

## Session Overviews

### Level 1 Orientation Course for Child Care Staff

#### **Session 1: Becoming a Child Care Worker**

The purpose of this session is to provide an overview and examine the role of the child care provider. This session reinforces the importance and purpose in providing quality care for children.

##### **Learning Objectives:**

- Begin to identify their personal values, beliefs, culture and personal experience in relation to their role as a child care worker.
- Differentiate between support functions and primary care responsibilities
- Examine the responsibilities of providing a safe environment for children
- Identify qualities of a professional child care worker
- Examine the meaning and importance of quality care

#### **Session 2: Respecting Cultural Diversity**

This session highlights the importance of becoming aware of cultural diversity, increasing appreciation for cultural differences.

##### **Learning Objectives:**

- Increase cultural awareness
- Expand cultural knowledge
- Examine and develop cultural skills
- Identify cultural practices in your community

#### **Session 3: Understanding Aboriginal Children and Families**

This session will share introductory knowledge to enhance interactions and competencies when working with Aboriginal children/families.

##### **Learning Objectives:**

- Gain an appreciation of Aboriginal people in Canada
- Increase awareness and common misconceptions about Aboriginal people:
  - First Nation (status/non-status)
  - Métis
  - Inuit
- Gain an understanding of a holistic view of Aboriginal people
- Identify ways to support or enhance identity when working with young children

#### **Session 4: Communicating Effectively**

Session 4 focuses on communicating effectively with children, parents and staff and its importance in providing quality child care. Understanding one's own communication style and learning and reducing the barriers to effective communication enhance the professionalism as a caregiver of young children.

##### **Learning Objectives:**

- Identify skills, methods and processes of effective communication
- Utilize active listening skills to facilitate positive communication

#### **Session 5: Observing Young Children**

This session focuses on the importance of observing children by collecting descriptive information and keeping records of children in their natural play setting. Through relevant observation of children, caregivers are able to plan appropriate learning experiences and to guide behaviour that leads to positive effects.

##### **Learning Objectives:**

- Explain the importance of observing young children and methods used to record observations of child behaviour
- Identify ways caregivers can observe in a child care setting
- Examine the effects of culture, experiences, traditions, personal history and biases when observing children

#### **Session 6: Physical Development of Young Children**

In Session 6, participants will learn about the stages of physical development from birth to six years of age. After examining some of the factors that may influence growth and motor development, caregivers will learn ways to promote physical development and physical safety in a child care setting.

##### **Learning Objectives:**

- Distinguish between large and fine motor abilities
- Describe different stages of physical development for children 0-6 years

- List factors that affect a child's development
- Determine activities that enhance opportunities to promote physical development in a child care setting

### **Session 7: Intellectual Development of Young Children**

This session focuses on how children develop intellectually and explore ways that support children's thinking and enrich the child care environment to promote learning.

#### **Learning Objectives:**

- Describe the stages of intellectual development and how children play with materials differently at various stages in their development
- Choose practices that support children's intellectual development that coincide with age-appropriate activities
- Identify different learning styles of children

### **Session 8: Language Development**

Session 8 focuses on how language develops in the first six years and how the child care worker can promote children's language development.

#### **Learning Objectives:**

- Recognize the basic principles and milestones of language development
- Describe what children need in order to develop their language skills
- Identify appropriate ways to promote language in young children

### **Session 9: Social-Emotional Development**

This session discusses the importance of meeting children's social and emotional needs and looks at ways to encourage and support the development of positive self-esteem.

#### **Learning Objectives:**

- Understand the meaning of social development, emotional development, and self-esteem in children
- Examine how a caregiver's response can promote self-esteem
- List what children need for healthy social and emotional development
- Outline the responsibilities of a caregiver that supports healthy emotional and social development.

### **Session 10: Creative Development in Young Children**

This session examines the importance of creativity as it relates to the development of the whole child. Emphasis is placed on the caregiver's role in providing an environment that encourages creative development and understanding the stages of creative development.

#### **Learning Objectives:**

- Describe the stages of creative development and expression
- Describe the role of the caregiver in promoting creativity in children
- Plan age-appropriate experiences that promotes creative development
- Experience the feeling of "creating".

### **Session 11: Developing Through Play**

In this session, early memories of play will be discussed to help identify the characteristics of play. Children from all over the world play and the caregiver will discover how they can provide and support play experiences that encourage children's development.

#### **Learning Objectives:**

- Recall the importance and nature of personal play experiences
- Identify the five characteristics of play
- Describe the developmental stages of play
- Explain the value of play for children's physical, intellectual, creative and social-emotional development

### **Session 12: Providing for Play**

This session focuses on play and how caregivers plan and prepare for children's exploration in the playroom. Children's lives and their development is enriched when caregivers understand how to provide for play. By

enhancing the learning environment with the use of appropriate play spaces, materials, and caregiver involvement, children begin to learn and understand how the world around them works.

**Learning Objectives:**

- Identify the different stages of social play
- Describe the components to enhance play
- Discuss the role of adults as part of the play process
- Describe the principle of inclusion for children with diverse needs

**Session 13: Nurturing Through Physical Routines**

This session will look at the physical routines that make up a good part of the child's day in a child care setting. Caregivers will learn how to promote self-esteem by providing opportunities to build trust, independence, and initiative during daily routines. Ways to help make smooth and effective transitions between various parts of the child's day will also be discussed.

**Learning Objectives:**

- Identify appropriate practices for caregivers to use in daily routines
- Explain how routines promote children's development in a safe and nurturing way
- Plan and implement practices to improve various routines including arrival/departure times, mealtimes, transitions to naptimes, toileting, etc.

**Session 14: Guiding Children's Behaviour**

The focus of this session will be identifying a variety of appropriate ways to guide children's behaviour. Using the caregiver's knowledge of child development, communication strategies, planning for play and routines, they will explore ways of helping children develop self-control while at the same time maintaining the child's sense of self-esteem.

**Learning Objectives:**

- Differentiate between guidance, discipline and punishment
- Practice giving clear guidelines with a positive approach
- Use redirection strategies to avoid problem situations
- Assess appropriate guidance policies for child care programs

**Session 15: Health, Safety and Well-being of Children in a Child Care Program**

This session will review the Child Care Regulation, the role of the child care licensing officer as well as ways to provide proper supervision, health and safety when working with young children.

**Learning Objectives:**

- List ways the provincial government is involved in ensuring the safety and well-being of children in child care settings
- Indicate some of the standards in the Day Care Regulation
- Identify health and safety issues in child care settings
- Describe the role of the licensing officer

**Session 16: Together with Families**

Session 16 focuses on how child care staff and families work together in the best interest of each child.

**Learning Objectives:**

- Recognize the stresses of facing families and the role of child care in supporting families
- Identify barriers to positive relations between families and child care staff
- Recognize strategies that can improve relationships/communications with parents and co-workers
- Describe the role of problem-solving and how this may be used with family members

**Session 17: Child Abuse, Family Violence and Community Resources**

This session examines child abuse and family violence and its impact on children. The participant will also be required to give a short presentation on a relevant resource from their community that is available to support the child, family and/or child care program.

**Learning Objectives:**

- Describe what is child abuse
- Recognize some of the indicators of child abuse
- Describe the caregiver's responsibility in reporting suspected abuse and their role in preventing abuse
- State the appropriate process for reporting
- Describe strategies for providing support to children who have been abused and/or neglected

- Identify how community resources can be a valuable asset to children, families, and the child care program

**Session 18: Becoming an Early Childhood Professional**

This last session will allow the student to reflect on what they learned and incorporate the knowledge into everyday practices. The importance to continue education is emphasized in order to become an early childhood professional.

**Learning Objectives:**

- Describe the elements of program planning
- Plan a day in the life of a child in a day care setting
- Describe the role of a caregiver as a member of a child care team
- Identify opportunities for further professional development
- Describe what the Orientation Course has taught you as a caregiver