

# EARLY CHILDHOOD ESSENTIALS

Presented by  
**Everyday Parenting Solutions**

Early Childhood Essentials is a six-session course designed for early childhood educators looking to strengthen their skills and earn continuing education hours and for parents who seek a deeper understanding of how their child grows and develops. The program will offer practical and useful skills and tools for use at home and in the classroom. Participants may sign up for individual sections or for the entire course.

**Location:** Canterbury Community Nursery School  
601 N Parham Rd, Richmond, VA 23229  
Ph: (804) 741-4118

**Time:** 6:30 to 8:30 in the evening.

## **Session 1: Introduction and The Importance of Play**

Why a play-based curriculum is considered best practices by child development experts. Understand the first stage of cognitive development based on neurology. Learn how to design a curriculum, implement it and continue to keep it interesting and stimulating. Parents will learn creative, simple play ideas for use at home.

**Monday, October 2**

## **Session 2: Ages and Stages**

Learn how children grow and develop emotionally, cognitively, socially and physically from birth through 6 years of age. Learn appropriate expectations and the range of behavior that is appropriate for each year of life. When should we become concerned that a child is not meeting developmental milestones? How can we help?

**Tuesday, October 17**

## **Session 3: Beyond Time Out**

This session will focus on setting limits and shaping positive behavior based on a “logical consequences” approach.

**Monday, November 6**

## **Session 4: Finding Success with Challenging Children**

Learn to recognize what is driving challenging behavior and how the parent/teacher can set each child up to thrive.

**Monday, December 4**

## **Session 5: Working Successfully with Parents**

When teachers and parents work as partners in support of young children, the child is more likely to have success at both school and home. How you can empathize with parents while educating them as to best practices in structure, routine, consistency and predictability.

**Monday, January 8**

## **Session 6: Learn to Be an Effective Communicator**

Learn how individual children process information differently based on whether they are auditory, visual or sensory motor learners. Set them up for success by offering each of these learning modalities within the classroom or at home.

**Monday, January 22**

## MEET OUR FACULTY

The curriculum for Early Childhood Essentials has been designed by **Susan M. Brown**, Director of Everyday Parenting Solutions. Susan holds a master's degree in child development and has over 40 years of experience working with parents and educators in her native Los Angeles and in Richmond. She is author of the children's book, *Simon and the Worry Watch*, and is a regular contributor to *Richmond Family Magazine*. Susan will teach each session along with her colleagues below:

**Susan Townsend Holt** holds a master's degree in education with 27 years of teaching experience with both children and adults. She is now a professional Life and Family Coach, specializing in parent education. She loves working with children and parents in building social and emotional intelligence.

**Mia White** is the Director of Canterbury Community Nursery School. She is also the Director of RAD (Richmond Area Directors), a group that facilitates continuing education in the field of child development as well as networking among local preschools and teachers. She holds a degree in Early Childhood Education, has been a Director and classroom teacher for many years. She is also co-author of *Raw-Vitalize*.

**Meg Zehmer** is a learning consultant, educational coach and tutor with nearly 30 years of teaching in both the public and private sector. She holds a master's in learning differences, and a bachelor's in early childhood education and family childhood development. She is currently an Early Childhood teacher at St. Catherine's School as well as the Associate Co-Director of Brilliant Summer Camp, also at St. Catherine's.

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### To Register:

Send a check for \$25 for each session, or \$120 for all six, to Canterbury Community Nursery School, Attention: Teacher Training, 601 Parham Road, 23229. Please include this form so we will know when to expect you:

Name: \_\_\_\_\_

I will be attending the following sessions: (check all that apply) 1\_\_\_ 2\_\_\_ 3\_\_\_ 4\_\_\_ 5\_\_\_ 6\_\_\_

Position: Are you attending primarily as: (check one)    Parent \_\_\_\_\_    Teacher \_\_\_\_\_

If you are a teacher, what grade(s) do you teach? \_\_\_\_\_

Would you be interested in receiving notices of upcoming training offered by Everyday Parenting Solutions?  
If so, please provide your email address here. Please print clearly:

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*Thank you. We look forward to seeing you!*