



**2023**

## **Care About Childcare Classes**

### **Healthy Care September 12, 14, 19, 21 Instructor: Marci Childs**

Health and safety are the foundations of a strong early childhood program. This course focuses on the health and wellness of early childhood educators (ECEs) and provides information to help ECEs plan safe and healthy learning environments for the children in their care. Topics include: health and safety for ECEs, self-care for ECEs, infant and early childhood mental health (including information on adverse childhood experiences (ACEs) and trauma), active supervision, how to teach children about safety drills, body safety and sexual development in children and positive physical wellness strategies (including information on common chronic medical conditions of childhood).

### **Unlocking The Creative Mind September 23, 30 Instructor: Kris Evans**

In this course participants will learn the value of creative art, dramatic play, creative movement, music and dance, and the important roles they play in a young child's life.

**Please visit [careaboutchildcare.utah.gov](https://careaboutchildcare.utah.gov) or contact Nathan Reeves at 435-586-8722 to register for classes.**

**Classes cost \$5.00 each.**

