

Turning Adversity into Strength with Jeanine Fitzgerald

For child care and early education providers



Wednesday evenings,
March 3–April 7, 2021
6:30–8:00 PM

Virtually on Zoom

“The child may not remember but the body remembers.” This is a quote from the documentary *Resilience: The Biology of Stress and the Science of Hope*. While the original research completed two plus decades ago was controversial, it is now widely embraced that **Adverse Childhood Experiences (ACEs)** are one of the most critical public health threats of a generation. More recent research reveals that the magnitude of stress, distress and trauma generated by the current culture in the U.S. exacts a toll on the entire population and understanding its healing may very well save humanity from the current path of self-destruction.

This training series was developed to assist providers in meeting the NEW OCFS training category (10) adverse childhood experiences, focused on understanding trauma and on nurturing resiliency. It also includes OCFS training categories 1, 2, 3, 4, 6, 7, & 8.



Visit our website at www.saccn.org

Session Titles & Descriptions

The Alarm Has Sounded

Objective: *At the completion of this session, each participant will be able to:*

- *Guide children through their battle with fear toward harbors of serenity and safety.*

Fear is one of the most significant forces in life because it enslaves children and adults alike to living a life of private anguish. It puts children at higher risk for a number of physical, emotional, social and cognitive challenges, including but not limited to academic decline, poor peer relationships, substance abuse, depression, and violence. This session explores the fear circuitry of the brain and more importantly, what parents and professionals can do to address the fears of children before they become overwhelmed to the point of diagnosis.

The Wounded Child

Objective: *At the completion of this session, each participant will be able to:*

- *Cultivate an environment that heals through readily accessible experiences such as proper nutrition, play and the arts.*

When a young tree is injured, it grows around the injury. Over time, the wound becomes relatively small in relation to the rest of the tree. We can learn a lot from nature. Adverse childhood experiences wound but the good news is that the human spirit is resilient. It can grow despite the injury, and the tools are within our reach. It does not require elaborate procedures or years of therapy. This session explores becoming tuned into the experiences that should happen, rather than reliving what has happened. It answers the critical questions, "What experiences does a developing child need now more than ever?" and "How do we help children get what they need to face life's real challenges?"

Becoming Sense-able

Objective: *At the completion of this session, each participant will be able to:*

- *Use strategies that strengthen five external & two internal sensory experiences to develop regulatory functions and resilience.*

It is time to let the body speak its mind - to teach children to trust their instincts, and to find the courage to live and love with their whole being. This begins with awakening "the felt sense." This is the sense that helps children feel grounded; at-home and comfortable in their own skin. It tunes them into what is happening around them and within them. All children are sense-ational, now it's time to become sense-able. This session examines the sensory system and experiences that awaken all the senses.

Enduring Relationships

Objective: *At the end of this session, each participant will be able to:*

- *Adjust attitudes in ways that influence the quality of the relationships they have with children and how they nurture children.*

Karl Menninger, a psychiatrist, once stated, "What we do to our children, they will do to society." And while all children enter this world trusting, they develop mistrust for some reason - some having to do with experiencing adverse childhood experiences. After 37 years of international research, four types of deep connection are essential to the developing child. This session will explore one of the four, which is a deep connection to a genuine community. It is jam packed with experiences that cultivate a life beyond stress and trauma, and the path toward a positive working model and feeling seen and known.

Doing What Comes Naturally

Objective: *At the end of this session, each participant will be able to:*

- *Engage children in nature play to awaken their senses, capture the emotion of joy, strengthen the body and intrigue the mind.*

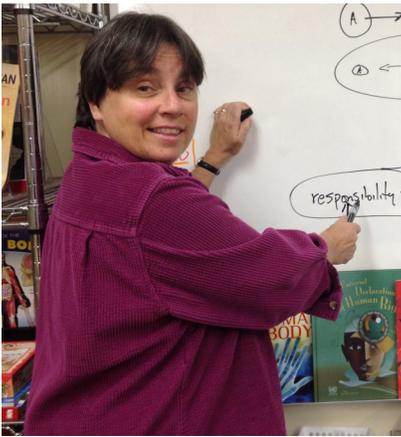
The deeper we connect with nature, the more resilient we become. Nature is human nature's natural tranquilizer. The natural world improves physical health, promotes observation and reflection and inspires imagination, innovation and creativity. It frees up the top part of the brain, the thinking brain, in ways that allow it to recover. This session explores all the opportunities we have for connecting ourselves and our children back to the natural environment.

No Small Emotions

Objective: *At the completion of this session, each participant will be able to:*

- *Educate the heart of youth, from infancy through adolescence, toward the end of emotional literacy, so they can navigate the emotions of fear, anger, and sadness.*

All professionals experience times when a child says things or behaves in ways that do not seem to make sense. These experiences can be frustrating, especially when we think the child should know better. All of a sudden, he or she becomes unregulated and no amount of reasoning works. So what do we do when a child is drowning in the sea of emotional waves and rapids of life? This session addresses time-tested ways to connect and redirect, and engage, not enrage.



Jeanine Fitzgerald draws on more than 40 years of professional experience to empower teachers and parents. As a certified Human Behavior Consultant and Specialist, and owner of The Fitzgerald Institute of Lifelong Learning, Jeanine specializes in research-based strategies that maximize the fulfillment of a child’s potential and their implementation in “real life” settings. She understands the daily struggles of educators and parents and honors the “hero within” each individual she has the privilege to work alongside.

As a speaker, consultant and master trainer, Jeanine has worked with thousands of children, professionals and parents across the country.

As an author, Jeanine has published *The Dance of Interaction* and two national training programs entitled *Education with Insight* and *Parenting with Insight*.

Who Can Attend?

This six-week, 9-hour program has been developed for child care and early education providers in all types of settings: family child care, day care centers, school age care, Head Start, and nursery/preschool programs.

Completion of all six weeks of the **“Turning Adversity into Strength”** fulfills 9 hours of training (out of the 30 required by OCFS) and meets eight of now **ten** Office of Children and Family Services topic requirements for child care providers.

Please complete the registration form below and return it by **February 28** with your payment.

Mail registration and payment, EIP voucher or CSEA-VOICE authorization to:

Southern Adirondack Child Care Network
 Attention: Fitz
 37 Everts Avenue
 Queensbury, NY 12804

Feel free to email suek@saccn.org or call her cell, 518-932-8909 with any questions.

Copy this brochure as needed or download from our website, www.saccn.org/events.

----- clip & mail ----- clip & mail ----- clip & mail ----- clip & mail -----

Registration: Turning Adversity into Strength

Entire 6-week (9 hour) series: \$165.00

Name: _____

Payment method: (Please check all that apply)

Address: _____

____ CSEA-VOICE: Pre-Approval Completed

Town & Zip: _____

____ Check (made payable to “SACCN”)

Phone: _____

____ EIP Voucher

Workplace: _____

____ Scholarship (Please call for information)

Email: _____

Total enclosed: _____

Please mail to:

Southern Adirondack Child Care Network
 Attn: Fitz
 37 Everts Avenue
 Queensbury, NY 12804

Enrollment deadline: February 28, 2021

\$\$\$ You May Be Eligible \$\$\$

Training funds may be available to help eligible registered/licensed child care providers obtain the training and education they need to provide quality child care to children and families.

CSEA/VOICE Professional Development Training Program

Family and Group Family Child Care Providers can apply for Professional Development Funds to cover the full cost of the Series. Go to the VOICE-CSEA Union website at voicesea.org. Simply submit the training request, and check that pre-approval has been completed on registration form.

Educational Incentive Program (EIP)

Scholarship funding to participate in this training may be available through the Educational Incentive Program (EIP). For more information or to apply most easily, please visit www.ecetp.pdp.albany.edu. You may also contact EIP at eip@albany.edu or 800-295-9616.

SACCN Training Scholarship

There is also a small Training Scholarship Fund available through the Southern Adirondack Child Care Network (SACCN) which may help some training participants pay part of the cost for training. If you are unable to access EIP funds and cannot pay the workshop fee, you may call Lynn at SACCN, 798-7972 ext 204 or email sicklesl@saccn.org for more information and a scholarship application.

New OCFS Training Category 10

