



# Preschool Press

AAPS EARLY CHILDHOOD PROGRAMS

DECEMBER 2023

## PRINCIPAL'S MESSAGE

Preschool Families,

On behalf of your Preschool Staff and Family members we hope that you had a wonderful Thanksgiving Break. With so many things to be thankful for this season, we are mostly appreciative of the opportunity to work with each of you. Everyday you entrust us with you amazing preschoolers and we can't begin to express how wonderful this has been.

As we quickly move into the month of December we want to send a friendly reminder to make sure kids come bundled up and ready to enjoy their time outside on the playground with friends. If for any reason you are in need or know of anyone that could benefit from additional clothing support this season, please let us know. Ms. Robin & Ms. June, our Family Community Resource Specialist are here to help! We want to make sure that every family has what they need to fully enjoy this holiday season.

We want to send another quick reminder that this Friday, December 1, 2023, is a full day of school for kids and also Pajama Day! In addition, we will be hosting our Parent-Policy Committee Meeting at 8:45 followed by "The Potty Journey", Potty Training Workshop. Our hope is to always provide families with helpful resources and strategies that you can use at home. During this time we will all have community vendors available looking to assist! Please see the rest of this newsletter for more information on who else will be joining us.

We look forward to an exciting Friday and a wonderful December! Thank you again for your partnership and support

**Natasha York**

Principal

[yorkn@aaps.k12.mi.us](mailto:yorkn@aaps.k12.mi.us)

**Jo Ann Serafano Telfer**

Assistant Principal

[telferj@aaps.k12.mi.us](mailto:telferj@aaps.k12.mi.us)



### IMPORTANT DATES

12/01/23 Friday	School In Session Pajama Day
12/01/23 Friday	Family Engagement day
12/06/23 Wednesday	Early Release Day (School dismissal: 1pm)
12/25/23 Monday - 01/05/24 Friday	NO SCHOOL Winter Break

### UPCOMING EVENTS

12/01/23 FRIDAY	Family Engagement Day (pg: 2)
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### ANNOUNCEMENT

Bus Transportation Form for  
**CHANGE** in Transportation or **NEW**  
Transportation is due on  
**Wednesday, December 13th by**  
**12pm**

# FAMILY ENGAGEMENT DAY

**WIN A \$25 AMAZON GIFT CARD**

**Free Raffle**

**Attend Family Engagement Day For A Free Entry**

**Parent-Policy Committee Meeting**

**Potty Training Workshop With Judy Coucovanis**

**Community Resource Fair:**

- \* Early On/Build Up - Me
- \* House by the Side of the Road
- \* WIC
- \* Hope Clinic
- \* Work and Play
- \* Grandparents Raising Grandchild
- \* Michigan Alliance
- \* Supportive Connections
- \* Washtenaw Literacy
- \* Habitat for Humanity

**FRIDAY, DECEMBER 1 \* 8:45 am - 10:00 am**  
**WESTERMAN PRESCHOOL**

FAMILY ENGAGEMENT DAY

**FREE  
RAFFLE  
CONTEST**

December 1, 2023. Time: 8:45 am - 10:00 am

**AMAZON GIFT CARD**

**\$25**

- ATTEND FAMILY ENGAGEMENT DAY
- ENTER TO WIN
- RAFFLE DRAWING AT 10 AM

**WESTERMAN PRESCHOOL**

# **PRESCHOOL FAMILIES**

**Please Join Us For Our December  
FAMILY ENGAGEMENT DAY**

## **POTTY TRAINING WORKSHOP**

Learn essential elements to creating a successful learning plan for a child at home or at school

With Our Special Guest

**JUDY COUCOUVANIS**

Author of ***THE POTTY JOURNEY***



Judy Coucouvanis, a Clinical Consultant/Nurse Practitioner with the University of Michigan Department of Psychiatry, uses a no-nonsense, often humorous approach to toilet training. Judy will share strategies that have produced remarkable results for parents of children with autism and related disorders. Judy has successfully toilet trained 100% of the individuals (from ages two to seventy) with whom she used this approach!

**Location: WESTERMAN PRESCHOOL & FAMILY CENTER**

**Date: FRIDAY, December 1, 2023**

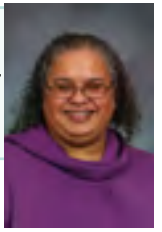
**TIME: 8:45 am - 10:00 am**

**\* This is an IN-PERSON and FREE Workshop**

# RESOURCE CORNER FROM YOUR FAMILY COMMUNITY RESOURCE TEAM

**June Parnell-Johnson**

*Family and Community  
Resource Specialist*



**DECEMBER IS HERE!!**



The month of December brings many opportunities for all. Follow links below to find some wants and needs for the entire family. Plus some FREE fun during Winter Break!

Calendar of Food Distributions

[https://calendar.google.com/calendar/u/0/embed?src=studentadvocacycenter.org\\_seu6oip8e7apao1vkktv9mb7nk@group.calendar.google.com&ctz=America/New\\_York&pli=1%09%09](https://calendar.google.com/calendar/u/0/embed?src=studentadvocacycenter.org_seu6oip8e7apao1vkktv9mb7nk@group.calendar.google.com&ctz=America/New_York&pli=1%09%09)

Free activities for Ann Arbor/Ypsilanti Area

<https://annarborwithkids.com/events/categories/free/>

MSU Extension Online Classes

<https://www.canr.msu.edu/mimoneyhealth/events>

11 Free Reading Websites for Preschoolers

<https://blog.reallygoodstuff.com/11-free-reading-websites-for-kids/>

10 Free Online Educational Game Sites

<https://www.kqed.org/mindshift/34761/10-free-online-educational-game-sites>

10 Easy Preschool Activities

<https://playtolearnpreschool.us/10-preschool-activities/>

Ann Arbor Hands-On Museum

<https://discoverscienceandnature.org/announcements/cbt-discount>

Leslie Science Center

<https://discoverscienceandnature.org/leslie-center>

Free Ann Arbor Museums

<https://annarborwithkids.com/articles/5-ways-to-visit-ann-arbor-museums-for-free/>

Michigan Museums for All

<https://museums4all.org/#>

Subscribe to the [helpmegrowwashtenaw.org](https://helpmegrowwashtenaw.org) calendar for more events and resources

Your Family Community Resource Team is always here to assist you and your family.



# Classroom Spotlight

A100 @ Westerman



Joy Newton  
Teacher  
General Ed.

Oriana Barnett  
Paraprofessional



## The Joys of Felt Stories

During the past couple of months our class has been focusing on using felt stories as a way to explore and learn important educational skills. When felt stories are used as a class or even small group, it engages all the senses and gives children the opportunity to engage in active learning. As we engaged with the felt stories, counting was involved, sequencing, guessing, knowledge of nature and physical world and participation/contribution from each member of the class. Enjoy the photos as you see active learning in action!



*Singing "Way Up High In The Apple Tree" (counting)*



*Old Mc Donald Had A Farm (Animals, Nature and Language)*



*Brown Bear, Brown Bear (sequencing)*





**Preschoolers had a fun filled musical Friday on November 3  
with Beverly, The Music Lady.  
Here are some pictures from this event.**





Ms. Rhonda



Ms. Breana

## Classroom Spotlight A102

### Cooking in the classroom!

When children engage in cooking activities, they are learning sequencing skills, turn taking, following directions, counting, measuring, predicting outcomes, as well as learning about cause and effect.

This year our classroom has had the opportunity to engage in some exciting cooking activities! These activities have included making applesauce and playdough. As you will see in the pictures below the children had a great time engaging in these activities.



### Making Applesauce!



Peeling the apples



Cutting the apples



Mixing our ingredients



Stirring the apples



Thumbs up for applesauce!

### Applesauce Recipe

Bag of apples (We used Macintosh apples)

Peel and chop apples into small pieces

$\frac{1}{4}$  cup of sugar

1 teaspoon of cinnamon

$\frac{1}{2}$  cup of water



Mix ingredients together, place in crock pot on high. Our apples took about 2 hours to become soft. Once softened, stir/smash apples. When cool enjoy the applesauce! Yum!

### Making Playdough

Ms. Devin, our speech and language therapist in our classroom, A102, brought in the ingredients to make playdough. The children had the opportunity to pour, measure, and mix the ingredients. Then they had the opportunity to play with the dough! Thank you, Ms. Devin!



Ms. Devin



Adding the ingredients



Ready to mix!



Putting playdough on our fingers!



Rolling the playdough into balls



Making a "hand!"

### No Cook Playdough Recipe

2 cup flour

2 tablespoons cream of tartar

1/2 cup table salt

2 Tablespoons vegetable oil

1 cup hot water (Possibly will need 1/2 cup more.)

**Only Adults should pour the hot water and mix it in.**

Food coloring if wanted

Combine all the dry ingredients in a bowl, and form a well in the center.

Add the cooking oil and food coloring to the dry ingredients.

Add water and stir to form the playdough! Go ahead and knead your playdough until you reach your desired consistency!

Recipe from:

<https://littlebinsforlittlehands.com/no-cook-playdough/#no-bake-playdough>



## THANK YOU ARBOR BRIDGES, ANN ARBOR

On behalf of everyone at the AAPS Early Childhood Programs, we would like to express our sincere gratitude to **Arbor Bridge Church** for their generous donation of Thanksgiving dinner to our preschool families. We really appreciate it. Arbor Bridge Church provides Thanksgiving meals every year to families in need.

We appreciate and are very grateful to you for being there to support our preschool families.

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## SCREEN TIME FOR CHILDREN

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In today's world kids have easy access to screens, more than ever. As parents and educators, we should consider how screens impact early childhood development.

Too much screen time and regular exposure to poor-quality programming has been linked to:

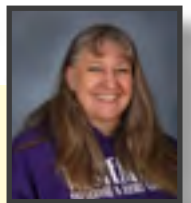
- Obesity
- Inadequate sleep schedules and insufficient sleep
- Behavior problems
- Delays in language and social skills development
- Violence
- Attention problems
- Less time learning

It is important to keep in mind that unstructured playtime is more valuable for a young child's developing brain than is technology. Children are more likely to learn when they interact and play with real objects, parents, siblings, and other children and adults.

To ensure quality screen time:

- Look at programs, games and apps before allowing your child to view or play with them. Organizations such as Common Sense Media (<https://www.commonsensemedia.org/>) has programming ratings and reviews to help you determine what's appropriate for your child's age. Better yet, watch, play or use them with your child.
- Look for programs and activities that engage your child to interact, rather than those that just require pushing and swiping or staring at the screen.
- Use parental controls to block or filter Internet content.
- Make sure your child is close by during screen time so that you can supervise his or her activities.
- Ask your child regularly what programs, games and apps they played with during the day.
- When watching programming with your child, talk about what you're watching and educate your child about advertising and commercials.

**Susan Dziedzic**  
*ECSE Teacher*



*Information gathered from: Mayo Clinic Healthy Lifestyle Children's health*





## Thurston Spotlight

### Miss Blahunka and Ms. Williams Preschool Class

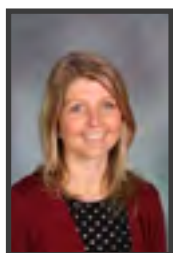
### Creating Turkeys

We have been busy learning so many new things at Thurston Preschool. This month we have been talking about what being thankful means. Each student created a thankful hand turkey for our thankful door. During small group time, each student created a bubble wrap-painted turkey. Each student was given paint, bubble wrap, feathers, and a turkey body. Students used their fine motor skills to pinch the bubble wrap, dip it in paint, and then dab it onto the wings of the turkey. Students then used different materials to decorate their turkey body before gluing on the feathers. Students enjoyed using materials other than a paintbrush to paint their turkey feathers.





## WINTER ACTIVITIES FOR INSIDE & OUT!



**Kathy Gaines**  
*Physical Therapist*

Snow on the ground might slow our cars, and our kids, down a bit, but there are still many activities to keep your child active in the cold weather months, both indoors and outdoors!



As long as they have the proper boots and snow gear to stay warm and dry, just walking in snow is an exercise for kids! Add in the fun of making snowballs, shoveling snow with kid-sized shovels, making snow angels or building snowmen, and your child has gotten quite a workout (parents, too, if they are also prepared to brave the cold).

Inside winter exercise is a little easier, and warmer, and can be just as much fun. Some winter themed activities include...

- Gliding around the carpet on paper plates for indoor “ice skating”.
- Moving around the house in winter animal walks...try waddling like a penguin, keeping legs straight and moving forward on arms only for a “seal walk”, or crawling on hands and feet in a “polar bear crawl”.
- Crumpling paper or using rolled socks for a “snowball fight”, or aim for stacks of plastic cups instead!
- Reach up high on tiptoes, wiggle fingers and slowly lower arms to the ground like snowflakes. Make it a game with slow flakes, heavy snow, blowing snow, or balancing on one foot.
- Be a snowball - sit on the floor and wrap your arms around your knees and try to roll back and forth or side to side... this one is a challenge for both kids and adults but a great core exercise!
- [Try this Snow-ga Yoga Workout!](#)

After your indoor or outdoor winter fun, try this healthy, kid-friendly [hot chocolate recipe!](#)

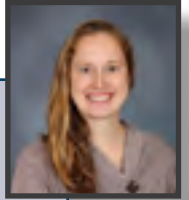


# WAYS TO SUPPORT YOUR CHILD'S SPEECH AND LANGUAGE DEVELOPMENT

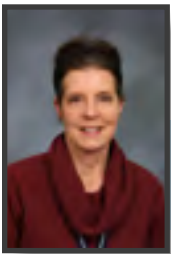
1. **Naming-** Name lots of things you see while driving or while playing with your child. When children are learning language it's better to give them the names of the words, rather than asking "what's that?", as they may not have the language to respond.
2. **Commenting-** Talk about what you're doing, looking at, playing with, eating, etc. Use short phrases and repeat key words. Give your child the opportunity to hear lots of language that pairs with everything they're doing and seeing!
3. **Choices-** Offering your child choices allows them both an opportunity to use more language as well as gives them an opportunity to have some control in their environment. For example, you could give them choices for which book they'd like to read or a choice of materials to use during play (ex. Do you want the red crayon or yellow crayon?)
4. **Pausing-** Pause after you ask your child or make a comment, giving them time to process what you said and think of a response. You can also pair this with an expectant look to let them know you're looking for a response from them.
5. **Reducing Questions-** When we ask too many questions it can be overwhelming for children. Instead, comment more on what you're doing, which provides a model for them to hear.
6. **Communication Temptations-** Set up your child's environment to elicit communication, so they have to work to communicate to get what they want! You may put their favorite toy just out of reach so they have to ask for help to get it, or in a hard to open box that they need assistance with.

**Erin Huffnagle**

*Speech Language Pathologist*



## BUILDING RESILIENCE AND COPING SKILLS



**Leigh Miller**

*School Psychologist*

Preschoolers face new challenges at every developmental stage. Resilience skills build a child's self-confidence and strengthen their ability to express oneself. These skills help children handle whatever may come their way. Learning how to stop your body when you are feeling revved or overly excited is an important part of developing self-control. Red Light, Green Light is a simple game that can be played both indoors or outdoors. It teaches listening skills, self-control, agility, and

is fun for the whole family. Your child can also practice self-control by dancing along to songs like the [Freeze Dance Song - Jack Hartmann - YouTube](#).

### Learning to Use Coping Skills

It is important to teach children responsibility over how they feel, and by providing many options to change how they are feeling, we teach them that there are many paths to reaching that goal, and if one path doesn't work, there are always more to try.

### Activity:

Here is an activity that you can do with your child that begins to teach them coping skills. These are important tools

and strategies that they can use when they feel those “big emotions” such as anger, sadness, or anxiety. It is important to begin teaching these skills to children early, so that they know how to handle challenges and stressors that they’ll face throughout life.

**To help my body feel better, I can...**

***Take a WALK***



***DANCE***



***Take deep BREATHS***



***READ a book***



***DRAW a picture***



***YOGA***



In the center, have your child draw a picture of themselves.

Have your child think about what makes them feel happy or calm.

Have them draw these things around their body.

Teach them to use these strategies when they are experiencing a negative emotion.

Post their picture in a place that they can easily see.

Direct your child to the poster when they are feeling a negative emotion, and have them choose a strategy to use.

Once you have finished creating the poster, put it somewhere your child can easily access it when they are experiencing a negative emotion.

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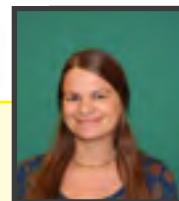
## **ENCOURAGING MOTOR DEVELOPMENT IN THE KITCHEN!**

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Engage your child in the kitchen for a world of motor skill development. Stirring, measuring, rolling, and squeezing are more than just steps in a recipe; they’re opportunities for fine motor and hand-eye coordination growth. Here are some fun ideas to get you started:

- *Decorate with Tongs:* Let your child use little tongs to decorate cookies or cupcakes. It’s not just fun; it’s an excellent way to build pre-scissor skills and precision.

**Bea Jenkins**  
*Occupational Therapist*





- *Baking Projects:* From cookies to muffins, homemade pizza, and peanut butter celery sticks, these activities involve gathering, measuring, and following recipes. They're not only delicious but also wonderful for motor planning and executive function skills.



- *Fruit Fun:* Explore cutting bananas with a kid-safe knife and dipping fruit or pretzels in chocolate. These tasks engage multiple senses and refine fine motor skills.
- *Salad Prep:* Encourage your child to prepare greens for a salad using kid-safe clean scissors or just using hands to rip the greens apart. It's a creative way to make salads and boost fine motor control, and it may just encourage your child to eat some of this healthy meal item!
- *Pine Cone Treats:* Roll pine cones in peanut butter and birdseed, creating snacks for our feathered friends outdoors. It's a hands-on way to promote bilateral coordination and fine motor skills.
- *Popcorn Garland:* String popcorn and hang it on trees in your yard or local park. This sensory-rich activity entices birds and adds a touch of nature to your surroundings.

These activities are not just about skill development; they're opportunities for bonding and creating lasting memories with your child. So, put on those aprons, gather your materials, and let the kitchen and nature become your child's playground for growth.

**SUPPORT**  
**WESTERMAN PRESCHOOL!**  
**Shop Saturday, December 9th, 2023**  
**at**



- ☒ **SHOP**
- ☒ **DONATE**
- ☒ **SUPPORT**

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**2280 S. Industrial Hwy. ♦ [a2ptothriftshop.org](http://a2ptothriftshop.org)**

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*Supporting Ann Arbor Public Schools and its Students Since 1993*

**\*\*\*\*\* 10% OF SALES \*\*\*\*\***

**WILL BE EARNED BY OUR SCHOOL!**

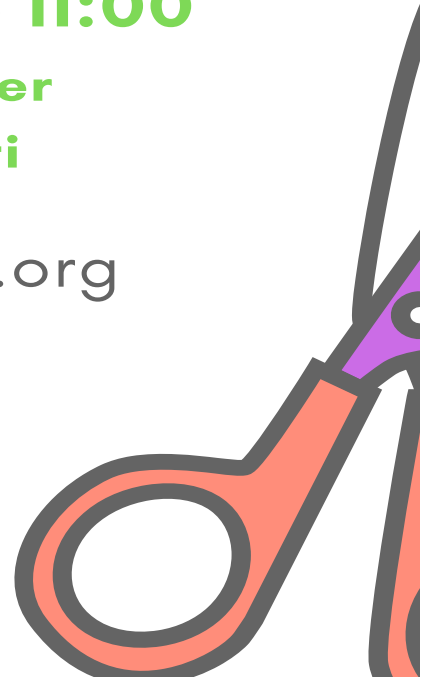
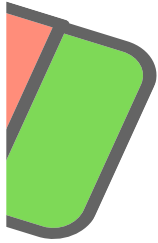
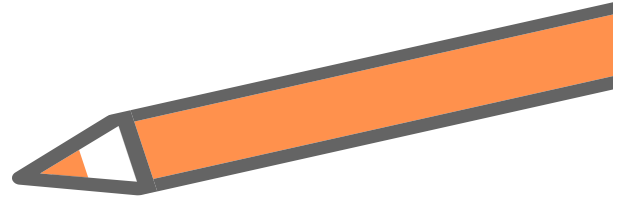
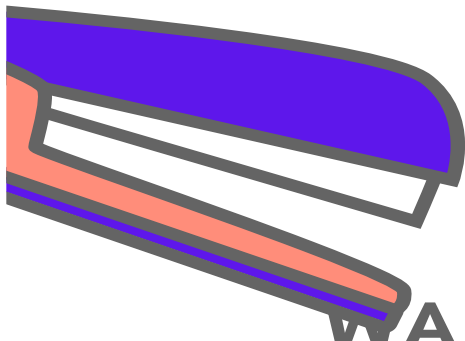
***The more you shop, the more we earn!***

- ~ NO TOKENS NEEDED ~ NO ADD TO BRING IN ~**
- ~ NO REMEMBERING TO MENTION OUR SCHOOL ~**

**JUST SHOP!**

**WE WILL AUTOMATICALLY RECEIVE 10% OF ALL SALES!**

***Thank you for supporting Western Preschool!***



WASHTENAW COUNTY

# SCHOOL READINESS FAMILY ADVISORY GROUP

Join us to:

- \* Learn about School Readiness work
- \* Learn how to advocate for your child
  - \* Share give your ideas
  - \* Enjoy a light brunch
- \* Enter to win a gift basket!

**Children are welcome!**

**Friday, Dec 8th | 10:00 to 11:00**

**Beatty Early Learning Center**

**1 661 Leforge Rd, Ypsilanti**

Email [mlong@washtenawisd.org](mailto:mlong@washtenawisd.org)

to sign up:





# Michigan State University Extension

## Child and Family Development December Offerings

MSU Extension has a wide range of free online classes for parents and caregivers of children of all ages and early childhood professionals. See below for our December offerings!

Please reach out to your local Extension office or [find a Child and Family Development team member near you!](#)

Follow our Facebook page for more information and resources at [MI Stronger Family - MSU Extension](#).

### Extension Extra's Parenting Hour

These free online parenting workshops will provide guidance for parents of young children as they navigate the challenges, concerns, and joys of parenting. Participants may register for as few or as many workshops as they wish. The workshops are on Tuesday evenings from 8:00 to 9:30 PM EST as follows:

#### Class dates:

- 12/5/2023: Essential Skills for Learning and Life
- 12/12/2023: Talking With Kids About Race
- 12/19/2023: Mindfulness for Children
- 12/26/2023: No Class

#### Class Times: 8:00 PM to 9:30 PM

- **Registration:** [https://msu.zoom.us/webinar/register/WN\\_APSEiTFUTfOSwoRU7aQ17g](https://msu.zoom.us/webinar/register/WN_APSEiTFUTfOSwoRU7aQ17g)
- For more information contact Courtney Aldrich at [aldric82@msu.edu](mailto:aldric82@msu.edu)

### Parenting Series

#### The Parent Talk System

Do you feel like your children aren't listening to you? Do you find yourself constantly repeating yourself trying to gain compliance? This 6-week series is for parents of children of all ages and is designed to improve communication and provide practical verbal strategies for raising confident, caring, responsible children. Topics include eliminating unwanted behavior, setting limits, teaching about consequences, giving effective feedback, promoting independence, and developing character. Certificates of attendance are available.

- **Class dates:** November 7, 14, 21, 28, December 5, 12
- **Class times:** 11:30 am-1:00 pm
- **Registration:** [https://msu.co1.qualtrics.com/jfe/form/SV\\_2oye6BYmcmz3bfw](https://msu.co1.qualtrics.com/jfe/form/SV_2oye6BYmcmz3bfw)
- For more information, contact Courtney Aldrich, [aldric82@msu.edu](mailto:aldric82@msu.edu)

#### Guiding Principles for Highly Successful Parenting

Are you wondering how to gain greater cooperation from your children? Struggling with chores or routines? Not sure how to handle discipline issues? Join us for this five-week parenting education series for parents with children of all ages will explore developing routines, emotional control, rules and relationships, and being a calm, assertive parent. Certificates of attendance are available.

- Class Dates: November 20, 27, December 4, 11, 18
- Class Times: 7:30 pm-9:00 pm ET
- Register at: [https://msu.co1.qualtrics.com/jfe/form/SV\\_6XReroOy9fS0mKa](https://msu.co1.qualtrics.com/jfe/form/SV_6XReroOy9fS0mKa)
- For more information contact Courtney Aldrich at [aldric82@msu.edu](mailto:aldric82@msu.edu)

## Kinship Caregiver Classes

Kinship Caregiver classes are targeted to relatives caring for another relative's children.

### Workshop:

- 12/13/2023: Essential Skills for Learning and Life
- Class Time: 7:00PM to 8:30PM
- **Registration:** [https://msu.zoom.us/webinar/register/WN\\_msxyZuH0QeS9MsKaD\\_y7Tg](https://msu.zoom.us/webinar/register/WN_msxyZuH0QeS9MsKaD_y7Tg)
- For more information contact Courtney Aldrich at [aldric82@msu.edu](mailto:aldric82@msu.edu)

## Lunchtime Webinars

**NOVEMBER Webinar: Indigenous Experiences and Perspectives on Immunization:** Please join us for our November MVP webinar with Joseph Sowmick, Hon.Ph.D., and Susan Sowmick, RN, BSN, Saginaw Chippewa Indian Tribe. Please help promote this event through your channels using the details below and the attached infographic.

**Title:** Indigenous Experiences and Perspectives on Immunization

**Description:** The MVP team will be speaking with Joseph Sowmick, Hon.Ph.D., and Susan Sowmick, RN, BSN, from the Saginaw Chippewa Indian Tribe about historical and current Indigenous experiences and perspectives on immunization.

**Date:** November 14, 2023

**Time:** 12:00-1:00pm

**Registration link:** <https://tinyurl.com/MVPIndigenousVaccine>

## Early Childhood Professional Development Classes

These free online classes provide professional development training hours for early childhood professionals. Credit in the MiRegistry system is available. (See more offerings for professionals at the end of the note)

### Title: Mindfulness for Young Children

- **Class Date:** December 21<sup>st</sup>, 2023
- **Class Time:** 7:00PM to 8:30PM
- **Registration:** [https://msu.zoom.us/webinar/register/WN\\_jLVWzzM6Qlimr7VBOCrrPA](https://msu.zoom.us/webinar/register/WN_jLVWzzM6Qlimr7VBOCrrPA)
- For more information contact Vivian Washington at [washi138@msu.edu](mailto:washi138@msu.edu)

### Title: Positive Discipline

- **Class Date:** December 22<sup>nd</sup>, 2023
- **Class Time:** 1:00PM to 2:30PM
- **Registration:** [https://msu.zoom.us/webinar/register/WN\\_7uUWdABOR266czLJYKy7A](https://msu.zoom.us/webinar/register/WN_7uUWdABOR266czLJYKy7A)
- For more information contact Vivian Washington at [washi138@msu.edu](mailto:washi138@msu.edu)

### In-Person Workshop: Including All of Us

#### Description:

Including All of Us is an intensive training to provide an opportunity for child care professionals to learn about issues of diversity, equity and inclusion in early childhood. Including All of Us includes group content, where early childhood professionals can explore their own beliefs, worldviews and understanding of issues surrounding diversity. Participants learn about ways they can incorporate anti-bias education into their work with young children and create environments of equity for all children. Ensuring that child care environments are high quality, equitable and inclusive will help build and nurture social emotional competencies and prepare children for success in school and in life. Including All of Us provides an opportunity for teachers to practice self-reflection and develop an awareness that will have a positive impact on their teaching, child care skills, and family interactions.

This in-person, free program is six hours in length and can be taught in one six-hour session or two, three-hour sessions. The program is approved in the MiRegistry system and completion certificates are available.

### Positive Discipline

Helping young children learn self-control is important to their ability to be successful citizens now and in the future. Positive Discipline workshops help adults learn how their role in creating appropriate environments and experiences can strengthen that development. This class has a “parent and caregiver” track and a “professional” track. Certificates of attendance are available for all who take the class and professional development training hours are available for early childhood professionals. Credit in the MiRegistry system is available.

- **Registration:** <https://www.canr.msu.edu/courses/positive-discipline-online-course>
- For more information contact Courtney Aldrich at [aldric82@msu.edu](mailto:aldric82@msu.edu)
- MIRegistry credit available!

### Infant Safety

MSU Extension has partnered with the [Livingston County Child Abuse Prevention Council](#) to create a self-directed online infant safety course called “Sleeping, Crying, Driving.” This three part course contains videos and interactive content on infant safe sleep, how to handle extended infant crying and guidelines for transporting your child safely. A certificate of completion and **MIRegistry credit** is available for those who need proof of attendance.

- **Registration:** [https://www.canr.msu.edu/early\\_childhood\\_development/infant-safety/](https://www.canr.msu.edu/early_childhood_development/infant-safety/)
- MIRegistry credit available!

### MI Parenting Resource

This free, online program is meant to support caregivers across the state in strengthening their parent-child relationships and gaining new tools for enhancing positive child behaviors.

- **Registration:** <https://miparentingresource.org/>
- For more information contact Courtney Aldrich at [aldric82@msu.edu](mailto:aldric82@msu.edu)

## Additional Resources

Michigan State University Extension has partnered with Cooperative Extension in other states to provide more resources and classes for you!

Check out Fit and Healthy Kids at <https://fitandhealthykids.unl.edu/>, Online Professional Development Workshops for Early Childhood Professionals.

### **Guidance and Discipline: Mistaken Goals of Misbehavior This class is eligible for MIRegistry Credit!**

Attend the live session or watch a recording up to one week later. This workshop will look at the causes of children’s misbehavior and techniques to respond to their mistaken goals.

Instructors: Audrey Rider, Early Childhood Field Specialist II – South Dakota

Courses offered by Fit and Healthy Kids may be accepted by Nebraska, Georgia, Iowa, Arizona, Kansas, Michigan, Wisconsin and South Dakota to meet annual in-service training requirements.

**Date and Time: December 4, 2023, 7:00-8:00 P.M. CT (8-9 pm ET);**

**Registration:** <https://fitandhealthykids.unl.edu/one-hour-once-month-trainings>