

## Professional Development in Lexington

**Please Note: Workshops in Lexington are being held at two different locations:**

Methodist Weekday School, 2600 Massachusetts Avenue, Lexington, MA

Temple Isaiah, 55 Lincoln Street, Lexington, MA

The location name for each workshop is listed under the workshop title

### Getting Children to Listen: Communication Strategies that Work with Young Children

**Location: Methodist Weekday School**

Monday, September 21, 2009 7:00 – 9:00 pm Fee: \$25  
Susan Krupp

EEC Core Competency: Guiding and Interacting

How can we communicate with children in ways that motivate them to listen and respond appropriately? We will explore the concepts of acknowledging feelings, I-messages, choices, body language, setting, tone of voice, and modeling. You will discover how to express your feelings and needs sensitively and maintain open avenues of communication with children while setting limits on inappropriate behavior. You will leave this workshop with a host of communication strategies and specific language you can use right away in your program.

### Get Ready to Write\*

**Location: Temple Isaiah**

Wednesday, October 21, 2009 7:00 – 9:00 pm Fee: \$25  
Marion Sitomer

EEC Core Competency: Growth and Development

There are many skills preschoolers need before they are ready to actually write. Discover a variety of activities that can easily be incorporated into early childhood programs to support preschoolers as they develop the underlying skills (building the muscle groups, spatial concepts and visual-motor skills) to get ready to write well. These pre-writing activities will benefit all young children, but especially those experiencing developmental delays or who have diverse learning styles.

### Curriculum Clinic: Celebrating History and Traditions

**Location: Methodist Weekday School**

Monday, November 9, 2009 4:00 – 6:30 pm Fee: \$30  
Christy Harvey

EEC Core Competency: Learning Environments and Curriculum

Each child comes to us with his or her own family and community history and traditions. We will focus on the meaningful ways in which children can learn about and connect with history and traditions – their own, as well as ones from all around the world – and how you can incorporate these into your curriculum. We will highlight a wonderful array of children's literature and share ideas for how to provide unique hands-on learning experiences that emphasize the importance of history, tradition and celebration in a person's life. You will learn how history and traditions impact children's social and emotional development, and specific strategies about how to introduce related concepts and activities to preschool children of all learning abilities.

### SPECIAL 2 PART SERIES

**Location: Temple Isaiah**

Register for one or both of these workshops to understand how to help children and yourself cope with trauma.

Kathleen Guarino

Fee: \$25 per session

### Trauma, Self-Regulation and Coping Skills: Basic Information and Techniques to Help Children\*

Thursday, December 3, 2009 7:00 – 9:00 pm

EEC Core Competency: Guiding and Interacting

Explore how you can positively ease the effects of trauma on young children. Learn what self-regulation and coping skills are, and their importance to children's social, emotional, and cognitive development, as well as the effect that trauma may have on them. Discover how a variety of activities that you already use in your curriculum can help children learn how to regulate their behaviors. You will also have the opportunity to practice simple techniques to use in your program, and learn how to share these strategies with parents. Please wear comfortable clothing!

### Taking Care of Yourself

Wednesday, February 10, 2010 7:00 – 9:00 pm

EEC Core Competency: Professionalism and Leadership

Working in the "helping" professions often means that our work is emotionally intensive and resource-scarce. We will explore the impact of this on our day-to-day well-being. You will learn how to build awareness, avoid pitfalls, gain inspiration, and find time to foster healthy and sustainable work environments for you and your team.

### Adapting Curriculum and Environments to Meet Individual Needs\*

**Location: Methodist Weekday School**

Monday, January 11, 2010 7:00 – 9:00 pm Fee: \$25  
Kristin Fay

EEC Core Competency: Learning Environments and Curriculum

How do you design an environment and curriculum that successfully foster the development of all young children? You will gain an understanding of differentiated teaching, strategies for individualized learning experiences, and contextual planning as you develop your repertoire of teaching techniques. Discussion will include how to create schedules, routines, transition processes, and adaptations to the learning environment in order to support young children with disabilities in the inclusive early childhood setting.

### Communicating Effectively: Is Anyone Listening? 2 part

**Location: Temple Isaiah**

Mondays, March 15 & 22, 2010 7:00 – 9:00 pm Fee: \$50  
Marlies Zammuto

EEC Core Competency: Professionalism and Leadership

Effective listening is a key factor in effective communication. In this experiential series you will learn about and practice the skills used in listening with intention. We will explore the concept of, and strategies for listening for content, meaning, clarity, understanding and connection. We will also examine issues involved in cross cultural communication, and learning when to talk and when to be silent in conversation. You will leave with an understanding of how we can communicate our messages more clearly.

Go Green  Register Online!  
www.compassforkids.org

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### Curriculum Clinic: What Happens If...Preschool Investigations

**Location: Methodist Weekday School**

Monday, April 5, 2010 4:00 – 6:30 pm Fee: \$30  
Christy Harvey

EEC Core Competency: Learning Environments and Curriculum

Celebrate and support the natural curiosity and wonder in preschool-aged children. In this clinic we will discuss, explore, and experiment with how to create an environment that invites preschool children's explorations and investigations. You will learn how to work with the children to uncover their questions and ideas, and build activities and learning experiences that are meaningful to them and fun for all. Specific ideas will be shared about how to incorporate the learning needs of all preschool children into the investigative learning process.

### Quirky Kids: Understanding and Supporting Young Children Who Don't Easily Fit In\*

**Location: Methodist Weekday School**

Monday, May 10, 2010 7:00 – 9:00 pm Fee: \$25  
Cathy Parshley

EEC Core Competency: Growth and Development

Do you work with a child who is different from others in ways that are difficult to understand? They may be out of sync with their peer group, have difficulty managing their emotions, have unusual interests or demeanors, have a specific developmental delay or diagnosed special need, or struggle with anxiety. We will identify characteristics of these "quirky kids" and you will develop a deeper understanding of them. You will leave with specific strategies to support them in your program.

### Helping School-Age Children to Cooperate and Succeed by Understanding Individual Differences\*

**Location: Methodist Weekday School**

Monday, June 7, 2010 7:00 – 9:00 pm Fee: \$25  
Suzanne Wildman

EEC Core Competency: Guiding and Interacting

Explore a broad framework for comprehensively and compassionately understanding children, particularly those who may be baffling or frustrating in their behavior, interactions and/or approaches to learning. We will examine approaches and specific strategies for dealing with these children, based on an understanding of individual temperaments and learning styles. Come with questions and an open mind, and leave with a new perspective on the children in your program.

Can't make it to one of our workshops? We can bring training directly to you! We will help you design a customized training for your staff or parent group – the right training at the right time, right at your site!

*"Our Center could not have been happier with the on-site training provided. We are a large center that provides care for children ranging from toddlers to school-age and needed a training that would benefit all ages. This difficult task was handled superbly and PRA was able to help choose a topic to accommodate all educators – it was just perfect for all the staff. The workshop was wonderful and the facilitator was amazing - professional, enthusiastic and shared great ideas and resources with the teachers. We are looking forward to scheduling additional trainings through PRA!"*

~ Susan La Croix

Susan LaCroix, GLCAC, Inc. Child Care Center

*"Over the years our teachers have attended workshops run by Parenting Resource Associates and felt the quality of the workshops was superior. Last year we turned to Parenting Resource Associates to provide an intensive all day on-site workshop on Supporting Children's Social Emotional Development and Working with Emotionally Reactive Children. The early childhood educators and family childcare providers who attended overwhelmingly felt it was one of the best and most useful trainings that they had attended."*

~ Dean Solomon, Woburn Council of Social Concern