

Self-Study Descriptions

(Each DVD/ video is **2 hours** of DCFS contact hours)

1. The Business of Family Child Care (DVD)

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.

2. Looking at the Basics of Developmentally Appropriate Practice (DVD)

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 children's development.

3. Child Safety at Home (DVD)

CDA 1

This self-study focuses on some basic steps that a child care provider can take to prevent injuries to small children in the home setting. Child safety at home provides safety tips and first aid education in basic language and easy-to-follow video demonstrations.

4. Child's Play (DVD)

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.

5. Room Arrangement (DVD)

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.

6. Anger Management (DVD)

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.

7. Time With Toddlers (DVD)

CDA 8

This 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.

8. Guidance/Discipline Series (DVD)**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

The 4 modules are:

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

9. Positive Discipline (without shaking, shouting, or spanking)**(DVD)****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

10. Infant Series (DVD)**CDA 2,3**

This self-study is a 3 part series focusing on preschool age children Birth-18 months of age. Each module counts for 2 hours of in-service credit.

The 3 modules are:

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

11. Toddler Series (DVD)**CDA 2,3**

This self-study is a 3 part series focusing on preschool age children 18 months - 3 years of age. Each module counts for 2 hours of in-service credit.

The 3 modules are:

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

12. Preschooler Series (DVD)**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.

The 4 modules are:

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

13. School-Age Series (DVD)**CDA 2,3**

This self-study is a 3 part series focusing on preschool age children 6-12 years of age. Each module counts for 2 hours of in-service credit.

The 3 modules are:

- Middle Childhood – Cognitive and Language Development (CDA 2)
- Middle Childhood – Physical Development (CDA 2)
- Middle Childhood – Social Emotional Development (CDA 3)

14. Work Sampling (DVD)

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.

The 3 modules are:

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

15. The Whole Child Series (DVD)

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.

- Unit 1 - Handling Daily Routines (CDA 1)
- Unit 2 - Developing of the Physical Self (CDA 2)
- Unit 3 - Infants in Group Care (CDA 8)
- Unit 4 - Fostering Mental Health in Young Children (CDA 3)
- Unit 5 - Developing Self-Esteem in Young Children (CDA 3)
- Unit 6 - Communicating with Families and Tender Topics (CDA 4)
- Unit 7 - Working with Exceptional Children (CDA 2)
- Unit 8 - Developing Social Competence in Young Children (CDA 3)
- Unit 9 - Helping Young Children Establish Self-Discipline and Self Control (CDA 3)
- Unit 10 - Providing Cross-Cultural, Non-Sexist Education (CDA 3)
- Unit 11 - Fostering Creativity and Play (CDA 2)
- Unit 12 - Fostering the Development of Language Skills and Emergent Literacy (CDA 2)
- Unit 13 - Developing Thinking and Reasoning Skills (CDA 2)

16. Observing Young Children (Video)

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.

17. Positive Discipline (Video)

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.

18. Infant Brain Development (Video)

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.

19. School-Age Connection (Video)**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

20. Scribbling, Drawing, and Writing (Video)**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.

21. Extending Stories: Dramatic Play, Art, Music, and More (Video)**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.

22. Exploring Math (Video)**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.

23. Exploring Science (Video)**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.

24. Children With Special Needs: An Introduction to Inclusion (Video)**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 Special Needs training but offers a supplement to that information.