

Self-Study Descriptions

1. Children With Special Needs: An Introduction to Inclusion CDA 3

This self-study is part one of a two-part video series called Child Care and Children with Special Needs. Articles and topics covered include "What Exactly Does the ADA Require Child Care Programs to Do?" and "What Types of Personal Assistance and Devices Must the Child Care Program Staff Provide?" Also, participants will learn about safety considerations that need to be taken into account when determining if a child with special needs can be admitted or maintained in a childcare program. This is not an approved curriculum for the DCFS required SpecialNeeds training but offers a supplement to that information.

2. Caring for Our Children Series CDA 1 & 5

This self-study is a six part series with each module counting as 1 hour of in-service credit. The six modules are:

- Standards and you (CDA 5)
- Basic Caregiving (CDA 1)
- Ready for Anything (CDA 1)
- Setting up for Healthy and Safe Care (CDA 1)
- Keeping in Shape (CDA 1)
- Illness in Child Care (CDA 1)

3. Observing Young Children CDA 7

This self-study focuses on teaching objective skills and applying them in the classroom setting. Program essentials include learning about each child, measuring each child's progress, and evaluating the program. A video is included that describes a number of techniques and walks the student through several practice observations.

4. Positive Discipline CDA 3

This self-study shows how adults help children manage their behavior in an encouraging, nurturing, and positive manner while supporting each child's self esteem. A child-development specialist joined by parents demonstrates how positive discipline allows children to achieve self-discipline and responsibility for their actions.

5. Infant Brain Development CDA 8

This self-study explores the fascinating process of brain development during the first 15 months of life. Participants will learn that understanding how to stimulate this process can help to build a better brain for a child. Topics include achieving secure attachments, building positive relationships, and creating safe environments.

6. Time With Toddlers **CDA 8**

This **DVD** self-study brings to life the joys along with the dilemmas of caring for toddlers. The self-study address the value of providing opportunities and activities that allow toddlers to explore their world while learning keys to intervention and allowing toddlers to solve problems calmly.

7. School-Age Connection **CDA 2**

This self-study focuses on the importance of growing up in a positive environment and the basic needs for a child care program for school-age students. Participants will learn how to plan and carry out activities that focus on appreciation of others and encourage individual abilities while at the same time teach them proper goal- setting skills.

8. Work Sampling **CDA 7**

This self-study is a 3 part series on observation and assessment using the Work Sampling System. It is an Apples Video Magazine/STARnet creation. Each module counts for 2 hours of in-service credit. These self-studies are on **DVDS**. The 3 modules are:

- Developmental Guidelines and Checklist
- Focus on the Portfolio
- Focus on the Summary Report & Conferencing With Families

9. Anger Management **CDA 3**

This self-study is based on a training provided by a Mental Health Consultant in which she discusses ways to deal with both anger management in children as well as anger management in adults.

10. Scribbling, Drawing, and Writing **CDA 2**

In this self-study participants are encouraged to draw, "write" and seek opportunities to do everyday writing activities with children so they begin to develop important understandings for later writing and reading development. In this video, examples are given of each stage children go through as they learn to write. Also given are a variety of ways adults can support young children's writing through picture books, and other printed materials.

11. Extending Stories: Dramatic Play, Art, Music, and More **CDA 2**

In this self-study, participants will explore how to engage children in hands-on experiences related to well-loved stories, poems, songs, and rhymes. Children will develop their fine and gross motor skills while at the same time learning the value of both the dramatic and visual arts.

12. Exploring Math **CDA 2**

This self-study gives participants ideas about how to incorporate simple every day activities into strategies for learning basic math skills. These activities are shown to teach children the long-term benefits of this knowledge and give them a foundation of support prior to beginning an elementary school math curriculum.

13. Exploring Science

CDA 2

This self-study gives participants ideas about how to incorporate simple every day activities into strategies for learning the basic concepts of science. These activities are proven to teach children the long-term benefits of this knowledge and give them a foundation of support prior to beginning an elementary school science curriculum.

14. Room Arrangement

CDA 2

This self-study is based on a video from Teaching Strategies that presents concrete ideas for arranging preschool classrooms to encourage learning. A well-ordered classroom promotes learning, helps build a classroom community, and frees teachers to observe and interact with children in positive ways.

15. The Whole Child Series

CDA 1,2,3,4,8

This self-study is a twelve part series covering various topics with each module counting as 2 hours of in-service credit. The twelve modules are:

- Handling Daily Routines (CDA 1)
- Developing of the Physical Self (CDA 2)
- Infants in Group Care (CDA 8)
- Fostering Mental Health in Young Children (CDA 3)
- Developing Self-Esteem in Young Children (CDA 3)
- Working with Families and Tender Topics (CDA 4)
- Working with Exceptional Children (CDA 2)
- Developing Social Competence in Young Children (CDA 3)
- Helping Young Children Establish Self-Discipline and Self Control (CDA 3)
- Providing Cross-Cultural, Non-Sexist Education (CDA 3)
- Enhancing Creativity and Play (CDA 2)
- Fostering the Development of Language Skills and Emergent Literacy (CDA 2)
- Developing Thinking and Reasoning Skills (CDA 2)

16. Guidance/Discipline Series

CDA 3

This self-study is a 4 part series on Social-Emotional Development in children with each module counting for 2 hours of in-service credit. These self-studies are on **DVDS**.

The 4 modules are:

- Learning Environment (CDA 3)
- Curriculum (CDA 3)
- Teacher/Child Interaction (CDA 3)
- Coping With Challenging Behavior (CDA 3)

17. Positive Discipline (without shaking, shouting, or spanking)

CDA 3

This self-study has a separate **DVD** for each age-group listed below. Each video is 2 hours of in-service credit. The 3 age groups are:

- Babies
- Toddlers
- Preschoolers

18. Preschoolers Series

CDA 2,3, 8

This self-study is a 4 part series focusing on preschool age children 3-5 years of age. Each module counts for 2 hours of in-service credit. These self-studies are on **DVDS**.

The 4 modules are:

- Preschoolers (CDA 8)
- Preschoolers – Cognitive Development (CDA 2)
- Preschoolers – Physical Development (CDA 2)
- Preschoolers – Social emotional Development (CDA 3)

19. Toddler Series

CDA 2,3

This self-study is a 3 part series focusing on preschool age children 3-5 years of age. Each module counts for 2 hours of in-service credit. These self-studies are on **DVDS**.

The 3 modules are:

- Toddlers – Cognitive Development (CDA 2)
- Toddlers – Physical Development (CDA 2)
- Toddlers – Social emotional Development (CDA 3)

20. Infant Series

CDA 2,3

This self-study is a 3 part series focusing on preschool age children 3-5 years of age. Each module counts for 2 hours of in-service credit. These self-studies are on **DVDS**.

The 3 modules are:

- Infant – Cognitive Development (CDA 2)
- Infant – Physical Development (CDA 2)
- Infant – Social emotional Development (CDA 3)

21. Looking at the Basics of Developmentally Appropriate Practice

CDA 2

This self-study focuses on the importance of executing Developmentally Appropriate Practice with the children in your care. It defines what is meant by the term and what implications it has on childrens' development.

22. Child's Play

CDA 1

This self-study focuses on the importance of play in the Early Childhood environment. Learn why play is so important and how it literally "turns kids into adults." Play is the engine that drives child development. Understanding play is key to any unit in child development or parenting education. Explore styles of play, the role of adults, the value of toys. Learn about practice play, parallel and co-operative play, sensory play, creative and symbolic play.

23. The Business of Family Child Care

CDA 5

This self-study focuses on how to be a successful business owner of a Family Child Care Program. This self study includes information on starting a business, recordkeeping, income and expenses, and marketing. This self -study is useful for both a new person entering the field and one who wants to improve their business practices.

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