as a preschool teacher. I moved back to Cache Valley when the opportunity working at Migrant Head Start opened in Garland Utah as a Manager over the Head Start program. I started school at Utah State where I eventually graduated with a Bachelor’s degree in FCHD with an emphasis in Community Services. I live in Richmond with my two very busy boys, Austin and Carter. They are very involved with music and sports. I love the Green Bay Packers and travel around to see them play. I love watching and playing all sports. I play the piano and like to sing. I love the mountains, but I do not like to hike. I have worked at Best Friends Child Development Center since 2007.

NEW Instructor: **Donna Blaylock**

Donna Blaylock grew up in Moab, and now claims Cache Valley as home. She is working on her Master’s in Family, Consumer, and Human Development with an emphasis in Early Childhood Development, and plans to graduate next May. She has worked with all different age groups of children, but her favorites are Kindergarten or young school aged. Donna and her husband recently welcomed a baby girl into their lives and is kept quite busy with her. Besides learning how to be a mom, Donna enjoys softball, hammocking, nature walks, baking unhealthy sweets, and gardening.
Achieved by March, April, May, June 2018

Provider Recognition

**Career Ladder**
- **Level 1**
  - Whitney Capener
  - Amanda Stoker
- **Level 2**
  - Pam Creger
- **Level 3**
  - Calie Rencher
- **Level 4**
  - Kelbi Burrell
  - Morgan Holmes
  - Cynthia Reddig
  - Lisa Saunders
- **Level 5**
  - Kelbi Burrell
  - Sandra Dellow
  - Jessica McCormick
  - Rachel Moore
- **Level 6**
  - Kelbi Burrell
- **Level 7**
  - Ayala Rosa
  - Kelbi Burrell
  - Dawn Sims
- **Level 8**
  - Kelbi Burrell
- **Level 10**
  - Tamara Hardy

**Endorsements**
- Kari Johnson - GEW
- Natalie Dallinga - TP
- Janene Yates - SA

**CDA**
- Lisa Saunders-FCC
- Hanna Brooks-FCC
- Maggie Porter - Preschool
- Katie Pailate - Preschool
- Angela Peterson - Preschool
- Sondra Knudsen - Preschool

**Professional Development Incentives**
- Ayala Rosa - $815.00
- Ed Barrett - $665.00
- Kristy Beier - $245.00
- Sandra Bodel - $398.00
- Sandra Dellow - $398.00
- Marianne Frisby - $1,615.00
- Tamara Hardy - $1,100.00
- Andrea Hatton - $263.00
- Teresa Hayes - $1,100.00
- Gaylene Johnson - $1,615.00
- Heather Johnson - $1,330.00
- Kari Johnson - $1,165.00
- Melissa Johnson - $1,615.00
- Danet Larson - $895.00
- Debra Leishman - $1,615.00
- Kristen Locascio - $950.00
- Jessica McCormick - $625.00
- Laura Palmer - $685.00
- Brenda Petith - $1,615.00
- Kendra Porter - $310.00
- Jackie Potter - $1,520.00
- Callie Rencher - $350.00
- Patricia Rose - $705.00
- Kelsey Saterfield - $1,118.00
- Lisa Saunders - $548.00
- Amanda Stoker - $245.00
- Jamie Tibbitts - $1,710.00
- April Turner - $1,615.00
- Dayne Wilde - $1,615.00
- Melissa Wood - $760.00

**New Programs**
- Doodlebugs Center – Amy
- Kay James
- Heather Stockhoff FCC

**Start Up Grant**
- Kathy Alavez
- Lauren Larson

**PC Grant**
- Heather Bubel
- Amanda Stoker
- Rosa Ayala

**Good Job**
Community Training Information

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### CEU Homework

All of the former UACCRRA CEU homework is now located on the URPD website under Professional Development.

[https://urpd.usu.edu/](https://urpd.usu.edu/)

**The cost of CEU credit is now FREE!**

The homework will now be mailed to URPD.

The CDA council is now accepting clock hours for CDA renewal so CEU credit is not necessary for this purpose; however, please check with the CDA Council to be sure. 3 CEU’s are still accepted for Career Ladder, Levels 5-8.

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### Home Provider and Center Licensing Orientation, Training Schedule & Ongoing Rules Training

The Utah Department of Health - Bureau of Child Development Child Care Licensing’s schedule for home and center provider orientation meetings will be posted on their website: [http://www.health.utah.gov/licensing/](http://www.health.utah.gov/licensing/). Go to the website on the “Child Care Providers tab” and then click on “Trainings”. This will give the information for both the initial orientation schedules and the on-going rules trainings.

You can also find a link to their website at: [http://www.careaboutchildcare.utah.gov](http://www.careaboutchildcare.utah.gov) click on contact. Training is online now.

If you have any questions call:
Kat Martinez: 801-698-3244

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### Tom Copeland Webinars

These webinars will help you master the business side of family child care.

Take part in a fast-paced webinar hosted by Tom Copeland. Webinars will include information on Basic Record Keeping and important tax updates.

For more information go to: [http://tomcopelandblog.com/](http://tomcopelandblog.com/)

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Hyrum Location - Smithfield Location -
10 North 600 East 502 South Main St.

Logan Location –
1525 North 200 West (435) 752-8880 / In the event of an emergency someone can be reached 7 days a week 24 hours a day - **Parenting Class:** Ongoing course cost $25.00 per individual or $30.00 per couple – Call to register [http://thefamilyplaceutah.org/](http://thefamilyplaceutah.org/) or info@thefamilyplaceutah.org

**Box Elder Family Support Center**
276 North 200 East
Brigham City, Utah 84302
(435) 723-6010 or 800-733-6010
Crisis/Respite Nursery and Parent Advocate Program

**The Logan Family Center**
50 South 400 East Logan, Utah 84321
(435) 755-5171
Email: director@loganfamilycenter.org

We are a non-profit organization that is dedicated to serving the families and communities of Northern Utah. For over 20 years, we have provided a number of free resources to help parents effectively raise and teach their children. Families have access to free classes, library materials, and more through our center. Our mission is to educate and empower families, encourage academic progress, promote family literacy, and support parenting success.
## July Training Classes

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Date &amp; Time</th>
<th>Location</th>
<th>Cost</th>
<th>Credit</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 5-8: School Readiness Course 3</td>
<td>July 26, 28, 31, 2018 6:30-9pm Thurs, Sat, Tues.</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing</td>
<td>In this course, based on Utah’s Early Childhood Core Standards, participants will learn how to effectively and appropriately foster preschooler’s social and emotional development for school readiness. Areas of focus include: self-esteem, temperament, self-regulation, emotions, guidance, problem-solving, and social studies.</td>
</tr>
</tbody>
</table>

## August Training Classes

<table>
<thead>
<tr>
<th>Course Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Level 2 &amp; 3: More Than Babysitting</td>
<td>August 1,8,15,22,2018 6:30-9pm Wednesdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing</td>
<td>In this course participants learn how to make informed decisions based on standards for best practices, utilize opportunities for individual professional growth, and contribute to the early childhood field.</td>
</tr>
<tr>
<td>Level 5-8: Director’s Toolbox Course 1</td>
<td>August 2,9,16,23,2018 6:30-9pm 4 Thursdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing</td>
<td>In this course, participants will learn qualities of good leadership, sharing power, and creating a quality center.</td>
</tr>
<tr>
<td>Level 5-8: Guidance &amp; Emotional Wellness Course 3</td>
<td>August 7,14,21,28, 2018 6:30-9pm 4 Tuesdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing</td>
<td>In this course participants will continue to learn about concepts developed by CSEFEL (Center for Social Emotional Foundations of Early Learning). They will explore development of positive teaching strategies for working with infants, toddlers, preschool children, and school-age children. They will also learn how doing observation and documentation supports healthy social/emotional development.</td>
</tr>
<tr>
<td>Level 5-8: School Age Course 3</td>
<td>August 7,14,21,28, 2018 6:30-9pm 4 Tuesdays</td>
<td>USU Ext. 195 West 1100 South Brigham City</td>
<td>$16</td>
<td>Licensing</td>
<td>In this course participants will learn about communication and the role that it plays with children, families, school/program administration and the community at large. They will also learn about the administration of programs and professional development.</td>
</tr>
<tr>
<td>Level 5-8: Theory &amp; Best Practice Course 1</td>
<td>August 11,18, 2018 8:00am-1:00pm 2 Saturdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing</td>
<td>If you’ve taken Advanced Child Development and are looking for the next step, this course is for you! In this course, participants will gain an understanding of Maslow’s Hierarchy of Needs and how to apply it in real-life situations. Participants will also learn about the work of Mary Ainsworth and John Bowlby around Attachment Theory and how attachment affects development.</td>
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## September Training Classes

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<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Level 5-8: Family Child Care Course 3</td>
<td>September 4,11,18,25, 2018 6:30-9pm 4 Tuesdays</td>
<td>USU Ext. 195 West 1100 South Brigham City</td>
<td>$16</td>
<td>Licensing</td>
<td>In this family child care course participants learn methods of supporting the developmental needs of children in the areas of: social and self awareness; physical, cognitive, and language development; and creativity. Emphasis will be placed on working with children in mixed-age groups.</td>
</tr>
<tr>
<td>Level 2 &amp; 3: Working Together</td>
<td>September 4,11,18,25, 2018 6:30-9pm 4 Tuesdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing</td>
<td>In this course participants learn effective strategies for establishing and maintaining open and positive relationships with each child’s family, encouraging family involvement in the child care program, and supporting each child’s relationship with his or her family.</td>
</tr>
<tr>
<td>Level 5-8: Special Needs Course 3</td>
<td>September 5,12,19,26, 2018 6:30-9pm 4 Wednesdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing</td>
<td>In this course participants will learn how to set up the environment to maximize success when working with children who have special needs. Topics include creating an accessible environment, arranging the environment for learning, increasing the playability of toys and materials, using routines to teach, and teachable moments.</td>
</tr>
</tbody>
</table>
# Training Schedule for July 2018 – March 2019

<table>
<thead>
<tr>
<th>Course Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Level 5-8: Infant/Toddler Course 3</strong></td>
<td>September 6,13,20,27, 2018 6:30-9pm 4 Thursdays</td>
<td>NEW LOCATION: USU CAC Office 4493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL, CDA, CEU</td>
<td>In this course participants explore how infants and toddlers learn. Areas of focus include: cognitive discoveries of infancy, the role of the caregiver in supporting learning, stages of infancy, and language development.</td>
</tr>
<tr>
<td><strong>Level 5-8: Strengthening Families</strong></td>
<td>September 8,15,22,2018 8:00am-1:00pm 3 Saturdays</td>
<td>NEW LOCATION: USU CAC Office 493 North 700 East Logan</td>
<td>$16</td>
<td>Licensing CL, CDA, CEU</td>
<td>This course teaches 5 research-based protective factors that have been demonstrated to diminish the likelihood of childhood abuse and neglect. Participants will learn to incorporate and build upon these factors in their daily work with parents.</td>
</tr>
<tr>
<td><strong>Level 1-3: Back to the Basics: Exploring Art</strong></td>
<td>September 17, 2018 6:30-9:00pm Monday</td>
<td>NEW LOCATION: USU CAC Office 4493 N 700 E Logan</td>
<td>$5</td>
<td>Licensing CL, CDA</td>
<td>In this course participants will learn key art skills to use in teaching children how to enjoy art in the classroom. Emphasis will be on open-ended art projects, a variety of art tools, recipes for variety of paints and many activities to do with art.</td>
</tr>
</tbody>
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## October Training Classes

<table>
<thead>
<tr>
<th>Course Name</th>
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<th>Credit</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Level 5-8: Unlocking the Creative Mind</strong></td>
<td>October 2,9,16,23,2018 6:30-9pm 4 Tuesdays</td>
<td>USU- Ext. 195 West 1100 South Brigham City</td>
<td>$16</td>
<td>Licensing CL, CDA, CEU</td>
<td>In this course participants will learn the value of creative art, dramatic play, creative movement, music and dance, and the important roles they play in a young child’s life.</td>
</tr>
<tr>
<td><strong>Level 5-8: Guidance &amp; Emotional Wellness Course 4</strong></td>
<td>October 2,9,16,23,2018 6:30-9pm 4 Tuesdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL, CDA, CEU</td>
<td>In this course participants will continue to learn about concepts developed by CSEFEL (Center for Social Emotional Foundations for Early Learning). They will learn about techniques, called Positive Behavior Supports, to help children with behavior issues. They will discuss the meaning of children’s challenging behavior, and learn how to develop a support plan. They will also learn about the caregiver’s role in supporting children with serious emotional disorders.</td>
</tr>
<tr>
<td><strong>Level 5-8: School Readiness Course 4</strong></td>
<td>October 3,10,17,24,2018 6:30-9pm 4 Wednesdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL, CDA, CEU</td>
<td>In this course, based on Utah’s Early Childhood Core Standards, participants will learn how to effectively and appropriately foster preschooler’s language and early literacy development for school readiness. Areas of focus include: phonological awareness, letter knowledge and concepts of print, early writing, and receptive and expressive language development.</td>
</tr>
<tr>
<td><strong>Level 5-8: School Age Course 4</strong></td>
<td>October 4,11,18,25, 2018 6:30-9pm 4 Tuesdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL, CDA, CEU</td>
<td>In this course participants will learn about creating an emergent curriculum for school age children. They will also learn about the role of evaluations and core standards in afterschool programs, as well as leadership and community outreach.</td>
</tr>
<tr>
<td><strong>Level 2&amp;3: Learning to Get Along</strong></td>
<td>October 6,13, 2018 8:00am-1:00pm 4 Thursdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL, CDA</td>
<td>In this course participants learn effective strategies for supporting young children’s social and emotional development. Areas of focus include: fostering self-esteem and independence, learning to get along in a group, and behavior guidance.</td>
</tr>
<tr>
<td><strong>Level 1-3, 5-8: Discovering Science in Child Care</strong></td>
<td>October 8, 2018 6:30-9pm 1 Monday</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$5</td>
<td>Licensing CL, CDA</td>
<td>In this course participants will become familiar with the definition of science, how to incorporate it into daily activities in child care and what questions to ask throughout a science activity. Participants will also learn how to implement the Scientific Method to use during science and what “big” questions to ask while participating in a science activity.</td>
</tr>
<tr>
<td><strong>Level 5-8: Theory &amp; Best Practice Course 2</strong></td>
<td>October 20,27, 2018 8:00am-1:00pm 2 Saturdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL, CDA, CEU</td>
<td>In this course, participants will learn about Erickson’s life’s work and gain an understanding of his Psychosocial Development Theory. Participants will also learn about levels of Bronfenbrenner’s Ecological Systems Theory and how to apply them to the child care profession.</td>
</tr>
<tr>
<td><strong>Level 1-3: Back to the Basics: Methods in Playdough</strong></td>
<td>October 30,2018 6:30-9pm 1 Tuesday</td>
<td>USU- Ext. 195 West 1100 South Brigham City</td>
<td>$5</td>
<td>Licensing CL, CDA</td>
<td>In this course participants will learn how adding blocks to different activity areas can help promote cognitive, social and large motor skills in play. Also, different types of block play will be taught to add creativity to the activity areas.</td>
</tr>
</tbody>
</table>
### November Training Classes

<table>
<thead>
<tr>
<th>Course Name</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Level 5-8: Infant/Toddler Course 4</td>
<td>November 1,8,15,29,2018 6:30-9pm 4 Thursdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL CDA</td>
<td>In this course participants explore positive ways to work with the families of the children in their care. Areas of focus include: partnerships, sharing the care, and how to be aware of, and sensitive to, cultural differences.</td>
</tr>
<tr>
<td>Level 2&amp;3: Looking to Learn</td>
<td>November 3,10,2018 8:00am-1:00pm 2 Saturdays</td>
<td>NEW LOCATION: USU CAC Office 4493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL CDA</td>
<td>In this course participants learn effective tools and strategies for gathering and using observational information about children. Areas of focus include: learning to observe children accurately and objectively, observation tools and goals, overcoming obstacles to observation, and interpreting and using observation data.</td>
</tr>
<tr>
<td>Level 5-8: TOP Star Training</td>
<td>November 6,13,27 &amp; December 4, 2018 6:30-9pm 4 Tuesdays</td>
<td>USU- Ext. 195 West 1100 South Brigham City</td>
<td>$16</td>
<td>Licensing CL CDA CEU</td>
<td>In this course participants will develop an understanding of how to prevent obesity in child care settings. They will learn how to develop policies that support mothers who choose to breast feed. They will also learn best practice regarding physical activity and nutrition for children in their care, and how to limit ‘screen time’ in their programs.</td>
</tr>
<tr>
<td>Level 5-8: Family Child Care Course 4</td>
<td>November 6,13,27 &amp; December 4, 2018 6:30-9pm 4 Tuesdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL CDA CEU</td>
<td>In this course participants learn how to set up and maintain a professional home child care business. Emphasis will be placed on ethical behavior, contract development, record keeping, taxes and marketing a home child care program.</td>
</tr>
<tr>
<td>Level 5-8: Special Needs Course 4</td>
<td>November 26,28 &amp; December 1, 2018 6:30-9pm Monday, Wednesday, Saturday</td>
<td>NEW LOCATION: USU CAC Office 493 North 700 East Logan</td>
<td>$16</td>
<td>Licensing CL CDA CEU</td>
<td>In this course participants will learn the best teaching techniques to use when working with children who have special needs. Topics include individualizing lesson plans/activities, proactive techniques, guiding behavior/interventions, and implementation of successful inclusive programming.</td>
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</tbody>
</table>

### December Training Classes

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Level 5-8: Director’s Toolbox Course 2</td>
<td>December 3,5,8,2018 6:30-9pm Monday, Wednesday, Saturday</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL CDA</td>
<td>In this course, participants will learn how to deal with the challenge of high turn-over with recruitment and interviewing techniques that help them find employees that fit with their own philosophies. Also, this course covers the power of reflection and self-awareness as it applies to setting direction for your center.</td>
</tr>
</tbody>
</table>

### January Training Classes

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Date &amp; Time</th>
<th>Location</th>
<th>Cost</th>
<th>Credit</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 5-8: School Age Course 1</td>
<td>January 8,15,22,29, 2019 6:30-9pm 4 Tuesdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL CDA CEU</td>
<td>In this course participants will gain a basic knowledge of child development during the school age years and how they can apply this knowledge in their work with school age children.</td>
</tr>
<tr>
<td>Level 5-8: School Readiness Course 1</td>
<td>January 8,15,22,29, 2019 6:30-9pm 4 Tuesdays</td>
<td>USU- Ext. 195 West 1100 South Brigham City</td>
<td>$16</td>
<td>Licensing CL CDA CEU</td>
<td>In this course, based on Utah’s Early Childhood Core Standards, participants will learn how to effectively and appropriately foster preschooler’s language and early literacy development for school readiness. Areas of focus include: phonological awareness, letter knowledge and concepts of print, early writing, and receptive and expressive language development.</td>
</tr>
</tbody>
</table>
## February Training Classes

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Date &amp; Time</th>
<th>Location</th>
<th>Cost</th>
<th>Credit</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Level 5-8: Theory &amp; Best Practice Course 3</strong></td>
<td>February 2,9, 2019</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL CDA CEU</td>
<td>In this course participants will gain an understanding of Piaget’s stages of cognitive development and why his core focus was about how people acquire, process and store knowledge. Participants will also learn about how the brain develops and how they can support healthy brain development in everyday child care practices.</td>
</tr>
<tr>
<td><strong>Level 5-8: Diving Into Developmental Screening</strong></td>
<td>February 5,12,19, 26, 2019</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL CDA</td>
<td>In this course participants will learn how to use the developmental screening tool known as the Ages and Stages Questionnaire. They will learn how work with parents to help develop an understanding of child development, check to see if development is on track, identify children who might be at risk for developmental delay, and support children’s development with learning activities.</td>
</tr>
<tr>
<td><strong>Level 2&amp;3: A Great Place for Kids</strong></td>
<td>February 5,12,19, 26, 2019</td>
<td>USU- Ext. 195 West 1100 South Brigham City</td>
<td>$16</td>
<td>Licensing CL CDA</td>
<td>In this course participants learn how to set up center and home-based child care programs to encourage play, exploration, and learning. Information is included on spaces and materials for block play, dramatic play, puzzles, games, books and literacy activities, art, sensory play, and outdoor play.</td>
</tr>
<tr>
<td><strong>Level 1: Ages &amp; Stages</strong></td>
<td>February 16,23, 2019</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL CDA</td>
<td>In this course participants learn about typical developmental milestones for infants, toddlers, preschoolers, and school age children. Participants also learn basic strategies for working with each of these age groups of children.</td>
</tr>
<tr>
<td><strong>Level 5-8: What Do You Do with the Mad that You Feel?</strong></td>
<td>February 21,28,2019</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$8</td>
<td>Licensing CL CDA</td>
<td>In this course participants will learn that controlling anger is a skill that children learn from their caregivers. They will develop an understanding of how to develop their own self-control, and examine ways to help children develop self-control. Lastly, they will learn strategies for intervention when children are overwhelmed with anger and frustration.</td>
</tr>
<tr>
<td><strong>Level 1-3, 5-8 Emergency Preparedness in Childcare Settings</strong></td>
<td>February 6, 13, 2019</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$8</td>
<td>Licensing CL CDA</td>
<td>Learn how to prepare for, survive during, and recover after an emergency situation to keep your child care thriving. Please bring a copy of your program’s Child Care Licensing Health and Safety Plan for reference throughout the course.</td>
</tr>
</tbody>
</table>
## March Training Classes

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Date &amp; Time</th>
<th>Location</th>
<th>Cost</th>
<th>Credit</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Level 5-8: Family Child Care Course 1</strong></td>
<td>March 5,12,19,26,2019 6:30-9pm 4 Tuesdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL CDA CEU</td>
<td>In this family child care course participants learn skills to help them develop the foundations of a quality home child care program. Areas of focus include: building trusting and respectful relationships with children and families, communication skills, and positive guidance.</td>
</tr>
<tr>
<td><strong>Level 1-3, 5-8: TOP Star Training</strong></td>
<td>March 5,12,19,26,2019 6:30-9pm 4 Tuesdays</td>
<td>USU- Ext. 195 West 1100 South Brigham City</td>
<td>Free</td>
<td>Licensing CL CDA</td>
<td>In this course participants will develop an understanding of how to prevent obesity in child care settings. They will learn how to develop policies that support mothers who choose to breast feed. They will also learn best practice regarding physical activity and nutrition for children in their care, and how to limit “screen time” in their programs.</td>
</tr>
<tr>
<td><strong>Level 5-8: Infant/Toddler Course 1</strong></td>
<td>March 6,13,20,27,2019 6:30-9pm 4 Wednesdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL CDA CEU</td>
<td>In this course participants explore issues to be considered when setting up for infant and toddler care. Areas of focus include: primary caregiving, group size, continuity of care, the physical environment, daily routines, and respectful caregiving.</td>
</tr>
<tr>
<td><strong>Level 5-8: Guidance &amp; Emotional Wellness Course 1</strong></td>
<td>March 7,14,21,28,2019 6:30-9pm 4 Thursdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL CDA CEU</td>
<td>In this course participants will be introduced to the Guidance and Emotional Wellness Pyramid and the Circle of Security. They will learn about concepts developed by CSEFEL (Center for Social Emotional Foundations for Early Learning). They will learn why healthy caregivers are vital to the support of children’s social/emotional development, and how to be aware of, and care for, their emotional well-being.</td>
</tr>
<tr>
<td><strong>Level 2-3: Strong &amp; Smart</strong></td>
<td>March 9, 16, 2019 8:00am-1:00pm 2 Saturdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL CDA CEU</td>
<td>In this course participants learn practical ways to promote young children's physical, cognitive, language, and creative development in age-appropriate play and learning activities.</td>
</tr>
<tr>
<td><strong>Level 5-8: Director’s Toolbox Course 3</strong></td>
<td>March 23,30,2019 8:00am-1:00pm 2 Saturdays</td>
<td>NEW LOCATION: USU CAC Office 493 N 700 E Logan</td>
<td>$16</td>
<td>Licensing CL CDA CEU</td>
<td>In this course, participants will learn about the power of reflection and self-awareness as it applies to setting direction for your center. This course will also help participants build teacher competence, strengthen staff commitment, and expand opportunities for collaboration.</td>
</tr>
</tbody>
</table>

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**Come check out the new Logan training space and resource room!**
### Acronyms for Professional Development System

<table>
<thead>
<tr>
<th>Acronym</th>
<th>Description</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>LC</td>
<td>Licensing Credit</td>
<td>Meets the requirements for licensing regulations</td>
</tr>
<tr>
<td>CL</td>
<td>Career Ladder Credit</td>
<td>Meets the requirements for the Career Ladder</td>
</tr>
<tr>
<td>CDA</td>
<td>Child Development Associate Credential Credit</td>
<td>Meets the requirements to qualify for the Child Development Associate Credential (CDA)</td>
</tr>
<tr>
<td>CEU</td>
<td>Continuing Education Units</td>
<td>Meets the requirements for Utah Career Ladder</td>
</tr>
<tr>
<td>College</td>
<td>College Credit</td>
<td>Meets the requirements for college credit from USU</td>
</tr>
</tbody>
</table>

### First Aid, CPR and Food Handler’s Training Sources

<table>
<thead>
<tr>
<th>Training Source</th>
<th>Website</th>
<th>Classes Offered</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bridgerland Applied Technology College</td>
<td><a href="https://btech.edu/heartsafer-first-aid-cpr-aed/">https://btech.edu/heartsafer-first-aid-cpr-aed/</a></td>
<td>CPR/First Aid</td>
<td>753-6780</td>
</tr>
<tr>
<td>Logan Regional Hospital</td>
<td><a href="https://intermountainhealthcare.org/locations/logan-regional-hospital/classes-events/">https://intermountainhealthcare.org/locations/logan-regional-hospital/classes-events/</a></td>
<td>CPR/First Aid</td>
<td>716-5365</td>
</tr>
<tr>
<td>Corey Wiley of Smithfield Fire Dept.</td>
<td><a href="mailto:info@smithfieldcity.org">info@smithfieldcity.org</a></td>
<td>CPR/First Aid</td>
<td>435 881-3925</td>
</tr>
<tr>
<td>Valerie Thomas</td>
<td><a href="mailto:www.earlyedprogram@gmail.com">www.earlyedprogram@gmail.com</a></td>
<td>CPR/First Aid</td>
<td>435-512-3564</td>
</tr>
<tr>
<td>Mandy Wurfsten</td>
<td></td>
<td>CPR/First Aid</td>
<td>435-245-0702</td>
</tr>
<tr>
<td>Kirk Petersen</td>
<td></td>
<td>CPR/First Aid</td>
<td>435-563-2357</td>
</tr>
<tr>
<td>Brigham City Community Hospital</td>
<td><a href="mailto:www.Brighamcityhospital.com">www.Brighamcityhospital.com</a></td>
<td>CPR/First Aid</td>
<td>435-734-4130</td>
</tr>
</tbody>
</table>
Important Reminder
Registration fees vary in amounts.
For additional information on training amounts and how to register for training courses visit http://www.careaboutchildcare.usu.edu

Registration and pre-payment is required at least five (5) business days in advance of all classes. Remember: if you have to cancel your registration, as long as you do it at least three (3) business days before the first session of class, we can issue you a Training Voucher that you can use for another training class.

If you do register for a class that is full, you have two options:

1. If you choose not to register for the class, your payment will be returned to you.
2. If you choose to register for the class, your payment will be accepted and processed and you will be placed on the waiting list. If a spot in the class becomes available, we will contact you. If you are not able to get into the class, then we will issue you a Training Voucher that can be redeemed for a future training. Please note that we have to receive your paper registration form and payment before you can be placed on the waiting list.

Please contact our office with any questions or concerns. 797-1552 or (800) 670-1552.

Please allow time for weather conditions, traffic, construction and parking issues when attending training classes.

Please take note of the Training Code of Conduct that is in this newsletter.

• Please be on time for classes!

• *If you are not able to arrive on time, then you would need to make up that session of class if you want to use the class for Career Ladder credit.

• *If you arrive late, you can stay to the class and still receive licensing credit hours.

The Code of Conduct will be strictly enforced!
Office & Library Hours

Monday - Thursday - 9am to 5pm
and Fridays, 9am to 3pm

Resource Night:
Thursdays 5pm to 8:00pm except in July and December

Please call and make an appointment before coming
during the day so we can make sure someone is
available to help you.

Street Address: 493 N 700 E, Logan, 84321
Mailing Address: 6510 Old Main Hill, Logan, UT 84322

CAC - USU Staff

Ann Austin
Executive Director

Carrie Stott
Director CAC/URPD

Leah Schilling
Director CAC/URPD

Kim Dutson
Family Child Care Specialist

Stephanie Jensen
Training Coordinator

Janeal Pollock
Referral Coordinator

We can all be reached at:
435-797-1552 or 1-800-670-1552