

Child Care Training Consultants, LLC

Accredited by International Association for Continuing Education and Training (IACET)

Theresa Vadala

Child-Friendly, Family Friendly and Eco-Friendly Classrooms

Learn the elements to a family-child friendly school and create a child-friendly classroom and "green" your classroom. The ability of a school to be and to call itself child-friendly is directly linked to the support, participation, and collaboration it receives from families.

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Child-Friendly, Family Friendly and Eco-Friendly Classroom

Theresa Vadala, Ed. D

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CDA Subject Area 1: Children's Physical and Intellectual Development Title: NV CKA 4.B Child-Friendly, Family Friendly and Eco-Friendly Classrooms	3 Hour	0.3 CEUs
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Dr. Theresa Vadala (Instructor & Curriculum Designer)





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Thank you for choosing Child Care Training Consultants, LLC., for your CDA Training Needs!

Learning Assessment

Read the material provided, take the 5-10 quiz questions and

complete the training evaluation at the end of the course.

Participants must receive 100% on individual courses to obtain a certificate of completion.

Questions? We are happy to help.

Support Services:

Please contact us 24/7 at

childcaretrainingconsultants1@gmail.com

Business # 702.837.2434



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Child Care Training Consultants LLC., Goal

The goal is to empower educators as they take Child Development Associate (CDA) courses to make a

powerful difference in the lives of young children!

Mission Statement

"Child Care Training Consultants, LLC's is committed to provide research-based professional growth and development training courses primarily focused on the Child Development Associate. The CDA is the nation's premier credential that is transferable, valid, competency-based and nationally recognized in all 50 states, territories, the District of Columbia, community colleges and the United State Military.

Vision

Child Care Training Consultants, LLC's vision is to provide the early childhood community with courses based on CDA competency standards to obtain their CDA Credential and assist in reaching their goal as an exceptional early childhood educator to ultimately achieve higher child outcomes.



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About the Instructor

Theresa has over 30 years experience in the field of Early Childhood Education. During that time, she served as a Preschool Teacher, Disabilities Coordinator, Program Facilitator, and Director of an Early Childcare Program. She has a Doctoral Degree in Educational Leadership with Specialization in Curriculum and Instructional Design. Theresa is a Professional Growth & Development Trainer and Curriculum Designer and offers web-based courses internationally. She is the Executive Director/Owner of of the training organization Child Care Training Consultants, LLC., (CCTC).



Business Description

Child Care Training Consultants, LLC. (CCTC) is an accredited provider (AP) with the International Association for Continuing Education and Training (IACET) that provides Continuing Education Units (CEU) for adult education nationally. The business is also a recognized training organization with the Council for Professional Recognition, Child Development Associate Council (CDA), National Credentialing Program.



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Learning Objectives

By the end of the training participants will be able to:

- 1) Identify the Six Elements of a Family Friendly Environment.
- 2) Identify Eco-Friendly Recyclable engineered products.
- 3) Identify ECO Friendly early childcare facility environment that include a variety of recyclable materials.



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Learning Outcomes

By the end of the training participants will be able to:

- 1) Identify the Six Elements of a Family Friendly Environment.
- 2) Design Eco-Friendly Recyclable STEM engineered products.

3) Organize a Green, ECO Friendly early childcare facility environment that include a variety of recyclable materials.





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AGENDA

Part 1: Child Friendly and Family Friendly

- Six Elements of Family Friendly Environment
- Design Eco-Friendly Buildings
- Eco Friendly Citizen
- Why Go Green?
- Setting up a Green Art Center

Part 2: What is Eco Friendly?

- What is Eco-Friendly?
- Reduce Reuse Recycle
- Reuse Design and Engineering
- Recycle and STEM Activities

Part 3: Up cycled Materials (Design and Engineering)

- Eco-Friendly Activities Examples
- Review



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Child Friendly Schools



- The school is a significant personal and social environment
- Teachers are the single most important factor in creating an effective and inclusive classroom.
- Children are natural learners





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Child Friendly Schools



UNICEF has developed a framework for rights-based, child-friendly educational systems and schools that are characterized as inclusive, healthy and protective for all children, effective with children, and involved with families and communities - and children within this framework: The school is a significant personal and social environment in the lives of its students. A child-friendly school ensures every child an environment that is physically safe, emotionally secure and psychologically enabling. Teachers are the single most important factor in creating an effective and inclusive classroom.

Children are natural learners, but this capacity to learn can be undermined and sometimes destroyed. A child-friendly school recognizes, encourages and supports children's growing capacities as learners by providing a school culture, teaching behaviors and curriculum content that are focused on learning and the learner.

The ability of a school to be and to call itself child-friendly is directly linked to the support, participation and collaboration it receives from families.

Child-friendly schools aim to develop a learning environment in which children are motivated and able to learn. Staff members are friendly and welcoming to children and attend to all their health and safety needs.

http://www.unicef.org/lifeskills/index_7260.html

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A rights-based, child-friendly school continued...

- Healthy and protective of children
- Involved with children, families and communities

Ensures a healthy, hygienic, and safe learning environment, with adequate water and sanitation facilities and healthy classrooms, healthy policies and practices (e.g., a school free of drugs, corporal punishment, and harassment), and the provision of health services such as nutritional supplementation and counseling.

Provides life skills-based health education.

Promotes both the physical and the psycho-socio-emotional health of teachers and learners.

Helps to defend and protect all children from abuse and harm.

Provides positive experiences for children.

- Guarantees child-friendly facilities, curricula, textbooks, and teaching-learning processes.
- Socializes girls and boys in a non-violent environment.
- Encourages respect for each others' rights, dignity, and equality.
- It is involved with children, families, and communities —
- it is Child-centered promoting child participation in all aspects of school life.
- Family-focused working to strengthen families as the child's primary caregivers and educators and helping children, parents, and teachers establish harmonious relationships.
- Community-based encouraging local partnership in education, acting in the community for the sake of children, and working with other actors to ensure the fulfillment of children's rights.





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Family Friendly School

Family-centric versus center-centric point of view

- Written notices placed in cubbies or posted on the doors to children's rooms
- Conversations at drop-off and pick-up time
- Individualized written notes
- Individual parent conferences



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Family friendly school

Family-friendly programs reflect and respect the unique characteristics of all members of a child's family. This includes not only the child and the child's mother and father, but all other significant adults who are involved in caring for the child as well. Family-friendly child care focuses on the needs of the whole family, on building a culture of strong support for working parents with an emphasis on parent connection and participation in the center.

- A family-centered program is one that provides services that gives a parent more time to spend with their children when they are at home and one whose staff can "put themselves
- in your shoes." The *family-centric,* rather than *center-centric point of view* shapes policies and practices in order to help parents feel good about the care their child receives and reduces parental stress.



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Six elements of familyfriendly childcare

- 1. Positive relationships between teachers and children
- 2. Meaningful interactions between teachers and parents
- 3. Quality relationships between staff and families
- 4. Respect for diverse families and cultures
- 5. Responsiveness to family needs
- 6. Communication between staff and families



- **1.** Positive Relationships Between Teachers and Children
- 2. Meaningful Interactions Between Teachers and Parents
- 3. Quality Relationships Between Staff and Families
- 4. Respect for Diverse Families and Cultures
- **5. Responsiveness to Family Needs**
- 6. Communication Between Staff and Families



1. Positive Relationships Between Teachers and Children

Family-friendly teachers pay attention and respond to children's ideas and feelings and provide closeness, cuddling, and a feeling of safety and trust. Warm, sensitive, and responsive interactions help children develop a secure, positive sense of self and encourage them to respect and cooperate with others. Children who see themselves as highly valued are more likely to feel like part of the community.



2. Meaningful Interactions Between Teachers and Parents

The connections between staff and parents are key to creating a positive and relaxed atmosphere in the center. Think about a recent, meaningful conversation you had with a child care provider at your center. Did she or he take the time to really listen to you? Did you feel as though you were working together to solve a problem or that she or he understood your request or your child's needs? If the answer is yes to these questions, the staff of your center are probably tuned in to family-friendly interactions.



3. Quality Relationships Between Staff and Families

Staff at family-friendly centers actively build quality relationships with families. This means making you feel welcome and included at the center, both in your interactions with staff and in your interactions with other parents. You should feel a sense of partnership and mutual support.



4. Respect for Diverse Families and Cultures

Family-friendly programs embrace the diversity of the families they serve. Teachers respect the goals and values families have established for their children, and the kind of people they hope their children are growing up to be. Staff also individualize their interactions with people at the center whether they are stepmothers, fathers, grandparents, children, or other staff.



5. Responsiveness to Family Needs

Staff at family-friendly centers actively plan ahead for the needs of the families in their care. It's important for the administration and staff to be aware of what's going on in your family in order to be responsive to your needs. They use this information to plan programs that address the broad needs of all the working families in their care, and to keep resources on hand about community programs that may be helpful to you.



6. Communication Between Staff and Families

Communication is an essential element of family-friendly care. Talking with administrators, staff, and other parents is the way you build relationships in centers. Never underestimate the power of a good conversation! For example, take the time to greet staff at drop-off in the morning or spend a few minutes chatting at evening pick-up. Exchanging written notes, e-mails, or phone calls are also valuable ways to connect about a specific issue, or just get to know each other better.



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- Family Friendly Center
- Staff respond quickly and sensitively
- Staff demonstrate that they know
- The center has a relaxed and cheerful atmosphere
- Staff ask parents for information
- Staff and parents work together
- Staff take the time to help parents





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----- Family Friendly Center

Family-friendly staff understand the importance of sitting on the floor with children and providing low tables for them. They also know that couches, stuffed chairs, plants, and soft lighting go a long way toward making childcare rooms feel friendly to the children and adults who use them.

Staff respond quickly and sensitively

to children's requests and nonverbal cues. For example, they offer affection, help with toileting, and they spend time answering and expanding on children's questions.

Staff demonstrate that they know and appreciate each child in their room. For example, they integrate individual children's interests, friendships, temperament, food preferences, and napping habits into all activities.

The center has a relaxed and cheerful atmosphere. Children seem to be comfortable, engaged, and having fun.

To support and promote children's optimal learning and development, staff will recognize the importance of children's families. They will establish relationships built on mutual trust and respect and invite all families to fully participate in the program. Family-friendly staff will intentionally plan daily schedules and curriculum informed by what they know about individual children and their families. They will be approachable, wanting to hear what parents have to say, whether it is positive or negative. They will listen carefully, picking up on what parents say about their children, and be able to respond in a flexible and sensitive manner.

Staff ask parents for information about their child and the child's interests to help plan daily activities.

Staff and parents work together to solve problems such as finding a child's lost belongings, long naps that interfere with evening bedtime, or a child who bites.

Staff take the time to help parents understand how the center's curriculum and activities contribute to their child's learning and development



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Focus on Lesson Planning

- Science
- Math
- Geography
- Design
- Reading
- Basically, all subjects

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Focus on Lesson Planning

Part of any child's education is learning about the world around them, so having the right resources to show the impact of their behavior on the larger environment is the best way to supplement teaching about the world they live in. Focusing on lessons ranging from rainforest and ocean protection to how to do campaigns for climate change. There are all kinds of different subjects that can be learned through environmentally-minded lessons:

Science is the obvious one, with biology and ecology already being taught in schools – a supplemental lesson about the environmental impact on ecosystems and the biology of animals from a polluted environment can give kids a better idea of what they can do to help take care of the planet.

Math can be taught through lessons on saving energy, recycling initiatives, and even learning about charts and graphs through published environmental studies.

Teach geography by showing kids where rainforests are, and what different countries are doing to lessen their environmental impact. Students can even learn locally what kind of greening programs are happening in their own area as well.

Design and engineering may sound like they would be subjects for high school students, but also begin to teach younger kids to use their imagination to design eco-friendly buildings and ways to improve sustainable technology.

You can also improve students' English skills by asking them to create an earthfriendly poem, a story about how they're going green, or even (probably better suited for high school students) writing about how the environment affects children's issues.





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Eco Friendly Citizen

Being an eco-friendly citizen of the world means starting with your immediate environment, and home and school are the launching points. Even students who aren't going green at home can learn some eco-friendly habits in the classroom and take them home to start making changes. Greening up the items you use in class, creating eco-friendly projects for your students, and inquiries about what kind of overall green initiatives can happen for your school can go a long way to creating environmentallyfriendly adults down the road.

Recycling used paper or making art objects with old paper that kids can take home can make for some interesting inventions. Also bringing newspapers and magazines from home, and encouraging students in doing the same, can teach them about making collages and expressing themselves with found objects.

Become the example by teaching students about how to use their materials in a responsible way. During art class, instead of letting them dump a whole lot of paint onto their palettes, teach them to use just a teaspoon. Teach them how to make their own cleaning solution that utilizes vinegar or baking soda that you use with them in your classroom.

When the weather is pleasant, **have a lesson** outside and either have them do an art project or make it a learning experience about the weather, flora and fauna, or even local geography.

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What it Truly Means to be Green



- Paper
- Art supplies
- Choose eco-friendly pens and pencils
- Bring plants into the classroom
- Make sure the recycling bin is well placed



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Paper is a necessity in any classroom, but too many students grab a sheet of paper, write a few words and then grab another. Consider implementing a class rule that all students must use the front and back of any piece of paper before it goes in the recycling bin. Talk to them about how paper comes from trees, how important trees are to all life on earth, and that by doing something as simple as using the whole sheet of paper, they can help protect our forests. (Opting for recycled paper when making your purchases also makes a big difference.)

Art supplies such as construction paper are standard in most classrooms for young children. Teachers buy them new so kids can create colorful art projects. However, it's worth considering reusable options for art projects. Junk mail, magazines, gift bags and any of the countless paper items we come into contact with each day can be saved and used by students. Need construction paper because you have to have a solid color? Make sure that students put the scraps into a tub to be used for the next project. Also, encourage them to bring in found objects like colorful ribbon or old wrapping paper to add to the supplies. Little pieces can be just as great as large pieces when it comes to expressing a creative vision.

Choose eco-friendly pens and pencils. If you do a quick search online, you'll find pencils and pens made from denim, newspapers, recycled plastic and tons of other materials you would never have thought could create a writing implement. Make those available for students to use and be sure to educate them on why their pens and pencils are earth friendly.

Bring plants into the classroom. Not only will they purify the air, but you can help students learn how to care for living things by assigning a different student each week to be in charge of watering the plant.

Make sure the recycling bin is well placed. Human beings tend to make their choices based on convenience. Make your recycling bins easy to find and use than the trash can. In a classroom, because paper is the main tool, very little should actually be thrown away.

http://teachhumane.org/2013/09/09/teachers-tips-to-make-your-classroom-eco-friendly



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Why Go Green?

The preschool classroom environment is an excellent place to introduce environmentally sound decisionmaking even to the youngest students. For example: which snacks to eat, what to do with the empty snack containers, how to reuse items and thereby reduce waste, and also how to recognize recyclable items become teachable moments. Of course, before the entire classroom can go green, it is up to the teacher to do some mental legwork as well as some actual supply gathering.

1) Analyze classroom waste: Over the course of one week, collect all of the classroom waste, and then separate it into *organic* items that might be composted, *recyclable* goods, *reusable* materials, and the odds and ends that truly only fit into the landfill. This eye-opening exercise is a must for the teacher who wants to go green but is uncertain where to get started. It also introduces preschoolers, in a very hands-on fashion, to their own impact on the environment.

2) Establish Scope: Outline the initial scope of going green. Remember it is always possible, and indeed encouraged, to add-on more components. For example: start a recycling program and then couple it with a reuse program as well. Follow up with water conservation and eventually also add energy conservation.

3) Build a recycling program: Having the teacher lead by example is a key component that helps kids with remembering to place plastic drink containers into the correct receptacle. Colorful artwork that explains what goes into each bin helps the visually stimulated students further.

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Why Go Green?

4) Reuse paper and plastic as part of classroom art projects: Cut down on preschool supplies by reusing paper and plastic for art projects.

5) Switch to eco-friendly classroom supplies: Big box office supply stores now regularly stock *Paper Mate Earth Write* pencils that are made from recycled materials. *Faber-Castell* makes giant eco-friendly color pencils that are guaranteed to be made from only reforested wood. One-hundred percent recycled white paper is now also a staple at local office supply stores. A bit harder to find locally are soy crayon-rocks that rely on soy wax and mineral powders for color vibrancy. Teachers may need to look to online sources for these excellent commercial crayon alternatives that are shaped to fit into smaller hands.

6) Continue to take small steps: Who knows, your commitment to go green in the preschool classroom may have a much larger impact within the community than just the preschool setting.



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Enlisting the Preschool Parents' Assistance

Deciding to have an environmentally friendly classroom ideally becomes a partnership between the children, parents, and teachers. Communicate consistently with the parents and explain what the plans are for the gradual greening of the classroom experience. Solicit assistance in explaining the rationale behind the activities, and also encourage children's families to go green themselves as an ongoing part of teaching the kids this life lesson.

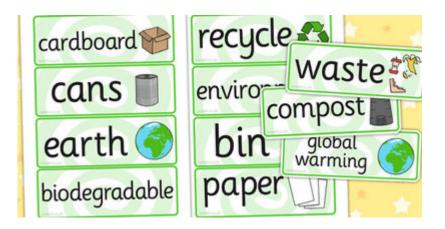
Of course, parental involvement can go further. Hold a meeting with the preschool parents and propose a 'show and tell' alternative that challenges the children to find and introduce environmentally friendly products. These may be items as small as eco-erasers (made from post consumer waste and recycled materials) or as squirmy as red worms from the at-home compost heap. In this way, the preschoolers are engaged inside as well as outside of the classroom and enter meaningful dialog with parents and caregivers.





Setting up a Green Art Center

- Eco Friendly Art Materials
- Reuse Everyday Items Art Materials
- Recycle Paper Art Materials





Eco Friendly Art Materials:

It is important to note that if an art center already exists in the classroom, it is not environmentally friendly to throw out the entire thing only to replace it with new pieces. Paints, crayons, markers, and other craft materials are all staples of preschool art. To create an environmentally friendly art center try to choose products that are labeled as biodegradable, recycled or reclaimed, and made from natural materials such as plants.

Any art material or product that is used with young children should always be labeled as non-toxic and safe for children. A product may be environmentally safe, but still not safe for a child of a specific age to use. Check age guidelines before adding any new product to an art center and look for the Art and Creative Materials Institute (ACMI) Approved Product (AP) label.



Reuse Everyday Items Art Materials:

Instead of buying loads of paper, fancy collage materials, or sculptural construction supplies, try reusing everyday household items. These include cardboard, Styrofoam, and plastic products and containers.

Ask for help collecting these items from parents and other teachers. Look for paper towel rolls, Styrofoam fruit and vegetable trays, or soda bottles. Make sure to take specific safety precautions. Avoid any item that has held or touched raw meat, poultry, fish, or eggs. Take note of student allergies when reusing food containers.



Recycle Paper Art Materials:

Using scissors in the preschool classroom is a great way to improve the young child's fine motor skills. Conducting activities and exercises that involve the extensive cutting of paper often leaves piles of scraps. Instead of simply throwing out the paper scraps, save them for another art project.

Invite the children to help save and reuse all paper scraps. This can turn into a fun sorting activity. Create scrap boxes and ask the class to sort the paper into boxes based on shape, color, size, or texture. Use the scraps at a later time for another cutting activity or as part of a collage project.

Creating an eco friendly preschool art center is not only good for the planet but is also beneficial for the children who are using it. Involving young children in these practices will serve as a great ongoing lesson in environmental awareness.

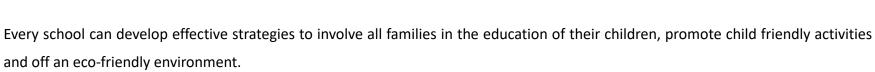


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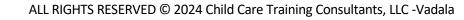
Review

- Child friendly
- Framework for rights-based schools
- Elements to family-child friendly schools
- Focus on lesson planning
- Eco-friendly citizens
- Being green



Your childcare environment influences how you feel about yourself and your job, and how you as an early childhood professional relate to the children in your care. The children in your care experience the environment indirectly through interactions with you and directly through their own experience with the physical setting.

By just making a few small changes, your classroom can be the ideal place for the children in your care and you!!







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Eco-Friendly Activity Examples



How to make seed paper

Step 1: Gather Paper, Tear, Put into Blender

You will first need to gather together a large pile of recyclable paper. Some of the best sources for this paper include newspaper, egg cartons, tissue paper, phone book pages, paper grocery bags, scraps of unprinted computer paper, After you have gathered your paper, tear and shred it into very small pieces. Place the paper scraps in a blender.

Step 2: Pour in Warm Water, Blend into a Smooth Pulp

Next, pour some warm water over the pieces of paper in the blender. Continue pouring the water into the blender until it has filled the blender to the top line. Blend paper scraps until there is no visible paper flakes remaining.

Step 3: Stir in Seed, Strain

Sprinkle about a teaspoon of flower seeds into the mixture and stir them in. DO NOT BLEND! Stir them only. As for the type of seeds to use, it would be a good idea to use a wildflower seed blend that is adaptable to the type of climate in which the seed paper will be planted. After you have added the seeds, pour the mixture into a strainer and get rid of as much water as possible. Use a spoon or spatula to press the mixture against the strainer to squeeze as much water as you can from the pulp.

Step 4: Spread Pulp, Flatten, Dry

Lay out a piece of terry cloth, microfiber towel, or flannel on a flat surface. Dump the pulp onto the cloth and use a spoon or spatula to spread the pulp over the fabric. You can spread it into any shape you want, just be sure to spread it as thin as possible to ensure it dries quicker. After you have spread the pulp, use a sponge to flatten the mixture and soak up more water. After the pulp has dried on one side, turn it over and allow the other side to dry completely. Once both sides are dry, your seed paper is ready for use. Decorate as desired. Plant, water and watch your seeds grow!





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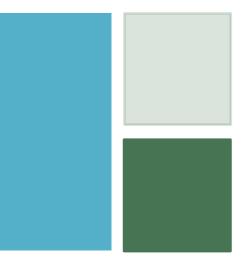
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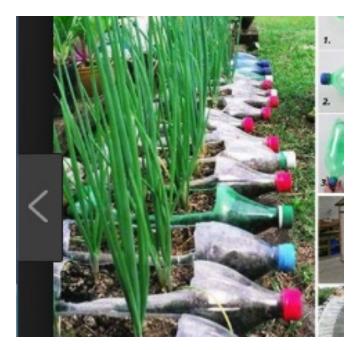


Recycled Egg Cartons











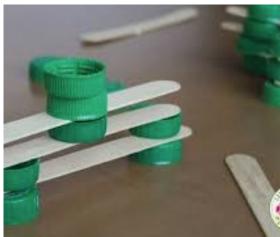


Recycled Bottles



Recycled Bottle Caps





Recycled Tin Cans



Recycled Paper Rolls



Box Recyclables



Recycled Plastic Water Bottle Ideas











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Transfer of Learning

How will you transfer learning into your work environment?

- Think about strategies or activities that you found of interests.
- How will you use them in the classroom?
- How will you differentiate activities to meet students' needs?
- If you were observed in the classroom, would your supervisor see the connection between the training content and your interactions with students?



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https://www.naeyc.org/our-work/families/going-greenhome-get-your-child-involved



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