

Southwestern CHILD DEVELOPMENT COMMISSION

Connecting Matters...

Take Care of You- Take Care of Others-Take Time to Share

Serving:

Buncombe, Haywood, Henderson, Madison, and Transylvania Counties

Grant Funding Provided by:

▫



Explore More FREE

Training Opportunities!

Online On-Demand



Online On-Demand Child Care Courses
For Buncombe, Haywood, Henderson,
Madison, Transylvania
Early Childhood Educators

1. **Anger & Aggression in Young Children*
2. **Children with Incarcerated Family Members*
3. Homelessness in Afterschool
4. Infant Mental Health – The Basics of What & Why
5. Methamphetamines and the Effects on Children
6. Only 1 U: Suicidal Youth

**New Courses Added for November 2020*

Health & Wellness
 Trauma Informed
 Trauma Responsive

Grant Funding Provided By



PISGAH
HEALTH FOUNDATION
<https://pisgahhealthfoundation.org/>



Southwestern
CHILD DEVELOPMENT
COMMISSION

All Courses Approved by
 NC Division of Child
 Development & Early Education

Register at
<http://www.swcdcinc.org>

Enter Discount Code: **PHF20**
 (Expires 8-31-2021)

Have Questions?
 Contact Karen Darby
darby.karen@swcdcinc.org
 704-641-7550



**Early Care & Education
CAN Help!**

**Rebounding &
Recovering
from Trauma**

**SELF PACED-ONLINE
.2 CEU/ 2 CHC**

\$15 per person

Instructor: Karen Darby
darby.karen@swcdcinc.org or
704-641-7550

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Children have a difficult time adjusting to change, who doesn't! Change can make us feel powerless and helpless. In children, this is because they lack the ability to protect themselves or others, and they feel intense fear or insecurity. Young children and even school age children are beginning to develop coping skills, but often do not have all of the language to fully express all of these intense feelings during traumatic times. The early care and education setting can be a place for rebounding and recovery as children's play may reflect all aspects of the event. Through reenactment and observation we can see how children are feeling and help them work through those feelings by guiding discussions and answering their questions. The role of the early educator is essential to their well-being. The physical environment and materials along with planning and thoughtful and intentional interactions can aid in the recovery of children.



**This training is approved by
NC Division of
Child Development and
Early Education.**

Participants in this learning event will summarize possible behaviors children may exhibit following a traumatic event, identify ways their physical environment can help in children's recovery from a traumatic event, and develop responses to possible behaviors children may exhibit during play.

Technology Required

- Electronic device with internet connection
- Electronic device with audio & ability to watch/listen to a video
- Ability to enter a typed response
- PDF reader
- Ability to send/receive email.

Each participant must register with a unique email address.
Email addresses can not be shared.

Course Certificate

To earn the course certificate, participants must log in and work through course software using their own email address, respond to interactive questions in software, and pass a post knowledge assessment with a score of 90% or higher with unlimited attempts allowed. The instructor has no proprietary interest in the design, development, or marketing of this learning event.

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ONLINE TRAINING
REGISTRATION



Ways to Wellness

Take care of yourself...improve your mental and physical health today!

Reveal the Video



Headache Relief

Learn more about relaxing and exercising the stress triangle...

Discover How



Book Lovers...check out these must reads!

Building Your Bounce: Simple Strategies for a Resilient You

Culturally Responsive Self-Care Practices for Early Childhood Educators



Family Support Activities... Reading with your children is a great way to start!

After the Fall (How Humpty Dumpty Got Back Up Again)



School Age Trauma Informed Care...

Powerful Trauma-Sensitive Practices you need to Know

SWCDC Child Care Resource and Referral

ABOUT US



Questions? Contact us today 828-586-5561 or info@swcdcinc.org