

PROFESSIONAL DEVELOPMENT COURSES

FOR EARLY CHILDHOOD PROGRAMS



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**

CENTER FOR CHILDREN & FAMILIES

EARLY CHILDHOOD DIVISION

alexandriava.gov/go/1938

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ABOUT OUR PROGRAM

As a part of the City of Alexandria's Department of Community and Human Services (DCHS), the Early Childhood Wellness and Provider Development team provides an array of services to support our youngest residents in Alexandria and their families, caregivers, and the professionals that support them.



The Provider Development team supports prospective individuals with completing the necessary steps to become an in-home childcare provider. Additionally, they offer guidance, training, and monitoring to help existing local agency regulated and state licensed providers operating in the City of Alexandria. The program also provides on-going training and professional development opportunities both in-person and virtually to in-home and center-based providers.

The Early Childhood Wellness team is available to provide supports related to the social-emotional and behavioral needs of young children birth to five years of age. Culturally-sensitive, evidence-based, and age-appropriate supportive interventions are offered. Infant and Early Childhood Mental Health consultations can also be provided upon request. For more information, please visit: alexandriava.gov/go/1938

**Trainings listed in this course catalog are provided free of charge to the following: center-based childcare programs currently receiving public funding (i.e. childcare subsidy, VQB5); programs associated with the Alexandria City Public Schools (ACPS); and DCHS programs. This applies to trainings listed on pages 4-20.*

OUR TEAM



VACANT,
SUPERVISOR



PATRICIA EITEMILLER,
PROVIDER TRAINING



NATALIA SPINNER,
PROVIDER SUPPORT



VACANT,
PROVIDER SUPPORT



GRACE JONES,
SENIOR THERAPIST



NIKITA THADANI,
SENIOR THERAPIST

Ages & Stages



Full Description: The Ages & Stages Questionnaires®, Third Edition (ASQ®-3) is a developmental screening tool designed for use by early educators and health care professionals. It relies on parents as experts, is easy-to-use, family-friendly, and creates the snapshot needed to catch delays and celebrate milestones. It is a developmental screening tool that pinpoints developmental progress in children between the ages of one month to 5 ½ years. Its success lies in its parent-centric approach and inherent ease-of-use; a combination that has made it the most widely used developmental screener across the globe. Evidence shows that the earlier development is assessed—the greater the chance a child has to reach his or her potential. Learn more at agesandstages.com.

Introduction to the Ages & Stages Questionnaires®, Third Edition (ASQ®-3)

Description: During this training, early childhood professionals will have the opportunity to learn the components of the Ages & Stages Questionnaires®, Third Edition (ASQ®-3), practice scoring, and understand ways this tool can be used within their programs to screen, monitor, and identify potential developmental concerns of the children in their care. Delivering screening results and next steps will also be discussed. Copies of the screening questionnaires and resources are provided by the trainer.

Format: In-Person

Time: 2 hours

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Ages & Stages Questionnaires®, Third Edition (ASQ®-3) - Refresher

Description: Designed for early childhood professionals familiar with or previously trained in the use of the Ages & Stages Questionnaires®, Third Edition (ASQ®-3) this training will support their continued use of this important tool that allows them to screen, monitor, and identify potential developmental concerns of the children in their care. This training can be adapted to meet the specific needs of an individual program by request.

Format: Virtual or In-Person

Time: 90 -120 minutes

Adaptable: This training can be adapted to best suit the needs of the program.

Instructor: Patricia Eitemiller, M.Ed.

Virtually Delivering the Ages & Stages Questionnaires®, Third Edition (ASQ®-3)

Description: Designed for early childhood professionals familiar with or previously trained in the use of the Ages & Stages Questionnaires®, Third Edition (ASQ®-3) this training will support early childhood professionals in the use of the ASQ®-3 through a virtual format. Adaptations and considerations for how to successfully administer this tool virtually while partnering with children's families or caregivers will be discussed and resources will be shared. This training can be adapted to meet the specific needs of an individual program by request.

Format: Virtual

Time: 90 minutes

Adaptable: This training can be adapted to best suit the needs of the program.

Instructor: Patricia Eitemiller, M.Ed.

Ages & Stages (ASQ®-3): What are my next steps?

Description: This course is designed for early childhood professionals to assist them in speaking with families and caregivers about the next steps after completing the screening from sharing strengths, discussing concerns, and making appropriate referrals. This training can be adapted to meet the specific needs of an individual program by request.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: This training can be adapted to best suit the needs of the program.

Instructor: Patricia Eitemiller, M.Ed.

● BUILD YOUR CAPACITY ● ENHANCE YOUR SKILLS ● STRENGTHEN RELATIONSHIPS



Ages & Stages: Social Emotional



Full Description: The Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2) is a parent-completed, highly reliable system focused solely on social-emotional development in young children. Modeled after the ASQ®-3, it is tailored to identify and screen social and emotional behaviors. Accurately identifying behavior, the ASQ®:SE-2 paves the way for next steps whether it be further assessment, specialized intervention, or ongoing monitoring to help children reach their fullest potential during their most formative early years. The ASQ®:SE-2 is an easy-to-use tool that allows professionals to review questionnaire results and quickly recognize young children at risk for social or emotional difficulties, identify behaviors of concern to caregivers, and recognize any need for further assessment. It should be used in collaboration with the ASQ®-3, and those learning to administer ASQ®:SE-2 must have knowledge and experience with the ASQ®-3. Learn more at [agesandstages.com](https://www.agesandstages.com).

Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2)

Description: During this training, early childhood professionals will have the opportunity to learn when to use the ASQ®:SE-2, the components of the tool, and practice scoring. Delivering screening results and next steps will also be discussed. Copies of the screening questionnaires and resources are provided by the trainer. Participants must have knowledge and experience using the ASQ®-3.

Format: In-Person

Time: 4 hours (Can be done in two, 2-hour sessions)

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2) - Refresher

Description: Designed for early childhood professionals familiar with or previously trained in the use of the Ages & Stages Questionnaires®: Social-Emotional Second Edition (ASQ®:SE-2), this training will support their continued use of this important tool that allows them to screen for and identify behavior that could lead to further assessment, intervention or ongoing monitoring. This training can be adapted to meet the specific needs of an individual program by request.

Format: Virtual or In-Person

Time: 90 -120 minutes

Adaptable: This training can be adapted to best suit the needs of the program.

Instructor: Patricia Eitemiller, M.Ed.

Virtually Delivering the Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2)

Description: Designed for early childhood professionals familiar with or previously trained in the use of the Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2) this training will support early childhood professionals in the use of the ASQ®:SE-2 through a virtual format. Adaptations and considerations for how to successfully administer this tool virtually while partnering with children's families and/or caregivers will be discussed and resources will be shared. This training can be adapted or modified to meet the specific needs of an individual program by request.

Format: Virtual

Time: 4 hours (Can be done in two, 2-hour sessions)

Adaptable: This training can be adapted to best suit the needs of the program.

Instructor: Patricia Eitemiller, M.Ed.



**Ages & Stages:
Social Emotional**

● BUILD YOUR CAPACITY ● ENHANCE YOUR SKILLS ● STRENGTHEN RELATIONSHIPS

Coaching with Powerful Interactions



Full Description: Starting in 2021, the Alexandria Professional Learning Council (PLC) leadership team in partnership with Kids First Years choose the book, *Powerful Interactions: How to Connect with Children to Extend Their Learning* (2020) as a tool to better support and strengthen the interactions of our early childhood teachers, professionals, children, and families within the Alexandria community as a means for supporting our early childhood community. In the second year of this project, the PLC chose the book, *Coaching with Powerful Interactions: A Guide for Partnering with Early Childhood Teachers* to further support the early childhood professionals in the City of Alexandria. Comprised of facilitated and interactive small group discussions, this book study will empower early childhood leaders in our community through coaching strategies while keeping the three steps of powerful interactions at the forefront of their partnership with the professionals they are coaching. At the end of the course, participants will be able to take the concepts studied in this book and incorporate them to strengthen and enhance their support of the teachers and professionals they are coaching to improve the overall quality of teaching practices. Learn more at: naeyc.org/resources/pubs/books/coaching-powerful-interactions

Course Materials: Jablon, J., Dombro, A.L., & Johnsen, S. (2016). *Coaching with powerful interactions: A guide for partnering with early childhood teachers*. National Association for the Education of Young Children.

Coaching with Powerful Interactions Book Study Series

Description: Participants in this training series will engage in a four-session book study examining the book: *Coaching with Powerful Interactions: A Guide for Partnering with Early Childhood Teachers* and applying the three steps of Powerful Interactions; Be Present, Connect, and Extend Learning to their coaching practice. Participants will have the opportunity to engage in thought-provoking discussions that will enhance and strengthen their coaching skills as they support the educators, staff, professionals, and colleagues in their environments. This training is designed for center-based programs or professionals that regularly engage in coaching whether as a supervisor, administrator, lead teacher, or a professional receiving coaching support. Participants must have completed the full Powerful Interactions course (see page 7) to enroll in this course and be participating in the VQB5 system. Books will be provided several weeks prior to the start of the course. Best suited for program managers, supervisors, or lead teachers.

Format: Virtual

Time: 90 minutes per session for four sessions

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Coaching with Powerful Interactions Book Study (Full Day)

Description: Adapted from the multi-session, virtual training series participants will engage in a book study examining the book: *Coaching with Powerful Interactions: A Guide for Partnering with Early Childhood Teachers* and applying the three steps of Powerful Interactions; Be Present, Connect, and Extend Learning to their coaching practice. Participants will have the opportunity to engage in thought-provoking discussions that will enhance and strengthen their coaching skills as they support the educators, staff, professionals, and colleagues in their environments. This training is designed for center-based programs or professionals that regularly engage in coaching whether as a supervisor, administrator, lead teacher, or a professional receiving coaching support. Participants must have completed the full Powerful Interactions course (see page 7) to enroll in this course and be participating in the VQB5 system. Books will be provided prior to the start of the course. Best suited for program managers, supervisors, or lead teachers.

Format: In-Person

Time: Full Day (6.5 hrs)

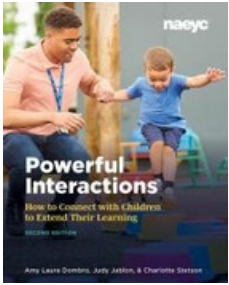
Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Coaching with
Powerful Interactions



Powerful Interactions



Full Description: Starting in 2021, the Alexandria Professional Learning Council leadership team in partnership with Kids First Years chose the book, *Powerful Interactions: How to Connect with Children to Extend Their Learning* (2020) as a tool to better support and strengthen the interactions of our early childhood teachers, professionals, children and families within the Alexandria community. Comprised of facilitated and interactive small group discussions, this book study will empower more leaders in our community to engage in powerful and meaningful interactions with the children and families we serve. At the end of the course, participants will be able to take the concepts studied in this book and incorporate them to strengthen and enhance the care and education they provide to young children. Learn more at: naeyc.org/resources/pubs/books/powerful-interactions-2

Course Materials: Dombro, A.L., Jablon, J., & Stetson, C. (2020). *Powerful interactions: How to connect with children to extend their learning* (2nd ed.) National Association for the Education of Young Children.

Powerful Interactions Book Study Series

Description: Participants in this training series will engage in a professional learning community book study focused on the book: *Powerful Interactions: How to Connect with Children to Extend Their Learning*. Over the course of the sessions, participants will explore the three steps of Powerful Interactions: Be Present, Connect, and Extend Learning and engage in thought-provoking discussions that will enhance the quality of the care, education, and support they provide to the children in their care and classrooms. This course is designed to support providers in strengthening and enhancing their interactions paralleling those skills identified by the CLASS observation tool. Participants are expected to read portions of the book prior to the meetings. This course is open only to providers participating in the VQB5 system. This is a five-session course. Books will be provided several weeks prior to the start of the course.

Format: Virtual

Time: 75 minutes per session for five sessions

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Powerful Interactions Book Study (Full Day)

Description: Adapted from the monthly, virtual training series this offering allows participants to engage in a professional learning community book study focused on the book: *Powerful Interactions: How to Connect with Children to Extend Their Learning* in a one-day, full day, in-person training. Participants will explore the three steps of Powerful Interactions: Be Present, Connect, and Extend Learning and engage in thought-provoking discussions, that will enhance the quality of the care, education, and support they provide to the children in their care and classrooms. This course is designed to support providers in strengthening and enhancing their interactions paralleling those skills identified by the CLASS observation tool. Participants are expected to read the entire book prior to the course. This course is open only to providers participating in the VQB5 system. Books will be provided several weeks prior to the start of the course.

Format: In Person

Time: Full Day (7 hrs)

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.



BE PRESENT

CONNECT

EXTEND LEARNING

Powerful
Interactions

Protective Factors Framework



Full Description: The Strengthening Families™ approach and protective factors framework is a research-informed, strengths-based approach that prevents child abuse and neglect by focusing on the well-being of all families and helping families identify and build on their own protective factors. The Strengthening Families™ Protective Factor Framework includes the following five protective factors: Parental Resilience, Social Connections, Knowledge of Parenting and Child Development, Concrete Support in Times of Need, Social and Emotional Competence of Children. Learn more at: ctfalliance.org/protective-factors/

Protective Factors Framework (Full Series)

Description: The Strengthening Families™ Protective Factors Framework curriculum allows participants to understand and communicate the importance of using the framework as they engage with children and families as they go about their everyday work. It examines how culture impacts families as they seek to build protective factors as well as how culture shapes how we individually feel, act, and think. It emphasizes the critical role parents play in strengthening families by viewing parents as valuable partners in every phase of their work. This is a seven-session course; including an introductory session, an in-depth session on each of the five Protective Factors, and a wrap-up session focusing on moving from knowledge to action.

Format: Virtual or In-Person

Time: 90-120 minutes per session for seven sessions

Adaptable: This training can be adapted to deliver the full course, or individual sessions per request.

Instructor: Patricia Eitemiller, M.Ed.

Individual Session Descriptions

Title: Introduction to the Protective Factors

Description: Participants will explore all five protective factors and learn about the program strategies that help families to build the protective factors. Participants will be encouraged to consider and reflect what it means to work with families in a strength-based way. Participants will learn about some tools that will help them be more intentional in using the framework as an everyday part of their work. This course is recommended for those that have no prior knowledge or training on the Protective Factors Framework or as an intro to the full course.

Format: Virtual or In-Person

Time: 90-120 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Parental Resilience

Description: Resilience, simply defined, means the ability to recover from difficult life experiences. Resilient parents and caregivers have empathy for themselves and others and are able to keep a positive attitude, solve problems creatively and take life's events in stride. This course will equip participants to define and recognize signs of parental resilience, identify actions you can take to help build the resilience of parents with whom they work, share examples of ways to value and support parents and to respond to families in crises. Participants will be encouraged to integrate these concepts into their everyday practice with families.

Format: Virtual or In-Person

Time: 90-120 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Social Connections

Description: Positive social connections that support families through the diverse challenges they encounter can help families to stay strong, get through the hard times and enjoy family life. This course will help participants to understand the value of helping parents and families connect to others in a variety of ways that reduce their isolation and increase their social supports. Participants will also consider ways to partner with parents to help foster these kinds of connections. Finally, participants will create some concrete plans to assist parents in developing new and positive sources of support, both in the workplace and the community.

Format: Virtual or In-Person

Time: 90-120 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

(cont. on page 9).



Protective Factors Framework

Title: Knowledge of Parenting and Child Development

Description: Parents need information about their children's development and ideas for how to parent at every stage. Knowledge of parenting and child development is one of the protective factors that helps to prevent child maltreatment. In this course participants will define what it means for parents to have knowledge of parenting and child development and identify actions they can take to help increase this knowledge among families they serve. They will also create a plan to intentionally integrate these ideas into their everyday work.

Format: Virtual or In-Person

Time: 90-120 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed

Title: Concrete Support in Times of Need

Description: All families need help sometimes – a ride to work when the car breaks down, a hot dinner delivered to the family of a new baby or low-cost health insurance for families who are not covered by employer plans. With support we are better able to handle stressful situations and nurture and provide for our children, even when times are tough. In this course participants will learn of ways they can provide welcoming, non-threatening support to families. They will be challenged to think of ways in their own community that they can link families to services and opportunities and to consider ways in which culture and tradition can play into the challenge of doing this. Participants will also reflect on ways that lack of support, when under stress, can sometimes lead to child maltreatment.

Format: Virtual or In-Person

Time: 90-120 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed

Title: Children's Social and Emotional Competence

Description: Children's social and emotional competence is seen in their ability to communicate clearly, recognize and regulate their emotions, establish and maintain relationships with others and engage in problem solving and resolution. Children who have these skills are likely to grow up to have healthier behaviors, better peer relationships and a higher capacity to respond to stress. Helping children develop these skills can also improve family relationships and prevent child abuse and neglect.

In this course participants will explore this protective factor, learning about the characteristics of children who are emotionally healthy. Participants will discuss realistic expectations of the development of this protective factor at various developmental stages and how healthy social and emotional competence can help make child maltreatment less likely to occur. Finally, participants will see examples of how parents and other caregivers can develop strategies that will help children to grow emotionally and socially and create an action plan to intentionally integrate effective strategies into their everyday work.

Format: Virtual or In-Person

Time: 90-120 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed

Title: Moving from Knowledge to Action (Wrap Up)

Description: After deep exploration of each of the protective factors, it is important to review what you have learned, reflect on how you can strengthen families in your personal and work experiences and to reexamine not only how you do your work, but why you do it. In this course participants will review basic information about the Strengthening Families™ Protective Factors Framework in order to feel confident in their understanding of this approach. They will be encouraged to recognize and acknowledge ways that systems and policy changes can play in establishing this way of working with families as "the new normal." Finally, they will create an action plan to begin to intentionally integrate or continue to expand these ideas and strategies in their everyday work.

Format: Virtual or In-Person

Time: 90-120 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed



Zero to Three's: The Growing Brain



Full Description: The Growing Brain (TGB) uses evidence-informed strategies to prepare early childhood professionals and parents/caregivers in their important role in building healthy brains. The interactive curriculum supports early childhood professionals and parents/caregivers by building their knowledge of brain development (architecture and neurobiology) to inform their practice; supporting language, cognition, pro-social behavior, and social-emotional development; and reducing toxic stress that can negatively influence brain development of very young children. While the Growing Brain curriculum is its entirety is comprised of seven units, each unit can be delivered independently from one another or combined to create a more comprehensive training. Topics include the following: basics about the brain development, factors affecting brain growth and development, and the impact of the brain's development on social-emotional development, understanding behavior, communication and language, cognition and executive function, and everyday play. For more information visit: zerotothree.org

The Growing Brain Training Series (Full Series)

Description: How babies' brains grow in the context of relationships and learning about the foundations of brain development along with strategies to support its growth is one of the most important topics in early childhood development. This training series, adapted from Zero to Three's The Growing Brain curriculum will explore how the brain grows and develops from conception to 5 years of age and how you can support healthy brain development during these years when the brain is the most plastic, or receptive to change. This is a seven-session course, but each session can be presented by itself.

Format: Virtual or In-Person

Time: 90 minutes per session for seven sessions

Adaptable: This training can be adapted to deliver the full course, or individual sessions per request.

Instructor: Patricia Eitemiller, M.Ed.

NEW Series Session Descriptions

Title: Session 1: Basics of Brain Development

Description: During this session, we learn about the size of the brain, how it grows, and what prenatal brain development looks like. We discuss the functions of the major regions of the brain and how their growth and development is shaped by experience through neuroplasticity. We explore how the timing of experiences play a large part in the developing brain. Lastly, we link all of this together to discuss how you can support early brain development.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Session 2: Factors that Affect Brain Development

Description: During this session, we examine how factors such as the environment, nutrition, sleep, toxic substances, diseases, and relationships can impact early brain development. We examine how secure and insecure attachments relate to stress and in turn, its effect on brain development. We dig deeper into the various types of stress and its long-term effects on the developing brain. Lastly, we learn how relationships, responsive interactions, respect, routines, and repetition (the five R's) support positive and healthy brain development.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Session 3: The Brain and Social-Emotional Development

Description: During this session, we examine how the different parts of the brain impact social-emotional development during the first five years of life. We dig deeper into how the role of our relationships with children help form a secure base for children to explore and achieve their social-emotional milestones. We look further into how stress not only influences brain development but how it also impacts social-emotional development. Lastly, we learn how empathy develops in young children.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

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Zero to Three's: The Growing Brain

Title: Session 4: The Brain and Understanding Behavior

Description: During this session, we explore the meaning behind behavior and how the various parts of the brain connect to express the behaviors we see in children. We examine how development, temperament, and the environment influence behavior and how to identify the root causes of challenging behavior. Lastly, we explore strategies for helping children with challenging behavior.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Session 5: The Brain and Communication and Language

Description: During this session, we explore how communication skills develop over the first five years. We review the key milestones of both receptive and expressive language skills, including cues, adult responses, and joint attention as well as the progression from pointing to saying first words, to communicating verbally with intent. We discuss how various parts of the brain impact the development of communication and strategies we can use to support early communication skills, including those of multi-language learners.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Session 6: The Brain and Cognition and Executive Functioning

Description: During this session, we dig into how cognitive development is shaped by the brain by taking a look at concepts such as the development of memory, cause and effect, symbolic thinking, imitation, learning to pretend and logical thinking. We define executive functioning and how these skills are exhibited through processes such as inhibitory control, sustained attention, and working memory.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Session 7: The Brain and Everyday Play

Description: During this session, we discuss the importance of play for young children. We explore the stages of play from sensory play to functional play to symbolic play to dramatic play and how they are supported by the brain's development. Lastly, we learn about the six "C's" that children develop through play and how they support their continued development.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Individual Deeper Dive Sessions

Title: Blame it on the Brain: The Truth About Temperament

Description: As Early Childhood Professionals, you have likely been asked by parents and caregivers the meaning behind a child's behavior. We use this session to dig deeper into how temperament traits play a part in a child (and adults) actions, behaviors, and interactions. We will look at the various factors that impact an individual's temperament and how we can support a parent or caregiver in understanding how temperament plays a role in a child's behavior. This training serves as a deeper dive into content introduced in Zero to Three's The Growing Brain curriculum. Participants are not required to have completed the entire Growing Brain Training series to attend this training.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

(cont. on page 12)

Zero to Three's
The Growing Brain



Zero to Three's: The Growing Brain

Title: Implementing the 5 R's of Healthy Brain Development

Description: Do you wonder how you can support healthy brain development? Join us to learn how to implement the 5R's of healthy brain development: relationships, responsive interactions, respect, routines, and repetition. Participants will explore each component to understand how to implement strategies using the 5R's of healthy brain development to support each family. This training serves as a deeper dive into content introduced in Zero to Three's The Growing Brain curriculum. Participants are not required to have completed the entire Growing Brain Training series to attend this training.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Let's Talk About Infant Development

Description: Are you new to early childhood education and child care? Or have you been working with and caring for young children for years? Curious about those developmental milestones during the first year of an infant's life? During this training, participants will dig into what to look for in our youngest children as they develop during their first year of life. This training serves as a deeper dive into the content introduced in Zero to Three's The Growing Brain curriculum. Participants are not required to have completed the entire Growing Brain Training series to attend this training.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.



Title: Understanding Social Emotional Development and How It Impacts Behavior

Description: Social emotional development has been a hot topic in the early childhood world for years now. During this training, participants will explore the effect of stress on social emotional development, understand how empathy develops in very young children, learn about basic brain anatomy and the connection between the various areas of the brain that influence children's behavior. Participants will also understand the root causes of challenging behavior and effective strategies for helping children with these difficulties. This training serves as a deeper dive into content introduced in Zero to Three's The Growing Brain curriculum. Participants are not required to have completed the entire Growing Brain series to attend this training.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Using the 6 C's to Support Everyday Play

Description: We know play encompasses all areas of a child's learning, but as early childhood professionals do you struggle with how to explain *why* play is important in a child's learning to their caregivers? Participants will explore the six "C's" or core skills for supporting play and develop practical strategies they can use in their practice to support each child and family. This training serves as a deeper dive into content introduced in Zero to Three's The Growing Brain curriculum. Participants are not required to have completed the entire Growing Brain Training series to attend this training.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Mind in the Making

MIND in the Making

Full Description: Based on the book written by Ellen Galinsky, the Mind in the Making learning modules focus on the seven essential life skills to help adults understand and encourage the important executive function-based skills children need to thrive. These seven skills are: *Focus and Self Control*, *Perspective Taking*, *Communicating*, *Making Connections*, *Critical Thinking*, *Taking on Challenges*, and *Self Directive, Engaged Learning*. These skills involve managing thoughts, actions and emotions to achieve goals. For more information please visit: mindinthemaking.org/

Mind in the Making Modules (Full Series)

Description: The Mind in the Making learning modules allow participants to understand the seven essential life skills that children and adults need to be successful in school and life. This is a eight-session course, including an introductory session that defines these life skills, why they are important in both children's and adult's lives, and how we can support the development of these skills in children. This is intended to be delivered as a full course.

Format: Virtual or In-Person

Time: 90 minutes per session for eight sessions (12 hrs)

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Individual Module Descriptions

Title: Introduction: Seven Essential Life Skills

Description: During this session, we will learn the definitions of the Seven Essential Life Skills and understand why they are important to children. We will examine how these skills develop and how we can promote the use of these skills in children to support parenting practices as well as personal and professional growth.

Format: Virtual or In-Person

Time: 90 minutes (as part of the 12 hr full course)

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Module 1: Focus and Self Control

Description: During this session, we will learn how the life skill of focus and self control relies on the executive functioning skills of *paying attention*, *working memory*, and *cognitive flexibility*. These skills enable children to get the most out of what they are learning, impacting their success in school and as adult's in life.

Format: Virtual or In-Person

Time: 90 minutes (as part of the 12 hr full course)

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Module 2: Perspective Taking

Description: During this session, we will learn about the life skill of perspective taking, which is seeing things as others would see them. We learn how this skill relies of the executive functions of *working memory*, *inhibitory control*, *cognitive flexibility*, and *reflection*. These skills are necessary to support children in developing positive relationships, adjusting to changes, and the prevention of conflict.

Format: Virtual or In-Person

Time: 90 minutes (as part of the 12 hr full course)

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Module 3: Communicating

Description: During this session, we will learn how the life skill of communicating relies on the executive functioning skills of *paying attention* in order to determine what we want to communicate and builds on of the life skill of perspective taking and using *cognitive flexibility* to understand how our communication is perceived by others. This skill also involves self control.

Format: Virtual or In-Person

Time: 90 minutes (as part of the 12 hr full course)

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Module 4: Making Connections

Description: During this session, we will learn how the life skill of making connections is central to learning because it underlies symbolic representation that words and pictures can stand for real objects. We learn how this skill relies on the executive functioning skills of *paying attention*, *cognitive flexibility*, and *inhibitory control* allowing children to make usual and unusual connections.

Format: Virtual or In-Person

Time: 90 minutes (as part of the 12 hr full course)

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

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Mind in the Making

Title: Module 5: Critical Thinking

Description: During this session, we will learn how the life skill of critical thinking relies on the executive functioning skills of *working memory* to use what you know to search for valid and reliable information; *cognitive flexibility* to see information in new ways; and *inhibitory control* to not go on automatic and revert to outdated information. Learning this skill encourages children to be curious about how the world works and conducting experiments to seek answers to their own questions.

Format: Virtual or In-Person

Time: 90 minutes (as part of the 12 hr full course)

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Module 6: Taking on Challenges

Description: During this session we will learn how the life skill of taking on challenges relies on the executive functioning skills of *inhibitory control* by not going on automatic, using *working memory* to reflect about the experience or situation, and *cognitive flexibility* to be flexible in thinking about solutions to the problem. We discuss when something happens to us to activate our stress system and how we find ways to manage it, shift into a growth mode and repair what we took away from our bodies to deal with the challenge.

Format: Virtual or In-Person

Time: 90 minutes (as part of the 12 hr full course)

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Title: Module 7: Self-Directed, Engaged Learning

Description: During this session, we will learn how the life skill self-directed, engaged learning relies on the executive functioning skills of inhibitory control to reflect on the experience and set goals; and cognitive flexibility to learn things in a new way. Using these skills allows children to establish relationships, set and work toward goals, elaborating and extending a child's learning and more.

Format: Virtual or In-Person

Time: 90 minutes (as part of the 12 hr full course)

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.



STREAMin³



Full Description: STREAMin³ is grounded in developmental and early education research. It focuses on six STREAM and five Core Skills to promote children's development and early learning. The curriculum provides a high-quality option for infant, toddler, preschool, and mixed-age classrooms. For educators, STREAMin³ supports intentionality across the day, integration of learning domains, as well as communication and collaboration. For children, STREAMin³ supports active engagement, curiosity and problem solving, and direct experiences. For families, STREAMin³ supports consistent and informative communication with teachers, as well as aligned resources. Please note that the following STREAMin³ offerings are always available. Additional trainings regarding specific components of the curriculum can be developed upon request and/or based upon identified need. For more information, please refer to: streamin3.org/

Introduction to STREAMin³

Description: This introductory session allows early childhood professionals new to the curriculum to dive into the STREAMin³ curriculum model, explore its structure and become familiar with the STREAMin³ lingo used throughout the curriculum. This course is recommended for family day home providers or childcare centers who desire to implement a curriculum into their program and/or switch from an existing one to STREAMin³.

Format: Virtual or In-Person

Time: 60-90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Setting the Stage with STREAMin³

Description: In this session, participants will experience a day in the life inside a STREAMin³ classroom. Ways to set up learning spaces, arrange schedules to support responsive and engaging interactions throughout the day will be discussed. Participants will also learn about routines that support children's social-emotional and academic skills. This course is recommended after completion of the Introduction to STREAMin³ course.

Format: Virtual or In-Person

Time: 60-90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.



Weekly Activities with STREAMin³

Description: In this session, participants will dive into the activities, stories, and games that they'll implement each week with STREAMin³. This course is recommended after completion of the introduction to STREAMin³ and Setting the Stage courses.

Format: Virtual or In-Person

Time: 60-90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Family Engagement with STREAMin³

Description: In this session, participants will explore the tools and resources STREAMin³ provides for engaging families in a collaborative and meaningful way. This course is recommended after completion of the Introduction to STREAMin³ and Setting the Stage courses.

Format: Virtual or In-Person

Time: 60-90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Assessments with STREAMin³

Description: In this session, participants will explore STREAMin³'s comprehensive set of assessments including: formative assessments that teachers use to guide how to scaffold children during the day, implementation checklists that leaders and coaches use to provide feedback to teachers and progress monitoring assessments of the quality of teacher-child interactions and children's readiness skills. This course is recommended after completion of the Introduction to STREAMin³ and Setting the Stage courses.

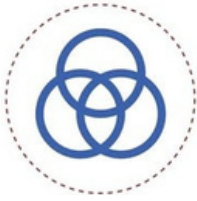
Format: Virtual or In-Person

Time: 60-90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

Positive Behavioral Interventions & Supports (PBIS)



Full Description: Positive Behavioral Interventions and Supports (PBIS) is a framework focused on promoting positive behavior in children by providing clear expectations, consistent reinforcement, and support. The goal of PBIS is to create a positive and predictable environment that encourages appropriate behavior through proactive strategies. It emphasizes preventing challenging behaviors, teaching alternative behaviors, and acknowledging positive actions. For more information please visit: pbis.org.

Introduction to PBIS in Early Childhood Populations

Description: This training focuses on implementing Positive Behavioral Interventions and Supports (PBIS) within early childhood populations with an emphasis on its relationship to Infant and Early Childhood Mental Health (IECMH). This session will cover the core components of PBIS (prevention, data-driven decision making, and tiered support systems), and provide practical scenario-based examples of how to apply PBIS within diverse early childhood settings. Emphasis is placed on promoting equity, cultural competence, and inclusive practices, ensuring that behavioral expectations are developmentally appropriate and sensitive to the racial and cultural backgrounds of children.

Format: Virtual or In-Person

Time: 2 hours

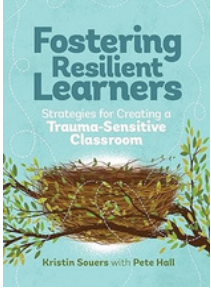
Adaptable: This training can be adapted to best suit the needs of the program.

Instructor: Grace Jones, LCSW

**Disclaimer: This training is primarily offered during the months of May, June, and July. Any training requests outside of these months will be carefully reviewed to determine whether they can be accommodated.*



Trauma-Informed Practices



Full Description: Fostering Resilient Learners offers practical, research-based strategies for educators to support children who have experienced trauma. This book emphasizes the importance of creating a trauma-sensitive classroom environment that nurtures resilience and emotional safety, helping children feel secure, valued, and supported. This book explores the impact of trauma on children, including its effects on brain development, behavior, and learning. It offers clear, actionable advice on how educators can create a safe, supportive classroom climate that acknowledges the realities of trauma while fostering resilience. Key topics include building trust, promoting emotional regulation, understanding the role of relationships in learning, and using restorative practices to support children who have faced adverse experiences. Learn more at: fosteringresilientlearners.org/

Creating a Trauma-Sensitive Classroom: An Overview of Fostering Resilient Learners

Description: This training, adapted from the book, *Fostering Resilient Learners: Strategies for Creating a Trauma-Sensitive Classroom* by Kristin Souers and Pete Hall, equips Early Childhood Professionals with tools to create positive trauma-sensitive environments that promote resilience and emotional well-being in young children. By understanding the impact of trauma and development, Early Childhood Professionals will learn how to foster strong relationships, design a safe and predictable learning environment, and support emotional regulation.

Format: Virtual or In-Person

Time: 2 hours

Adaptable: This training can be adapted to best suit the needs of the program.

Instructor: Grace Jones, LCSW

**Disclaimer: This training is primarily offered during the months of May, June, and July. Any training requests outside of these months will be carefully reviewed to determine whether they can be accommodated.*



Infant and Early Childhood Mental Health



Full Description: Infant and Early Childhood Mental Health (IECMH) focuses on the emotional, social, and cognitive development of children from birth to age five, including how they develop the ability to form healthy relationships, manage their emotions, and explore their environment. It is rooted in the understanding that early experiences, particularly the interactions between infants and their caregivers, significantly influence a child's mental health, social, emotional, and behavioral development. Participants will learn to foster positive relationships, promote healthy emotional growth, and provide early interventions that support both children and their caregivers. For more information please visit: zerotothree.org/issue-areas/infant-and-early-childhood-mental-health/

Introduction to Infant and Early Childhood Mental Health (IECMH)

Description: This training provides early childcare providers with a comprehensive understanding of Infant and Early Childhood Mental Health (IECMH) and its critical role in promoting healthy development in children from birth to 5 years. The session will cover key developmental areas including social-emotional development, brain development, and the impact of trauma, while also exploring how cultural influences shape child-rearing practices and mental health. Participants will learn to identify sensitive periods in early childhood development and how to foster resilience and emotional well-being in children through trauma-informed and culturally responsive practices.

Format: Virtual or In-Person

Time: 2 hours

Adaptable: This training can be adapted to best suit the needs of the program.

Instructor: Grace Jones, LCSW

Disclaimer: This training is primarily offered during the months of May, June, and July. Any training requests outside of these months will be carefully reviewed to determine whether they can be accommodated.



Social Emotional Wellness



Full Description: Social Emotional (SEL)-based trainings focus on promoting the essential skills young children need to understand, express and manage their emotions, as well as build positive relationships with others. As Early Childhood Professionals, these trainings are designed for adults working with children from birth to five and emphasize how early experiences shape social and emotional development. Participants will learn strategies to foster emotional regulation, empathy, and self-confidence in young children, helping them navigate their world with resilience and social awareness. Understanding and supporting social-emotional wellness in the critical early years lays the foundation for healthy relationships, positive behavior, and overall well-being throughout life.

Supporting Self Regulation in Early Childhood

Description: This session highlights key developmental milestones in emotional and behavioral regulation, exploring how sensory input plays a crucial role at different stages. The training will discuss the influence of racial and cultural diversity on children's emotional expression and coping mechanisms, and it will offer strategies for supporting children with challenges in self-regulation. Participants will learn how to modify the environment to reduce overstimulation, engage in co-regulation practices and promote sensory awareness in young children. Interactive activities and real-world examples are included to encourage participants to apply what they have learned in early childhood settings.

Format: Virtual or In-Person

Time: 2 hours

Adaptable: This training can be adapted to best suit the needs of the program.

Instructor: Grace Jones, LCSW

**Disclaimer: This training is primarily offered during the months of May, June, and July. Any training requests outside of these months will be carefully reviewed to determine whether they can be accommodated.*



Self Care and Wellness



Full Description: As Early Childhood professionals, being aware of our own self-care and wellness practices is just as important as continuing to advance our teaching and educational practices. Research indicates that those that engage in regular stress management and self-care routines are more productive in all aspects of their lives including teaching and caring for children. During these sessions, participants will examine stress, understand self-care and take-home strategies they can implement to engage in a better balance in their daily lives and routines.

Self Care and
Wellness

NEW Compassion Fatigue & Emotional Intelligence: How to Better Understand and Help Ourselves

Description: During this session, participants will learn about stress and its relationship to self-care. More specifically, participants will learn what stress is, what common sources of stress are, how stress impacts our bodies and minds, and how we can contribute to create and reduce stress. This session hopes to assist participants in recognizing their early signs of stress, as well as most common responses to stress as an initial step in developing an individualized self-care plan.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.

We Matter Too: Self Care Strategies for All Practitioners

Description: Living in a global pandemic has resulted in significant and additional stress on early interventionists, childcare providers, and classroom teachers. Recognizing that self-care is an essential part of your daily routine is pivotal as it contributes to positive physical, mental, and emotional health, and equips us to manage stress more effectively. During this session, participants will identify the positive effects of regular self-care, learn to identify their own individual triggers for stress, and explore various strategies to participate in self-care within and across all early childhood environments.

Format: Virtual or In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Patricia Eitemiller, M.Ed.



New Provider Trainings



Full Description: Designed for individuals wishing to start their own business as an in-home family childcare provider; this series of trainings is required for all prospective child-care providers. Topics range from an in-depth look at what family childcare looks like as a profession, need to know policies and procedures, understanding childcare as a business, health and safety considerations, and emergency preparedness, basic child development and the use of a free curriculum (STREAMin3). Prospective childcare providers will also have the opportunity to learn about the various funding supports and Commonwealth of Virginia criteria that can help sustain and support their business. Individuals must contact the Early Childhood office to enroll.

Choosing Family Child Care as a Profession (Information Session)

Description: Interested in becoming an in-home family childcare provider with the City of Alexandria? Attend this information session to learn about the various types of childcare providers, the standards, regulations, and requirements, the steps to obtain a local agency approved permit, and all the information needed to submit your application. This session is mandatory for all prospective in-home family childcare providers and must be taken prior to any additional training modules to become a locally regulated provider.

Format: In-Person

Time: 90 minutes

Adaptable: No

Instructor: Natalia Spinner

Family Child Care as a Profession (Module 1)

Description: The first in a series of modules required for new in-home family childcare providers following the completion of the information session, this module defines what family childcare and the role of a family childcare provider. The content also examines what it means to be a professional and begins to review the standards and regulations for family childcare providers. This course continues with some of the content introduced during the information session and allows participants to examine the professional aspects of becoming a family childcare provider.

Format: In-Person

Time: 90 minutes

Adaptable: No.

Instructor: Natalia Spinner

Policies and Procedures (Module 2)

Description: Laying the foundation for setting up a family childcare business, this course digs into the policies and procedures for childcare providers. Content includes the review of capacity regulations, developing their own business policies, and understanding pre-service and ongoing training requirements are all covered in this course.

Format: In-Person

Time: 90 minutes

Adaptable: No

Instructor: Natalia Spinner

Child Care as a Business (Module 3)

Description: This course allows participants to dive into the nitty gritty of running an in-home family childcare business. Content includes an in-depth look at the business requirements of running an in-home family childcare by examining how to develop a provider-parent contract, establishing fees, maintaining records and more. The course also covers strategies for setting up and marketing a small business, enrolling new families, and general appropriate business practices.

Format: In-Person

Time: 90 minutes

Adaptable: No

Instructor: Natalia Spinner

Health and Safety (Module 4)

Description: Necessary for running an in-home childcare business, this course covers the general health and safety guidelines for a safe and healthy home. Topics range from food and nutrition, health and medical, hygiene, transport, and more.

Format: In-Person

Time: 90 minutes

Adaptable: No

Instructor: Natalia Spinner

New Provider Trainings

Emergency Preparedness (Module 5)

Description: Knowing what to do in the event of an emergency is essential for all in-home childcare providers. This course will teach providers how to develop emergency response plans, discuss the frequency and components necessary for fire drills, explain the importance of designating a safe shelter in place location and provide an overview of routine inspections that will take to maintain the safety of their business. Lists regarding the essentials for an emergency supply kit will also be provided.

Format: In-Person

Time: 90 minutes

Adaptable: No

Instructor: Natalia Spinner

Child Care as a Subsidy Provider (Module 6)

Description: For in-home childcare providers who wish to care for children and families who receive subsidy and/or public funding, this course will explain how one becomes a subsidy provider and the additional criteria that is necessary. Participants will learn the next steps from pre-service training to submitting an application and explore the Virginia Electronic Child Care and Vendor Portals.

Format: In-Person

Time: 90 minutes

Adaptable: No

Instructor: Natalia Spinner

Recognizing and Reporting Child Abuse & Neglect

Description: The goal of Child Protective Services (CPS) is to identify, assess and provide services to children and families in an effort to protect children, preserve families, whenever possible, and prevent further maltreatment. CPS is non-punitive in its approach and is directed toward enabling families to provide adequate care for their children. This training is for mandated reporters of child abuse and neglect, which includes child care providers. Click on the link noted below for educators.

Format: Virtual

Time: Self-paced

Adaptable: No

Instructor: N/A

*Training must be accessed via this link:

dss.virginia.gov/abuse/cps.cgi

CLASS Primer for Teachers Online Course

Description: A CLASS® Primer for Teachers is an online course that introduces teachers to understanding why interactions matter, the purpose of the CLASS® Tool and CLASS® observations and introduces teachers to the frameworks for the selected age level. Learners in this course will complete teacher-focused content that promotes engagement and buy-in. The course introduces teachers to the CLASS Framework and encourages them to reflect on their classroom practice. The flexible course structure allows teachers to focus on the domains and dimensions of the CLASS tool aligned to their own learning and professional goals. The course offers bite-sized learning opportunities, which can be accessed from any device, to support teachers in fitting professional development into their busy schedules. Coursework available in the following age levels: Infant/Toddler; Pre-K; and K-3. The cost for this course must be paid by the provider.

Format: Virtual

Time: Three hours

Adaptable: No

Instructor: N/A

*Training must be accessed via this link:

store.teachstone.com/a-class-primer-for-teachers-online-course/

MAT Training Program - Medication Administration Training Program

Description: The MAT Program trains and certifies Virginia child day program providers and private school employees to safely give medications to children (ages infant through high school graduation) in their care. The cost for this course must be paid by the provider.

Format: Virtual or In-Person (Varies on need)

Time: Varies

Adaptable: No

Instructor: N/A

*Training must be accessed via this link:

mat.medhomeplus.org/mat/

New Provider
Trainings



CPR and First Aid



Full Description: In order to become and maintain a license as an in-home family childcare provider, individuals must complete the Infant, Child, and Adult CPR and First Aid certifications and recertify annually for CPR and every two years for First Aid. Taught by an American Red Cross certified trainer, these courses are offered free of charge for City of Alexandria local agency regulated in home family childcare

providers only that are also caring for children and their families who receive subsidy from Virginia.

**For those that are not in-home family childcare providers, Virginia Child Care Aware provides First Aid and CPR training on behalf of the Virginia Department of Education. There is no cost to Child Care Providers that participate in the Child Care Subsidy program or provide child care for infants and toddlers. For more information visit: vachildcare.com/providers/professional-development/free-infantpediatric-cpr-first-aid-training-project/*

Infant, Child & Adult CPR (Initial & Recertification)

Description: The Adult, Child and Baby First Aid/CPR/AED course equips students to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and babies. Led by a knowledgeable instructor, this in-person CPR courses combines lecture with hands-on skills sessions.

Format: In-Person

Time: 2 hours

Adaptable: No

Instructor: Susan Miller

**Must email Natalia Spinner at Natalia.Spinner@alexandriava.gov to enroll.*

First Aid (Initial & Recertification)

Description: The First Aid Training course gives students the information and the skills they need to help adults and children during many emergency situations. By the end of the course, students are equipped to help those in crisis receive care until medical professionals arrive.

Format: In-Person

Time: 2 hours

Adaptable: No

Instructor: Susan Miller

**Must email Natalia Spinner at Natalia.Spinner@alexandriava.gov to enroll.*



CPR and
First Aid

Training Request Form

Thank you for your interest in our trainings. In order to schedule a training, please complete the following request form. Once received our team will contact you shortly. If you prefer to complete this form online, please go to the following link: forms.gle/sGRUA9e9wx5t9tBu7

Contact Information

Name: _____

Email: _____

Phone: _____

Training Information

Name of Training Requesting: _____

Training Date (Month/Day/Year) First Choice: _____ Second Choice: _____

Length of Training (in hours): _____

Training Format: ☐ In-Person ☐ Virtual

If Training is to be held in person, please provide the location, including the full address: _____

Participants & Content

Anticipated number of participants: _____ Training is Required: ☐ Yes ☐ No

Level of prior knowledge on this topic of the participants:

☐ Well-versed (refresher)

☐ No prior knowledge

☐ Some knowledge

☐ Level of knowledge is mixed

Education Level of Participants:

☐ CDA

☐ Associates Degree

☐ Some College

☐ Bachelors Degree

Any special needs (i.e. physical, sensory, language) of the participants: _____

Will you need the training adapted (if the description provides that option): _____

If so, please describe: _____

What are the goal(s) of this training? For example, what should participants know and be able to do after the training?: _____

Please return completed form to:
DCHS 4850 Mark Center Drive, 6th Floor, Alexandria, VA 22311
EarlyChildhoodDevelopment@alexandriava.gov

CONTACT US



703.746.5437



EarlyChildhoodDevelopment@alexandriava.gov



alexandriava.gov/DCHS



DCHS
4850 Mark Center Drive, 6th Floor



DEPARTMENT OF
COMMUNITY &
HUMAN SERVICES

CENTER FOR CHILDREN & FAMILIES

EARLY CHILDHOOD DIVISION

alexandriava.gov/go/1938