

## **SELF-STUDY MODULES**

*(Listed by Series)*

Self-study modules can be a convenient, affordable and effective way to learn your field and develop new skills. The following is a list of self-study series and single training modules at the Carterville main office site. (The self-study modules are either 2 hours or 1 hour each.)

### **After-School Programs:** (Readings only, no VHS or DVD)

Module 1: Elements of a Quality After-School Program	CDA #5
Module 2: Addressing Common Problems	CDA #3
Module 3: Games and Activities in an After-School Program	CDA #2

### **Caring for Children:** An Introduction to the Child Care Profession (12 modules, 2 hrs. each)

1. Becoming a Teacher of Young Children	CDA #6
2. Caring for Infants in Homes and Centers	CDA #8
3. Caring for Toddlers in Homes and Centers	CDA #8
4. Caring for Preschoolers in Homes and Centers	CDA #8
5. Caring for School-agers in Homes and Centers	CDA #8
6. Caring for Mixed Age Groups in Homes and Centers	CDA #8
7. Preparing Environments for Children	CDA #1
8. Promoting Health, Safety, and Nutrition	CDA #1
9. Enhancing Self-Esteem and Respecting Diversity	CDA #3
10. Developing Effective Teaching Techniques & Strategies	CDA #5
11. Building Partnerships with Parents	CDA #4
12. Becoming a Child Care Professional	CDA #6

### **Caring for Our Children** (6 modules, 1 hr. each)

1. Standards and You	CDA #1
2. Basic Caregiving	CDA #1
3. Ready for Anything	CDA #1
4. Setting Up for Healthy and Safe Care	CDA #1
5. Keeping It In Shape	CDA #1
6. Illness in Child Care	CDA #1

## **SELF-STUDY MODULES**

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### **Caregivers & Parents Support Early Literacy Development** (8 videos, 1 hr. each)

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|-------------------------------------|--------|
| 1. Sharing Stories                  | CDA #2 |
| 2. Sharing Language                 | CDA #2 |
| 3. Setting the Stage                | CDA #2 |
| 4. Scribbling, Drawing & Writing    | CDA #2 |
| 5. Extending Stories                | CDA #2 |
| 6. Math, Science & Children=s Books | CDA #2 |
| 7. Exploring Math                   | CDA #2 |
| 8. Exploring Science                | CDA #2 |

### **CEV Individual or Group Self-Study Modules** (19 modules)

(All *CEV* modules are 2 hours in-service training except ANutrition@ which is a 1 hour in-service training)

Avoiding Child Care Burn Out (Individual Only)	VHS/DVD	CDA #6
Child Care Worker: Recipe for Success		CDA #6
Children at Work		CDA #2
Creating Environments for Learning and Play		CDA #1
Creative Transitions		CDA #3
Discipline and the Physical Environment		CDA #1
Discipline, Stress and the Human Environment		CDA #6
Early Childhood: Nutrition (Individual Only, 1 hour in-service)		CDA #1
Goal Setting for Early Childhood		CDA #6
Handling Hazards in Child Care, Part 1 (Group Only)		CDA #1
Handling Hazards in Child Care, Part 2 (Group Only)		CDA #1
How Do I Tell You I Like You?		CDA #6
Infancy: The Beginning		CDA #3
Let=s Talk: A Caregiver=s Guide to Communication		CDA #4
Positive Discipline = Positive Children		CDA #3
Safe and Sound (Individual Only)		CDA #1
Schedules and Routines: Why Bother?		CDA #5
School-Age Connection, The		CDA #3
This Is the Way We Wash Our Hands (Group Only)		CDA #1
What Is This Thing Called Self-Esteem		CDA #3

## **SELF-STUDY MODULES**

*(Listed by Series)*

### **The Child Care Collection** (7 modules, 1 hr. each)

Cooing, Crying, Cuddling: Infant Brain Development		CDA #8
Daily Dilemmas: Coping with Challenges		CDA #3
Dramatic Play: More Than Playing House		CDA #2
Far Ago and Long Away: Innovative Storytelling		CDA #2
Food For Thought: Nutrition and Children		CDA #1
Painting a Positive Picture: Proactive Behavior Management		CDA #3
Pintando un cuadro positivo: el manejo del comportamiento		CDA #3

### **Infant Toddler Care** (3 modules, 2 hrs. each)

Exploring and Learning	DVD	CDA #2
Promoting Language and Literacy	DVD	CDA #2
Sensory and Art	DVD	CDA #2

### **Outdoor Safety in Child Care** (3 modules, 1 hr. each)

1. Setting Up the Rules		CDA #1
2. The Playground		CDA #1
3. Kids on the Go!		CDA #1

### **Positive Discipline Without Shaking, Shouting or Spanking** (3 modules, 1 hr. each)

Volume 1: Babies	DVD	CDA #3
Volume 2: Toddlers	DVD	CDA #3
Volume 3: Preschoolers	DVD	CDA #3

### **Stress & Day Care:** (3 modules, 2 hrs. each) (Readings only, no VHS or DVD)

Part 1 & 2: Stress / Families and Stress		CDA #3
Part 3 & 4: Stress in Day Care / Serious Stress in Children	CDA #5 /	CDA #3
Part 5: The Caregiver and the Day Care Facility		CDA #6

**SELF-STUDY MODULES**  
*(Listed by Series / Single Modules)*

**The Whole Child:** A Caregiver=s Guide to the First Five Years (13 modules, 2 hrs. each)

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|--|--------|
| 1. Handling Daily Routines: It=s the Little Things   | CDA #1 |
| 2. Development of the Physical Self: By Leaps and Bounds   | CDA #2 |
| 3. Infants in Group Care: Babies Are Children Too  | CDA #8 |
| 4. Fostering Mental Health in Young Children: Dealing with Feelings  | CDA #3 |
| 5. Developing Self-Esteem in Young Children: I=m Glad I=m Me   | CDA #3 |
| 6. Communicating With Families: Listening to Families  | CDA #4 |
| 7. Working with Exceptional Children: Everyone=s Special   | CDA #8 |
| 8. Developing Social Competence in Young Children:<br>Getting Along Together   | CDA #3 |
| 9. Helping Young Children Establish Self-Discipline and Self-Control:<br>Building Inner Controls   | CDA #3 |
| 10. Providing Cross Cultural Non-sexist Education: Respecting Diversity  | CDA #3 |
| 11. Enhancing Creativity and Play: Creativity & Play<br>(Fostering Emergent Curriculum and Cognitive Development)                        | CDA #2 |
| 12. Fostering the Development of Language Skills & Emergent Literacy:<br>Let=s Talk About It (Fostering Emergent Curriculum & Cog. Dev.) | CDA #2 |
| 13. Developing Thinking and Reasoning Skills: Growing Minds<br>(Fostering Emergent Curriculum and Cognitive Development)                 | CDA #8 |

**Single Modules**

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|--|-----|--------|---------|
| Acquiring Self-Regulation:<br>Social/Emotional Development of Infants & Toddlers | DVD | 1 hr.  | CDA #3  |
| Avoiding Child Care Burn Out   | DVD | 2 hrs. | CDA #6  |
| Beyond the Curriculum  |     | 2 hrs. | CDA #6  |
| Chain of Pain: Child Abuse & Neglect   |     | 1 hr.  | CDA # 1 |
| Child Care and Children with Special Needs: An Intro. to Inclusion               |     |        |         |
| Part 1: Inclusion Works  |     | 2 hrs. | CDA #3  |
| Part 2: Working Together to Include Everyone                                     |     | 2 hrs. | CDA #3  |
| Child=s Play: How Having Fun Turns Kids into Adults                              |     | 2 hrs. | CDA #8  |

Communicating with Pre-Schoolers 2 hrs. CDA #8

**SELF-STUDY MODULES**

*(Single Modules)*

Diversity, Independence and Individuality DVD 2 hrs. CDA #3

First Years Last Forever: I Am Your Child 1 hr. CDA #8

Growing Through Play 2 hrs. CDA #2

Including All Kids! Youth with Special Needs in School-Age Care 2 hrs. CDA #3

It's Mine! Responding to Problems & Conflict 1 hr. CDA #3

Observing Young Children: Learning to Look, Looking to Learn 2 hrs. CDA #7

Observing Young Children: Child Care and Children with Special Needs 2 hrs. CDA #7

Positive Discipline: A Creative Alternative for P. & T. VHS/DVD 1 hr. CDA #3

Reducing the Risk: Controlling Infectious Disease in Child Care Settings 2 hrs. CDA #1

Spirit of Play, The 2 hrs. CDA #2

Talking About Our Generations: Gen. Diversity in the Workplace DVD 2 hrs. CDA #5

Time with Toddlers 1 hr. CDA #8

Welcoming All Children: Inclusive Child Care 2 hrs. CDA #6

Why Can't Michael Pay Attention? Understanding ADHD 2 hrs. CDA #8