



Handouts are limited. Bring paper and pen to each seminar. Plan to arrive in time to order a beverage or meal to eat during the seminar. Do NOT bring in food or beverage from the outside. Invite a colleague or parent! Pre-registration is expected.

Seminars sponsored by PLA-INC. are approved and taught by approved instructors (MNCPD).

October

Sudden Unexpected Infant Death (SUID) and Abusive Head Trauma (AHT)

Meets DHS education requirements for both SUID and AHT. Content includes recommendations to reduce SUID, including SIDS, suffocation, and other sleep related infant deaths, safe sleep environments, MN Child Care regulations related to safe sleep, as well as symptoms and consequences of abusive head trauma, risk factors for AHT, and strategies to use when stressed, angry, or frustrated. KCF: VII.A; CDA: 1; PA: N/A

Monday, October 3 6:30 PM - 8:30 PM
Cost: \$20.00

Perkins Restaurant, 1155 W. Broadway Ave., Forest Lake, MN 55025 *Plan to arrive in time to order a beverage or meal to eat during the seminar*

Raising Empowered Children

Children require several skills in order to cultivate a sense of confidence and self-esteem. Discuss strategies you can add to your tool box that will foster accountability, respect, and relationship-building in children of all ages and how these skills affect the atmosphere in your home or classroom. You will understand how mastery of these skills generates self-advocacy and more positive behaviors and rewards, thus empowering each child so gifted by loving adults. KCF: II.c; CDA: 3; PA: 4, 8

Monday, October 24 6:30 PM - 8:30 PM
Cost: \$20.00

Perkins Restaurant, 1155 W. Broadway Ave., Forest Lake, MN 55025 *Plan to arrive in time to order a beverage or meal to eat during the seminar*

SAVE THE DATE: February 25, 2017.

December

Nutrition in Children Birth to Six Years

This course will cover healthy eating behavior of infants, toddlers, and preschoolers; explain current eating patterns of young American children including information about food insecurity; the role of good nutrition in children's physical, mental, and social/emotional development; and high-



quality foods from many cultures. KCF: VII.A; CDA: 1; PA: 5

Thursday, December 1 6:30 PM - 9:30 PM
Cost: \$30.00

Perkins Restaurant, 1155 W. Broadway Ave., Forest Lake, MN 55025 *Plan to arrive in time to order a beverage or meal to eat during the seminar*

Active Supervision: School-Age Children

Meets the Family Child Care Provider annual supervision training requirement. This curriculum focuses on the supervision of school-age children in a mixed age group setting. The training will identify factors in the environment that affect supervision: identify and evaluate how activities may increase supervision of school-age children; and discuss how relationships may affect supervision, including bullying behavior and girl friendships. KCF: VII.A; CDA: 1; PA: N/A



Monday, December 19 6:30 PM - 8:30 PM
Cost: \$20.00

Perkins Restaurant, 1155 W. Broadway Ave., Forest Lake, MN 55025 *Plan to arrive in time to order a beverage or meal to eat during the seminar*

SAVE THE DATE!!

2017 15th Annual Child Care Professional Institute February 25, 2017 in Forest Lake

Next year will be a huge year for PLA! We will celebrate the business of licensed child care professionals. Start thinking now about the topics you would like to see covered (besides those pesky required ones!) and what exhibitors you would like to see. Encourage them to join us. When you attend other conferences, take note of instructors and exhibitors that impress you and kindly send their contact information to info@pla-inc.org.



Program Services

Papillon Business Group

If you are ready to take your child care business to the next level, then you should join us. To be added to the invitation roster, send your request to info@pla-inc.org with **PBG** in the subject line; include your full name, business name, and contact information. While open to any Rule 2 business in good standing, membership is on a first-come, first-served basis. Direct competitors of current members must wait for the next Business Group to form.

Environment Evaluation

In-home business owners have been asking for assistance to re-evaluate their environments. We are

pleased to announce that we now offer a one-hour on-site evaluation. We will discuss your thoughts about and goals for your space and provide suggestions for changing it. Included in the fee is a one-hour education certificate and written summary of the visit.

Consulting

If you prefer a personalized session (or need in-service in a hurry), consider on-site or phone consulting. You determine the session content. Day and evening times available. Maximum group size is three.

Seminars on the Road

Schedule your own! No need to wait for us to put it on the calendar. Gather your colleagues, choose your date, and select the seminars that meet your needs. Meet at your facility or a nearby restaurant, coffee shop, or library. Host private seminars or invite other child care professionals, parents, youth leaders, etc. Day and evening times possible. If you would like more hours, schedule a series of seminars on a Saturday.

Other Opportunities and Resources

Your Expertise is Requested

PLA is seeking talented volunteers to assist with data base management, small survey and research projects, and social media applications. You can work from home. Understanding of and appreciation for confidentiality, attention to detail, accuracy, creativity, and project completion dates is imperative. There are several projects from which to choose; you need not be skilled in all areas to be helpful. Call or email our office for additional details. Thank you!

Thrivent Financial

We are so excited to have had the 2016 Institute partially supported by **Thrivent Action Team Grants**. If you are a Thrivent member, you can make an immediate impact on the children and families in your community. Apply for Seed Money Grant Packages of \$250.00 to support projects or professional development events near you – even the Institute. Sponsor an instructor, for example, or request a professional development event near you. It's easy! Visit www.thrivent.com or contact our office for more information.

Minnesota Association of Child Care Professionals

MACCP is a new association formed by licensed family child care professionals "to strengthen the family child care profession by advocating for policy improvements, offering additional support and services to providers, and promoting family child care as an exceptional option for quality care and early childhood education." Visit www.maccp.org for information about its activities and membership.

SAVE THE DATE: February 25, 2017.



“Like” us on Facebook!



BLOX of TYME

Are you grappling with your professional development budget? Seeking better management of your time and money? Wishing there were seminars close to home? Needing someone with whom to talk over sensitive situations (or simply to vent)? Looking for a mentor? Focusing on your business development?

We have the answer for you! Manage your time with BLOX of TYME. Use your BLOX of TYME for most any PLA-sponsored professional development service. While BLOX are not transferrable, you may spend them on yourself, your helpers, and your substitutes. Spend them on seminars, consulting and mentoring services, environmental evaluations, and even the annual Child Care Professional Institutes.

Here's how it works.

Purchase BLOX of TYME. You choose the number of BLOX and the financial investment in – your commitment to – your business. Each BLOX of TYME is \$20.00. Pay in advance for your BLOX of TYME and receive a 10% discount. With this generous discount, we cannot offer refunds on unused BLOX. The minimum upfront payment (investment in your business) is 50% of the number of BLOX you choose.

For example: Purchase 6 BLOX and the total cost is \$120.00. You can pay \$108.00 in advance ($\$120 - \$12 [10\%] = \$108.00$) or pay \$60.00 semi-annually ($\$60.00 \times 2 = \120.00). Or purchase 20 BLOX and the total cost is \$400.00. You can pay \$360.00 in advance ($\$400 - \$40 [10\%] = \$360.00$) or pay \$200.00 semi-annually ($\$200.00 \times 2 = \400.00).

Purchase as many BLOX of TYME as you wish as often as you wish, with a minimum purchase of 4 BLOX. The more you purchase, the more you save. BLOX of TYME expire one year from the date of purchase.

Center Directors: *If you prefer on-site customized professional development for your staff, purchase BLOX of TYME in BLOX of \$160.00 with a minimum purchase of 4 BLOX. As in the examples above, when you pay upfront, take advantage of a 10% discount. For example, purchase 4 BLOX and the total cost is \$640.00. Pay upfront and pay only \$576.00 ($\$640.00 - \$64.00 [10\%] = \576.00). We will make the onsite arrangements with you. BLOX of TYME expire one year from the date of purchase.*

Visit www.pla-inc.org often for updates on seminar schedules, news, and information.

Exceptional education for child care professionals who care.