



Training Events Listing December Trainings

| December | | | | | | | |
|-------------------------------|---------------------|---|--|------------------------------------|--|---|--------------------------------|
| Date | Time | Location <i>Face to Face Trainings Noted in Purple</i> | | Title | Trainer | Fee | Registration Deadline |
| Thursday, December 5, 2024 | 6:00 pm- 7:30 pm | Online Webinar | | Navigating Stressors in Child Care | Marquita Myles, 4-C Infant Early Childhood Mental Health Consultant | Fee: Non 4-C Members: \$10, 4-C Members: Free | Thursday, November 28, 2024 |
| Monday, December 16, 2024 | 6:00 pm- 8:00 pm | Online Webinar | | Self-Compassion in Self-Care | Andrea Cossey, 4-C Early Childhood Mental Health Consultant | Fee: Non 4-C Members: \$10, 4-C Members: Free | Monday, December 9, 2024 |

Navigating Stressors in Child Care

A career in child care can be highly rewarding, but it can also be stressful. Despite exposure to illness, physically demanding work and lower wages, child care providers bring passion and enthusiasm to the classroom every day. Managing your work-related stress begins with understanding the sources of your stress. To address stress in your job, you must understand where it comes from so you can take steps to address it. If you find yourself in a stressful situation in the future, you will already have a plan in place.

Audience: All Providers

Level of Learning: Introductory

Self-Compassion in Self-Care

Early Childhood educators face unique challenges such as emotional exhaustion, stress and burnout due to the demanding nature of working with young children, often in environments that require high levels of patience, care and emotional energy. Self-compassion training can offer tools to help educators manage these stressors in a healthy sustainable way.

Audience: All Providers

Level of Learning: Intermediate



CPR/First Aid Trainings



Training fee is waived for providers caring for families in Carroll, DeKalb, Lee, McHenry, Ogle, or Whiteside counties. Reimbursement is available for providers taking CPR/First Aid outside of 4-C. See guidelines on the training calendar page of our website.

To register, providers are required to have a current 4-C membership.

All CPR/First Aid Trainings offered by 4-C qualify for both CCAP Health and Safety Training Hours and CCAP Health and Safety Orientation

| <i>Date</i> | <i>Location</i> | <i>Time</i> | <i>Trainer</i> | <i>Registration Deadline</i> |
|------------------------------|---|--------------------|---|-------------------------------------|
| Saturday, December 7, 2024 | McHenry County Mental Health Board 620 Dakota St, Crystal Lake | 8:30 am-12:30 pm | Annie Johnson, Asst. Director, The Growing Place | Monday, December 2, 2024 |
| Saturday, December 14, 2024 | Loveland Community House 513 W 2 nd St, Dixon | 8:30 am-12:30 pm | Maria Lombardo, Director, Kishwaukee College Early Learning Center | Monday, December 2, 2024 |
| Wednesday, December 18, 2024 | Northern Illinois University Child Development and Family Center 220 Annie Glidden Rd, DeKalb | 6:00 pm-9:00 pm | Amy Lofthouse, Associate Director, NIU Child Development and Family Center | Wednesday, December 11, 2024 |