

Utah Approved Career Ladder Courses

Utah's CAC Agencies

Utah State University: 800-670-1552
Weber State University: 888-970-0101
Salt Lake Children's Service Society: 800-839-7444
Utah State University Eastern: 888-637-4786
Utah Valley University: 800-952-8220
Five County Association of Governments: 800-543-7527



Credit Type

Career Ladder Level 1	Career Ladder Levels 2-3	Career Ladder Levels 5-8
BCD- Basic Child Development H- Health S- Safety	ACD-1 Learning Environment ACD-2 Physical & Intellectual Development ACD-3 Social & Emotional Development ACD-4 Working with Families ACD-5 Program Management ACD-6 Professionalism ACD-7 Observing & Recording ACD-8 Child Development	SP- Specialty Courses Endorsements: SP-E1 Infant and Toddler SP-E2 School Readiness SP-E3 Special Needs SP-E4 Center Director's SP-E5 Family Child Care SP-E6 Guidance and Emotional Wellness SP-E7 School Age SP-E8 Relationship Touchpoints SP-E9 Theories and Best Practice SP-E10 Developing Your Child Care Business DC- Demonstrated Competency

Career Ladder Level Credit	Career Ladder CDA Credit Type	Career Ladder Course Title	Career Ladder Course Description	Number of Hours	Taught By	Template ID (office use only)
Levels 1-3 Levels 5-8	H, S, ACD-1, SP	Pediatric/Child CPR	Course must be taught by a recognized entity/person with proper approvals and credentials to offer the course.	2 hours maximum	Various	N/A
Levels 1-3 Levels 5-8	H, S, ACD-1, SP	Pediatric/Child First Aid	Course must be taught by a recognized entity/person with proper approvals and credentials to offer the course.	3 hours maximum	Various	N/A
Levels 1-3 Levels 5-8	H, S, ACD-1, SP	Food Handler's Permit Training	Course must be taught by a recognized entity/person with proper approvals and credentials to offer the course.	2 hours maximum	Various	N/A
Level 1	BCD	Child Development: Ages and Stages- Revised 2010	In this course participants learn about typical developmental milestones for infants, toddlers, preschoolers, and school age children. Participants also learn basic strategies for working with each of these age groups of children.	10	CAC Agencies	287
Level 1	H, S	Child Development: Healthy Care- Revised 2011	In this course participants will learn about child care health and safety issues. Topics include: communicable diseases, SIDS, shaken baby syndrome, child abuse and neglect, injury prevention, emergency procedures, nutrition, sick children, and medication administration.	10	CAC Agencies	297
Level 1	BCD	Child Development: Learning in the Early Years- Revised 2010	In this course participants explore how young children learn and develop. Areas of focus include: brain development, learning through play, supporting social and emotional development, and positive guidance.	10	CAC Agencies	287

Career Ladder Level Credit	Career Ladder CDA Credit Type	Career Ladder Course Title	Career Ladder Course Description	Number of Hours	Taught By	Template ID (office use only)
Level 2 or 3	ACD-1	A Great Place for Kids! Creating Positive Learning Environments- Revised 2008	In this course participants learn how to set up center and home-based child care programs to encourage play, exploration, and learning. Information is included on spaces and materials for block play, dramatic play, puzzles, games, books and literacy activities, art, sensory play, and outdoor play.	10	CAC Agencies	211
Level 2 or 3	ACD-2	Strong and Smart: Physical & Intellectual Development	In this course participants learn practical ways to promote young children's physical, cognitive, language, and creative development in age-appropriate play and learning activities.	10	CAC Agencies	5
Level 2 or 3	ACD-3	Learning to Get Along: Social & Emotional Development – Revised 2019	In this course participants learn effective strategies for supporting young children's social and emotional development. Areas of focus include: fostering self-esteem and independence, learning to get along in a group, and behavioral guidance.	10	CAC Agencies	500
Level 2 or 3	ACD-4	Working Together: Productive Relationships with Families	In this course participants learn effective strategies for establishing and maintaining open and positive relationships with each child's family, encouraging family involvement in the child care program, and supporting each child's relationship with his or her family.	10	CAC Agencies	9

Career Ladder Level Credit	Career Ladder CDA Credit Type	Career Ladder Course Title	Career Ladder Course Description	Number of Hours	Taught By	Template ID (office use only)
Level 2 or 3	ACD-5	Creating Good Child Care: Effective Program Management- Revised 2008	In this course participants learns strategies for ensuring effective program operation, including program planning, organization, record keeping, and legal issues such as licensing, liability and insurance, custody issues, the Americans with Disabilities Act, and dealing with suspected abuse and neglect. Please note: Session 4 includes a detailed presentation about child abuse, including physical and sexual abuse, and neglect. This content may be triggering for some participants.	10	CAC Agencies	285
Level 2 or 3	ACD-6	More Than Babysitting: Professionalism in Child Care- Revised 2008	In this course participants learn how to make informed decisions based on standards for best practices, utilize opportunities for individual professional growth, and contribute to the early childhood field.	10	CAC Agencies	280
Level 2 or 3	ACD-7	Looking to Learn: Observing & Recording young Children's Behavior- Revised 2008	In this course participants learn effective tools and strategies for gathering and using observational information about children. Areas of focus include: learning to observe children accurately and objectively, observation tools and goals, overcoming obstacles to observation, and interpreting and using observation data.	10	CAC Agencies	368
Level 2 or 3	ACD-8	Advanced Child Development: Development of Young Children- Revised 2008	In this course participants learn basic principles and theories of child development, and how this knowledge can influence their day-to-day work with children. Participants will be introduced to the theories of Maslow, Erikson, Montessori, Piaget, Vygotsky, Kohlberg, Gilligan, and behaviorism.	10	CAC Agencies	282

Career Ladder Level Credit	Career Ladder CDA Credit Type	Career Ladder Course Title	Career Ladder Course Description	Number of Hours	Taught By	Template ID (office use only)
Level 5-8 and FCC Endorsement	SP-E5	Family Child Care, Course 1:	In this family child care course participants learn skills to help them develop the foundations of a quality home child care program. Areas of focus include: building trusting and respectful relationships with children and families, communication skills, and positive guidance.	10	CAC Agencies	20
Level 5-8 and FCC Endorsement	SP-E5	Family Child Care, Course 2: The Home Child Care Environment- Revised 2013	In this family child care course participants learn practical aspects of setting up a quality home child care program. Instruction will focus on: arrangement of indoor and outdoor space; health, safety, and supervision; schedules, routines, and how to support child-directed activities.	10	CAC Agencies	303 Spanish 306
Level 5-8 and FCC Endorsement	SP-E5	Family Child Care, Course 3: Developmental Learning Goals & Activities	In this family child care course participants learn methods of supporting the developmental needs of children in the areas of: social and self-awareness; physical, cognitive, and language development; and creativity. Emphasis will be placed on working with children in mixed-age groups.	10	CAC Agencies	22
Level 5-8 and FCC Endorsement	SP-E5	Family Child Care, Course 4: Professional & Business Practices- Revised 2012	In this family child care course participants learn how to set up and maintain a professional home child care business. Emphasis will be placed on ethical behavior, contract development, record keeping, taxes and marketing a home child care program.	10	CAC Agencies	205

Career Ladder Level Credit	Career Ladder CDA Credit Type	Career Ladder Course Title	Career Ladder Course Description	Number of Hours	Taught By	Template ID (office use only)
Level 5-8 and GEW Endorsement	SP-E6	Guidance & Emotional Wellness, Course 1: Healthy Caregivers	In this course participants will be introduced to the Guidance and Emotional Wellness Pyramid and the Circle of Security. They will learn about concepts developed by CSEFEL (Center for Social Emotional Foundations for Early Learning). They will learn why healthy caregivers are vital to the support of children's social/emotional development, and how to be aware of, and care for, their emotional well-being.	10	CAC Agencies	197 Spanish 256
Level 5-8 and GEW Endorsement	SP-E6	Guidance & Emotional Wellness, Course 2: Foundations of Emotional Wellness	In this course participants will learn about the importance of developmental theory to guidance and emotional wellness. They will learn about additional concepts developed by CSEFEL (Center for Social Emotional Foundations for Early Learning). They will learn that building healthy relationships and creating supportive environments are the cornerstones of helping children succeed socially and emotionally.	10	CAC Agencies	197 Spanish 195
Level 5-8 and GEW Endorsement	SP-E6	Guidance & Emotional Wellness, Course 3: Promoting Social Emotional Competence	In this course participants will continue to learn about concepts developed by CSEFEL (Center for Social Emotional Foundations for Early Learning). They will explore development of positive teaching strategies for working with infants, toddlers, preschool children, and school-age children. They will also learn how doing observation and documentation supports healthy social/emotional development.	10	CAC Agencies	194

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Level 5-8 and GEW Endorsement	SP-E6	Guidance & Emotional Wellness, Course 4: Social Emotional Teaching Strategies	In this course participants will continue to learn about concepts developed by CSEFEL (Center for Social Emotional Foundations for Early Learning). They will learn about techniques, called Positive Behavior Supports, to help children with behavior issues. They will discuss the meaning of children's challenging behavior, and learn how to develop a support plan. They will also learn about the caregiver's role in supporting children with serious emotional disorders.	10	CAC Agencies	200 Spanish 201
Level 5-8 and IT Endorsement	SP-E1	Infant Toddler, Course 1: Infants & Toddlers in Child Care	In this course participants explore issues to be considered when setting up for infant and toddler care. Areas of focus include: primary caregiving, group size, continuity of care, the physical environment, daily routines, and respectful caregiving.	10	CAC Agencies	208 Spanish 363
Level 5-8 and IT Endorsement	SP-E1	Infant Toddler, Course 2: Social Emotional Growth & Development	In this course participants learn about the emotional and social development of infants and toddlers. Areas of focus include: temperaments, responsive caregiving, and the caregiver's role in fostering emotional development, socialization, and guidance.	10	CAC Agencies	13
Level 5-8 and IT Endorsement	SP-E1	Infant Toddler, Course 3: Learning in Infancy & Toddlerhood	In this course participants explore how infants and toddlers learn. Areas of focus include: cognitive discoveries of infancy, the role of the caregiver in supporting learning, stages of infancy, and language development.	10	CAC Agencies	311 Spanish 309

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Level 5-8 and IT Endorsement	SP-E1	Infant Toddler, Course 4: Working with Families of Infants & Toddlers	In this course participants explore positive ways to work with the families of the children in their care. Areas of focus include: partnerships, sharing the care, and how to be aware of, and sensitive to, cultural differences.	10	CAC Agencies	319
Level 5-8 and RT Endorsement	SP-E8	Relationship Touchpoints, Course 1: The First Year-Prenatal to 12 Months	This course, based on the work of Dr. T. Berry Brazelton, focuses on understanding the developmental “Touchpoints” of the prenatal through 12 months age and supporting the child’s development at day care and at home. Instruction will include the “Touchpoints” principles & assumptions that strengthen relationships between providers and parents and the parents and child. This training emphasizes the implementation of reflective practice strategies to enhance current and future child care practices. Course 1 is a prerequisite for all other Touchpoints courses.	10	CAC Agencies	46

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Level 5-8 and RT Endorsement	SP-E8	Relationship Touchpoints, Course 2: Toddlers 1-2 Years	This course, based on the work of Dr. T. Berry Brazelton, focuses on understanding the developmental "Touchpoints" of the one-two year old and supporting the child's development at day care and at home. Instruction will include the "Touchpoints" principles & assumptions that strengthen relationships between providers and parents and the parents and child. This training emphasizes the implementation of reflective practice strategies to enhance current and future child care practices. Course 1 is a prerequisite for all other Touchpoints courses.	10	CAC Agencies	47
Level 5-8 and RT Endorsement	SP-E8	Relationship Touchpoints, Course 3: Preschoolers 3-4 Years	This course, based on the work of Dr. T. Berry Brazelton, focuses on understanding the developmental "Touchpoints" of the 3-4 year old and supporting the child's development at day care and at home. Instruction will include the "Touchpoints" principles & assumptions that strengthen relationships between providers and parents and the parents and child. This training emphasizes the implementation of reflective practice strategies to enhance current and future child care practices. Course 1 is a prerequisite for all other Touchpoints courses.	10	CAC Agencies	48

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Level 5-8 and RT Endorsement	SP-E8	Relationship Touchpoints, Course 4: School Age 5-6 Years	This course, based on the work of Dr. T. Berry Brazleton, focuses on understanding the developmental "Touchpoints" of the 5-6 year old and supporting the child's development at day care and at home. Instruction will include the "Touchpoints" principles & assumptions that strengthen relationships between providers and parents and the parents and child. This training emphasizes the implementation of reflective practice strategies to enhance current and future child care practices. Course 1 is a prerequisite for all other Touchpoints courses.	10	CAC Agencies	49
Level 5-8 and SA Endorsement	SP-E7	School Age, Course 1: School Age Development	In this course participants will gain a basic knowledge of child development during the school age years and how they can apply this knowledge in their work with school age children.	10	CAC Agencies	272
Level 5-8 and SA Endorsement	SP-E7	School Age, Course 2: Behavior & Positive Guidance	In this course participants will learn the effect of positive relationships on behavior of school age children. They will learn how to set up environments to optimize positive interactions and the how to create behavior support strategies using observation.	10	CAC Agencies	167
Level 5-8 and SA Endorsement	SP-E7	School Age, Course 3: Relationships & Management	In this course participants will learn about communication and the role that it plays with school age children, families, school/program administration and the community at large. They will also learn about the administration of programs and professional development.	10	CAC Agencies	166

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Level 5-8 and SA Endorsement	SP-E7	School Age, Course 4: Expanded Learning Opportunities	In this course participants will learn about creating an emergent curriculum for school age children. They will also learn about the role of evaluations and core standards in afterschool programs, as well as leadership and community outreach.	10	CAC Agencies	229
Level 5-8 and SR Endorsement	SP-E2	School Readiness Standards, Course 1: English Language Arts	In this course, based on Utah's Early Childhood Core Standards, participants will learn how to effectively and appropriately foster preschooler's language and early literacy development for school readiness. Areas of focus include: phonological awareness, letter knowledge, concepts of print, early writing, and receptive/expressive language development.	10	CAC Agencies	487
Level 5-8 and SR Endorsement	SP-E2	School Readiness Standards, Course 2: Mathematics	In this course, based on Utah's Early Childhood Core Standards, participants will learn how to effectively and appropriately foster preschooler's early math and science skills for school readiness. Areas of focus include: concepts of number and counting, shapes, spatial relations, patterning, sorting, comparing, and measurement.	10	CAC Agencies	259
Level 5-8 and SR Endorsement	SP-E2	School Readiness Standards, Course 3: Social Emotional Development	In this course, based on Utah's Early Childhood Core Standards, participants will learn how to effectively and appropriately foster preschooler's social and emotional development for school readiness. Areas of focus include: self-esteem, temperament, self-regulation, emotions, guidance, problem-solving, and social studies.	10	CAC Agencies	239

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Level 5-8 and SR Endorsement	SP-E2	School Readiness Standards, Course 4: Additional Core Standards	In this course, based on Utah's Early Learning Guidelines, participants will learn how to effectively and appropriately foster preschooler's development in four additional core areas; Approaches to Learning, Science, Creative Arts, and Physical Development.	10	CAC Agencies	257
Level 5-8 and SN Endorsement	SP-E3	Special Needs, Course 1: Working With Children	In this course participants will learn about working with children with special needs. Topics include introduction to inclusion, understanding disabilities, recognizing children's strengths and needs, and medical special needs.	10	CAC Agencies	123
Level 5-8 and SN Endorsement	SP-E3	Special Needs, Course 2: Communication	In this course participants will learn about communicating in regards to children with special needs. Topics include building partnerships with families, community resources and supports, facilitating communication with children and families, encouraging speech and basic sign language.	10	CAC Agencies	121
Level 5-8 and SN Endorsement	SP-E3	Special Needs, Course 3: Setting Up the Environment	In this course participants will learn how to set up the environment to maximize success when working with children who have special needs. Topics include creating an accessible environment, arranging the environment for learning, increasing the playability of toys and materials, using routines to teach, and teachable moments.	10	CAC Agencies	122
Level 5-8 and SN Endorsement	SP-E3	Special Needs, Course 4: Teaching Techniques	In this course participants will learn the best teaching techniques to use when working with children who have special needs. Topics include individualizing lesson plans/activities, proactive techniques, guiding behavior/interventions, and implementation of successful inclusive programming.	10	CAC Agencies	120

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Level 5-8 and TBP Endorsement	SP-E9	Theory and Best Practices, Course 1: Maslow & Attachment Theory	If you've taken Advanced Child Development and are looking for the next step, this course is for you! In this course, participants will gain an understanding of Maslow's Hierarchy of Needs and how to apply it in real-life situations. Participants will also learn about the work of Mary Ainsworth and John Bowlby around Attachment Theory and how attachment affects development.	10	CAC Agencies	128
Level 5-8 and TBP Endorsement	SP-E9	Theory and Best Practices, Course 2: Erikson & Bronfenbrenner	In this course participants will learn about Erickson's life work and gain an understanding of his Psychosocial Development Theory. Participants will also learn about levels of Bronfenbrenner's Ecological Systems Theory and how to apply them to the child care profession.	10	CAC Agencies	129
Level 5-8 and TBP Endorsement	SP-E9	Theory and Best Practices, Course 3: Piaget & Brain Development	In this course participants will gain an understanding of Piaget's stages of cognitive development and why his core focus was about how people acquire, process and store knowledge. Participants will also learn how the brain develops and how they can support healthy brain development in everyday child care practices.	10	CAC Agencies	130
Level 5-8 TBP Endorsement	SP-E9	Theory and Best Practices, Course 4: Gardner, Moral Development, Vygotsky and Montessori	In this course participants will learn about Maria's Montessori's influence on early childhood environments, Vygotsky's theories about scaffolding and the Zone of Proximal Development, the work of Kohlberg, Gilligan and Turiel around Moral Development Theory, and Gardner's Multiple Intelligences Theory.	10	CAC Agencies	127

Career Ladder Level Credit	Career Ladder CDA Credit Type	Career Ladder Course Title	Career Ladder Course Description	Number of Hours	Taught By	Template ID (office use only)
Level 1-3 Level 5-8 IT Endorsement	BCD, ACD-1,2,3,8 SP-1	All About Twos	This course focuses on the unique needs of two year olds and how to be a successful two-year-old caregiver. Participants will learn how to promote language-cognitive-social and emotional development, and how to create an environment that supports two-year-old needs and caregiver sanity.	10	Kim Melville 801-526-9225 kmelville@utah.gov	378
Level 1-3	H,S, ACD-1	Asthma Friendly Child Care	In this course participants will learn what asthma is, what the signs of asthma are, and ways to reduce asthma triggers in their programs. They will also create an Asthma Action Plan, and learn what to do if a child has an asthma attack.	2.5	Kelly Baxter kabaxter@utah.gov	134
Level 1-3	BCD, ACD-2	Back to the Basics: Methods in Playdough	In this course participants will learn methods of using playdough and skills that children will learn by implementing playdough into a best practice classroom. Come and explore the fun with us!	2.5	CAC Agencies	177
Level 1-3	BCD, ACD-2	Back to the Basics: Exploring Art	In this course participants will learn key art skills to use in teaching children how to enjoy art in the classroom. Emphasis will be on open-ended art projects, a variety of art tools, recipes for variety of paints and many activities to do with art.	2.5	CAC Agencies	218
Level 1-3	BCD, ACD-2	Back to the Basics: Building Blocks to Success	In this course participants will learn how adding blocks to different activity areas can help promote cognitive, social and large motor skills in play. Also, different types of block play will be taught to add creativity to the interest areas.	2.5	CAC Agencies	213

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Level 1-3	BCD, ACD-2	Back to the Basics: Music in the Classroom	In this course participants will learn the value of music in the classroom. They will be taught techniques in teaching music to children and important reminders to know throughout singing time. Also, participants will learn fun and interactive songs that are easy for children to learn.	2.5	CAC Agencies	290
Level 1-3	BCD, ACD-2	Back to the Basics: Discovering Science	In this course participants will learn how to implement science in child care settings, using activities, strategic questioning, discussion, and the scientific method.	2.5	CAC Agencies	
Level 1-3	BCD, ACD-6	Care About Childcare: What's it all About?	This course is an introduction to the Care About Childcare program. Participants will become familiar with the goals and process of Care About Childcare and gain confidence in their business as they learn about the Marketing page, Indicators and Criteria to work on throughout the process. If you are new to the CAC or if you are familiar with the program, this class would be great for everyone.	2.5	CAC Agencies	253

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Level 1-3	H,S, ACD-1,5	Center CACFP Basic Training	This training is used to prepare directors, cooks and providers to participate in CACFP nutrition program. Participants will learn about healthy food choices, portion sizes and overall nutritional needs for children of varying ages.	8	Louise Frey Louise.Frey@schools.utah.gov	393
Level 1-3	BCD, ACD-3,8	Principles of Child Development & Guidance	In this course participants will learn about the basic principles of child development and about developmental domains. They will focus on topics such as: observing and recording, infant/toddler/preschool children's needs, brain development, guidance, building self-esteem, and planning for group times/routines/transitions.	5	Sheila Anderson 801-675-1240 sheila.anderson@aggiemail.usu.edu	181
Levels 1-3, 5-8	BCD, ACD-2, SP	Creating A Preschool Curriculum	In this course participants will learn how to plan and implement a developmentally appropriate curriculum. They will learn about child domains, room arrangement, how to create a curriculum web, how to create a lesson plan, and what a story stretcher is. They will also learn activities that support "whole child" learning in the areas of art, music and science.	5	CAC Agencies	135
Level 1-3	BCD, ACD-3	Developing A Community of Caring	This curriculum focuses on helping teachers and parents work together to support caring communities for the children in a childcare setting, as well as giving both sets of caregivers tools to teach children how to create a caring classroom community.	2.5	Pearl Garff 801-502-8302	364

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Level 1-3	BCD, ACD-3	Developing an Infant/Toddler Community of Caring	This curriculum focuses on helping teachers and parents work together to support caring communities for infants and toddlers in a childcare setting, as well as giving both sets of caregivers tools to teach children how to create a community of trust.	2.5	Pearl Garff 801-502-8302	365
Level 5-8 DYCCB Endorsement	SP-10	Developing Your Center Child Care Business	In this course participants will go through a child care business planning process. They will address essential aspects of the child care business and learn how to make caring for children into a sustainable business venture. Topics include exploring business ownership, defining child care services, and promoting/managing/organizing your child care business.	40	not currently being offered	78
Level 5-8 DYCCB Endorsement	SP-10	Developing Your Family Child Care Business	In this course participants will go through a child care business planning process. They will address essential aspects of the child care business and learn how to make caring for children into a sustainable business venture. Topics include exploring business ownership, defining child care services, and promoting/managing/organizing your child care business.	40	not currently being offered	87
Level 1-3 Level 5-8	BCD, ACD-2, SP	Growing Up Wild	This training represents best practices for nature education for children ages 3-7. It will help providers understand the importance of outdoor/nature education, activities to do, and ways to make it safe for children.	5	Charice Bordeaux charice@usee.org	222

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Levels 1-3, 5-8	H,S, ACD-1, ACD-5, SP	Emergency Preparedness in Childcare Settings- Revised August 2017	Learn how to prepare for, survive during, and recover after an emergency situation to keep your child care thriving. Please bring a copy of your program's Child Care Licensing Health and Safety Plan for reference throughout the course. A Resource Manual will be provided during the course; an online version with fillable forms is available on urpd.usu.edu under "Forms."	5	CAC Agencies	310
Level 1-3, 5-8	BCD, ACD- 2, SP	Making Learning Fun	In this course participants will learn about best practices for early childhood programs. Topics include: effective teachers, play versus academics, project approach to curriculum development, art, cooking, the importance of outdoor play, dramatic play, and music	5	Sheila Anderson 801-675-1240 sheila.anderson@aggiemail.usu.edu	230
Level 1-3	H,S, ACD-1	Medication Administration	In this course participants will learn: how to identify different types of medication, why medication is given, and how it is given; improve medication storage, preparations and administration techniques; good documentation of medication administration; how to recognize and respond to adverse reactions to medication; how to develop appropriate policies about medication administration and implement them.	5	CAC Agencies	377

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Level 1-3	BCD, ACD-2, 8	KUED Ready to Learn	In this course participants will learn how to combine a visual representation of a real life experience, through the use of media, with literacy and hands-on activities to maximize learning experiences. Topics include Media Literacy, Child Development and Parenting Counts.	5	Elise Peterson 801-581-6163	70
Level 1-3	H,S, ACD-2	Stewards of Children	This is a sexual abuse prevention curriculum that trains participants to prevent, recognize, and react responsibly to sexual abuse.	2.5	Sandy Craft 801-326-4379 sandy@cssutah.org	144
Level 5-8	SP	Strengthening Families	This course teaches 5 research-based protective factors that have been demonstrated to diminish the likelihood of childhood abuse and neglect. Participants will learn to incorporate and build upon these factors in their daily work with parents.	13	CAC Agencies or Alda Jones ajones@tccslc.org	209
Level 1-3 Level 5-8	H,S, ACD-1, SP	TOP Star: Targeting Obesity Prevention in Child Care	In this course participants will develop an understanding of how to prevent obesity in child care settings. They will learn how to develop policies that support mothers who choose to breast feed. They will also learn best practice regarding physical activity and nutrition for children in their care, and how to limit "screen time" in their programs.	6-10 (Depends on Training Agency)	Local Health Department or CAC agencies	110

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Level 5-8	SP	Unlocking the Creative Mind	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.	10	Crystal Knippers cknippers@weber.edu 801-626-8083	219
Level 1-3	BCD, ACD-2	UAEYC Play Shops	3 Higher Education Instructors will share simple but meaningful and research-based techniques to include the arts in everyday activities within the early childhood classroom. Dramatic Play, Music, Hands-on Art Experiences, STEM Activities, literature, puppet play, and other areas will be explored with attendees.	4	uaeYC.mail@gmail.com	268
Level 5-8 and GEW Endorsement	SP-6	What Do You Do with the Mad That You Feel	In this course participants will learn that controlling anger is a skill that children learn from their caregivers. They will develop an understanding of how to develop their own self-control, and examine ways to help children develop self-control. Lastly, they will learn strategies for intervention when children are overwhelmed with anger and frustration.	5	Crystal Knippers cknippers@weber.edu 801-626-8083	132
Level 5-8 and CD Endorsement or DYCCB Endorsement	SP-4 SP-10	The Director's Toolbox, Course 1: Leadership in Action & The Right Fit	In this course, participants will learn qualities of good leadership, sharing power, and creating a quality center, as well as recruiting staff and finding a good match.	10	CAC Agencies	379

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Level 5-8 and CD Endorsement or DYCCB Endorsement	SP-4 SP-10	The Director's Toolbox, Course 2: From the Inside Out & Making the Most of Meetings	This course covers the power of reflection and self-awareness as it applies to setting direction for your center, as well as how to facilitate effective meetings.	10	CAC Agencies	380
Level 5-8 and CD Endorsement or DYCCB Endorsement	SP-4 SP-10	The Director's Toolbox, Course 3: A Great Place to Work & Inspiring Peak Performance	In this course, participants will learn how to shape the quality of work life for staff and build teacher competence, strengthen staff commitment, and expand opportunities for collaboration.	10	CAC Agencies	381
Level 5-8 and CD Endorsement or DYCCB Endorsement	SP-4 SP-10	The Director's Toolbox, Course 4: Circle of Influence & Managing Legal Risks	In this course, participants will learn how to empower staff and make them vital partners in achieving center-wide goals, as well as prevent and manage problems with potential legal consequences.	10	CAC Agencies	382
Level 1-3	H,S, ACD-1	Child Care Licensing Rules-Session 1	These classes are offered to help you understand the Child Care Licensing rules and their assessment. Sessions may be taken in any order. Rules sections covered: 6- Administration & Children's Records, 7 - Personnel and Training Requirements, 8 - Background Screenings, 9 – Facility, 10- Ratios & Group Size, 11- Child Supervision & Security, 12- Child Guidance & Interaction, 14- Emergency Preparedness and Response, 15- Health & Infection Control, 16- Food & Nutrition, and Principles of Child Growth & Development including Brain Development.	2.5	Charlotte Woodward 801-828-8497 or email at cwoodward@utah.gov	443

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Level 1-3	H,S, ACD-1	Child Care Licensing Rules-Session 2	These classes are offered to help you understand the Child Care Licensing rules and their assessment. Sessions may be taken in any order. Rules sections covered: 13- Child Safety and Injury Prevention, 17- Medications, 18- Activities, 20- Transportation, 21- Animals, 22- Rest and Sleep, 23- Diapering and 24- Infant and Toddler Care. Additional Topics: SIDS and Safe Sleeping, Preventing Shaken Baby Syndrome and Coping with Crying Babies, Homelessness, Signs and Symptoms of Child Abuse and Neglect, Child Abuse and Neglect Reporting and Positive Guidance.	2.5	Charlotte Woodward 801-828-8497 or email at cwoodward@utah.gov	444
Level 1-3	H,S, ACD-1	Child Care Licensing Rules-All Rules Training	This 5-hour session includes all the rules and Additional Topics listed above is Sessions 1 &2.	5.0	Charlotte Woodward 801-828-8497 or email at cwoodward@utah.gov	445
Levels 1-3	H, S, ACD-1	Child Care Licensing – New Director Training	This 2.5 hour session is for new directors and includes an overview of the Child Care Licensing, the inspection process, navigating the Child Care Licensing website and using the portal, as well as a general rules review.	2.5	Charlotte Woodward 801-828-8497 or email at cwoodward@utah.gov	451
Levels 2 and 3, Levels 5-8 GEW Endorsement	ACD-3 ACD-6 SP-E6	The Act of Mindfulness in a Hectic Environment	Using the latest research on the adult brain and practices to restore your balance and sense of humor, especially when your buttons get pushed, this training offers and engagingly memorable, enjoyable day of learning and relaxing, based upon an introduction into Emotional Intelligence. NAC approved.	3 or 6 hour option	Kimberlee and Frank Spillers kim@ghorizons.com	386

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Levels 2 and 3, Levels 5-8 an CD Endorsement or DYYCCB Endorsement	ACD-5 ACD-6 SP-E4 SP-E10	Laws and My Business—Who Needs 'Em? Why Connecting with Your Policymakers Makes cents	You CAN make a difference! Learn the dos and don'ts of contacting the influential people in local, state, and federal government to make a difference for children. This session will teach engagement tools, identify the distinctions in local, state, and federal government, and who impacts which laws and policies for effective business advocacy.	3 or 6 hour option	Kimberlee and Frank Spillers kim@ghorizons.com	385
Levels 2 and 3, Levels 5-8 and GEW Endorsement	ACD-3, SP-E6	Who's Minding the Mind?	This training is offered by Global Horizons as a conference. Participants learn to support social and emotional wellness in the context of family, community, and culture so children can be successful in school and in life. This training focuses on building relationships through welcoming, understanding, comforting, and appreciating themselves and others. NAC approved.	3 or 6 hour option	Kimberlee and Frank Spillers kim@ghorizons.com	384
Levels 1-3, 5-8	H ACD-1 SP	Farm to Preschool	Providers will be trained on the Farm to Fork initiative. The initiative encompasses serving locally produced foods as well as growing a garden and offering nutrition based curricula, taste testing, field trips to farms, farmers' markets, community gardens and more. Participating in this training will help childcare providers positively influence the eating habits of the young children in their care.	1	Mary Ann Durrant maryann.durrant@schools.utah.gov	423

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Levels 5-8 CD Endorsement or DYYCCB Endorsement	SP SP-E4 SP-E10	Building a Thriving Business: Best Practices in Child Care (Full Course)	In this pilot program, you will learn how implementing best business practices can reduce stress, increase efficiency and increase time spent doing what you love: caring for children. Participants will learn the basics of financial reports, effective marketing strategies, and strong staffing practices that help businesses thrive.	10	CAC	430
Levels 5-8 CD Endorsement or DYYCCB Endorsement	SP SP-E4 SP-E10	Money Management for Child Care Businesses (Partial Course of Building a thriving Business)	Learn how a better understanding of your financial reports can lead to less business stress and increased profits! This course will also teach the basics of budgeting, projecting revenue and expenses, collecting income, and using financial information to make strong business decisions.	4	CAC	431
Levels 5-8 CD Endorsement or DYYCCB Endorsement	SP SP-E4 SP-E10	Making the Most of Marketing: Simple Strategies for Child Care Businesses (Partial Course of Building a Thriving Business)	Learn how to create a simple and effective marketing plan that takes advantage of activities you may already be doing. Participants will learn effective tips for honing marketing messages to target best-fit families for each program's unique style.	3	CAC	432

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Levels 5-8 CD Endorsement or DYYCCB Endorsement	SP SP-E4 SP-E10	Success: Recruiting and Retaining a Strong Staff (Partial Course of Building a thriving Business)	A strong staff is the backbone of a healthy business. Participants will leave this class with a variety of tips for how to find and develop talented staff members while avoiding legal issues related to staffing.	3	CAC	433
Levels 1 and 5-8	H SP	Best Practices in Personal Care Routines & Interacting with Children	Overview of Best Practices in Personal Care Routines & Interacting with Children	1	The Children's Center Email: akent@tccslc.org Call: (801)578-2305	434
Levels 1-3, 5-8	BCD ACD-2 SP	Discovering Science in Child Care	In this course participants will become familiar with the definition of science, how to incorporate it into daily activities in child care and what questions to ask throughout a science activity. Participants will also learn how to implement the Scientific Method to use during science and what "big" questions to ask while participating in a science activity.	2.5	CAC	442
Levels 1-3, 5-8	BCD ACD-2 SP	Language at Their Level	Brain development and strategies to support and enhance communication for infants & toddlers. (Birth -3)	2.0	The Children's Center 801-578-2305	448

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Levels 1-3, 5-8	BCD, ACD, SP	Military Child Care Training	Training provided to providers working in military child care programs will be accepted as approved clock hours (or equivalency) in the Career Ladder. Training must be child care specific and be reflected through an official transcript or certificate.	Varies	Varies	N/A
Levels 1-3, 5-8	BCD, ACD-3, SP-E6	FLIP IT!	FLIP IT is four supportive steps to help young children identify their feelings, learn healthy self-control and reduce challenging behaviors. Participants will learn and practice the four supportive steps (Feelings, Limits, Inquiry, Prompts). Information about resiliency, adverse childhood experiences, and the importance of relationships in the lives of young children is taught as participants learn the steps.	10	Connie Wang CAC-UVU cwang@uvu.edu	465
Levels 1-3	BCD, ACD-5, ACD-6	Basics of Child Care – Sharing the Caring	In this family child care course, participants are introduced to the Care About Childcare Agency and its services. Emphasis is placed on business practices for the new provider including contracts, insurance, taxes and record keeping.	5	Kim Dutson CAC-USU kim.dutson@usu.edu	466

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Levels 1-3	BCD, ACD	FCC QI Project Coaching Sessions	Participants must be part of the Family Child Care Quality Improvement Project. Coaching sessions may include discussion, feedback, problem-solving, reflection, and goal setting. Coaching sessions will cover a variety of topic areas within the eight CDA subject areas depending on the individual or group needs and goals.	Varies	CAC Specialists	Varies
Levels 1-3, 5-8	BCD, ACD-3, SP-E7	Behavior Management Institute	Join expert facilitators from the University of Utah in this team-approach to behavior management for teams from the same afterschool program/site location. Attendees will cover topics such as functions of behavior, strategies of engagement and motivational interviews. After the training, a follow-up webinar will be offered by the facilitators to address challenges teams are presented with when implementing strategies. More information can be found at utahafterschool.org .	6	Utah Afterschool Network utahafterschool.org	477
Levels 1-3, 5-8	BCD, ACD-1, SP	Nature Explore: Using Your Outdoor Classroom	Nature Explore's research-based workshop aims to support child care programs as they continue to connect children and families to the wonders of nature. The goal is to help nature become an integral, joyful part of children's daily learning.	3	Tina Reeble at Dimensions Educational Research Foundation natureexplore.org	491

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Levels 2-3 Levels 5-8	ACD-3, ACD-8, SP-E6, Guidance & Emotional Wellness Endorsement	Trust Based Relational Intervention (TBRI) Caregiver Training	TBRI® is an attachment-based, trauma-informed intervention designed to meet the complex needs of vulnerable children or children from “hard places.” These children may have experienced abuse, neglect, trauma, or infant adoption. TBRI® addresses the child’s physical needs, attachment needs, and tools to disarm fear-based behaviors. TBRI® is based on years of attachment, sensory processing, and neuroscience research. THE THREE TBRI® PRINCIPLES ARE: Connecting Principles (attachment), Empowering Principles (physical needs), and Correcting Principles (behavior).	12	CAC-Children’s Service Society Please register at the following link: https://www.eventbrite.com/e/trust-based-relational-intervention-tickets-81837182215	494
Levels 1-3	ACD-1, ACD-2, ACD-3, ACD-4, ACD-8	Tools for Behavior Management: Toilet Training	The Tools for Behavior Management series is a free training option for those working with children of all abilities. Toilet Training is a workshop for those working with children ready for or resistant to toilet training. Learn the signs that a child is ready to toilet train, how to effectively work with families, and strategies to overcome toilet training barriers.	1	Leisel Snyder with Autism Learning Partners lsneider@autismlearningpartners.com	495
Levels 2-3 Levels 5-8	ACD-3, ACD-7, SP-E6, Guidance & Emotional Wellness Endorsement	Tools for Behavior Management: Problem Behavior	The Tools for Behavior Management series is a free training option for those working with children of all abilities. Problem Behavior is designed for caregivers of children ages 2 and up who engage in challenging and problematic behaviors. The workshop will teach providers how to identify the function of the behavior (i.e., why the behavior is occurring), and provide best practice strategies and tips for decreasing problem behaviors while increasing more appropriate functional behavior.	1	Leisel Snyder with Autism Learning Partners lsneider@autismlearningpartners.com	496

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Levels 2-3 Levels 5-8	ACD-3, ACD-7, SP-E3, Guidance & Emotional Wellness Endorsement	ABA Basics	In this workshop, participants will gain a basic understanding of the functions of behavior. They will gain knowledge regarding how to increase reinforcement in their classrooms, build rapport and decrease inappropriate behaviors.	2.5	Christopher Weber with CASE Behavioral Consulting christopher.weber@ashk12.org	497
Levels 1-3 Levels 5-8	BCD, ACD-2, ACD-3, ACD-4, ACD-5, ACD-6, ACD-7, ACD-8, SP	ASQ-3 and ASQ:SE-2 and UDOH Brookes ASQ System	Participants will be introduced to the screening tools ASQ-3 and ASQ:SE-2, along with why to screen children in early childhood, how to talk to parents about the importance of screening, how to discuss the results, and how to use the online system.	3	Carrie Martinez with the Utah Department of Health (UDOH) carriemartinez@utah.gov	498
Levels 2-3 Levels 5-8	ACD-5, SP-E4, SP-E5, SP-E10	Winning Over Difficult Employees	Engaged employees make the difference between a fulfilled, productive team & a dreary, demoralizing grind. Learn how to engage with and coach employees to a higher level of performance, effectively address employees who require correction, and reduce turnover costs.	2	Tim Johnson with Blue Ivy Professional Services tim@getblueivy.com	501
Levels 2-3 Levels 5-8	ACD-5, SP-E4, SP-E10	CCQS: From Application to Award (Centers)	This course supports center-based programs in obtaining a certified quality rating in Utah's Child Care Quality System (CCQS)	3	CAC Agencies	502

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Levels 5-8	SP, SP-E7	Pilot- School Age Course #3: Teacher-Youth Interactions (SP, SP-E7)	Teacher-youth interaction is an important part of quality out-of-school time (OST) programs. The culture of a program can be positively affected through the actions and words of the teachers. This course provides OST teachers the skills and knowledge for managing strong feelings, providing leadership opportunities, and how to create a sense of belonging for the youth in their programs.	10	CAC Agencies	503
Levels 5-8	ACD-5, ACD-6, ACD-7, SP-E4, SP-E5, SP-E10	Environmental Rating Scales Best Practice Series - Overview	This two-hour course provides an overview of how the Environment Rating Scales are organized and how scores are determined. This course also discusses the levels of quality that relate to best practices for children.	2	CAC Agencies	504
Levels 1-3	BCD, H, S, ACD (varies for each module)	Professional Learning Communities with LearnERS/ Cypherworx Modules	These courses are completed through the Professional Learning Communities program offered through the Care About Childcare agencies and focus on different components of the Environment Rating Scales (ERS) or School-Age Program Quality Assessment (SAPQA). They include a training module as well as 4 additional sessions with a Quality Improvement Specialist to create action plans for implementation, set goals for application of topic areas and reflect on progress.	4-8 hours (varies)	CAC Agencies	505-519
Levels 1-3	BCD, H, S, ACD (varies for each module)	LearnERS Modules and CQI Journal	These courses are completed through the Professional Learning Communities program offered through the Care About Childcare agencies and focus on different components of the Environment Rating Scales (ERS). The LearnERS training module is completed, and then the Continuous Quality Improvement (CQI) Journal is reviewed by a Quality Improvement Specialist to receive credit for this course.	1-2 hours (varies)	CAC Agencies	520-534

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Levels 5-8	SP-E2, SP-E4, SP-E5, SP-E6	Utah Early Learning Standards Implementation Team Training, Course 1: Health Education and Lifelong Learning Practices	<p>This free course is offered by the Utah State Board of Education (USBE) in partnership with the Office of Child Care and Head Start. The live version will be held Friday, September 18, 2020 via Zoom.</p> <p>This training is designed for program implementation teams (administration, coaches, curriculum specialists, etc...) who will then support their teaching staff in implementing the new standards. In Course 1, participants will be introduced to navigating the new document, and will go into a “deep dive” of the Health Education and Lifelong Learning Practices standards, exploring the research behind the standards and creating training plans for how they will take the new information back to their teams.</p>	5	Register on MIDAS at http://usbe.midaseducation.com and search for course #58035. If you do not already have a MIDAS account, you will need to request one by emailing MIDAS@schools.utah.gov .	N/A
Levels 5-8	SP-E2, SP-E4, SP-E5	Utah Early Learning Standards Implementation Team Training, Course 2: English Language Arts and Math	<p>This free course is offered by the Utah State Board of Education (USBE) in partnership with the Office of Child Care and Head Start. The live version will be held Friday, October 30, 2020 via Zoom.</p> <p>This training is designed for program implementation teams (administration, coaches, curriculum specialists, etc...) who will then support their teaching staff in implementing the new standards. In Course 2, participants will go into a “deep dive” of the English Language Arts and Math standards, exploring the research behind the standards and creating training plans for how they will take the new information back to their teams.</p>	5	Register on MIDAS at http://usbe.midaseducation.com and search for course #58035. If you do not already have a MIDAS account, you will need to request one by emailing MIDAS@schools.utah.gov .	N/A

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Levels 5-8	SP-E2, SP-E4, SP-E5	Utah Early Learning Standards Implementation Team Training, Course 3: Science and Social Studies	<p>This free course is offered by the Utah State Board of Education (USBE) in partnership with the Office of Child Care and Head Start. The live version will be held Friday, January 29, 2021.</p> <p>This training is designed for program implementation teams (administration, coaches, curriculum specialists, etc...) who will then support their teaching staff in implementing the new standards. In Course 3, participants will go into a “deep dive” of the Science and Social Studies standards, exploring the research behind the standards and creating training plans for how they will take the new information back to their teams.</p>	5	Register on MIDAS at http://usbe.midaseducation.com and search for course #58035. If you do not already have a MIDAS account, you will need to request one by emailing MIDAS@schools.utah.gov .	N/A
Levels 5-8	SP-E2, SP-E4, SP-E5	Utah Early Learning Standards Implementation Team Training, Course 4: Physical Education and Fine Arts	<p>This free course is offered by the Utah State Board of Education (USBE) in partnership with the Office of Child Care and Head Start. The live version will be held Friday, March 5, 2021.</p> <p>This training is designed for program implementation teams (administration, coaches, curriculum specialists, etc...) who will then support their teaching staff in implementing the new standards. In Course 4, participants will go into a “deep dive” of the Physical Education and Fine Arts standards, exploring the research behind the standards and creating training plans for how they will take the new information back to their teams.</p>	5	Register on MIDAS at http://usbe.midaseducation.com and search for course #58035. If you do not already have a MIDAS account, you will need to request one by emailing MIDAS@schools.utah.gov .	N/A

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Levels 2-3 Levels 5-8	ACD-1, ACD-2, ACD-3, ACD-5, ACD-6, ACD-7, ACD-8, SP-E2, SP-E4, SP-E5	Utah Early Learning Standards Roadshow	This free course is offered by the Utah State Board of Education (USBE) and is designed for preschool teachers. Participants will receive an overview of the document and how to navigate it. Comparison will be made between the old standards and the new ones, and question and answer time will be provided. This course is being offered on six different dates during the 2020-2021 school year, and will be held as live, virtual training until in-person training is possible.	3	Register on MIDAS at http://usbe.midaseducation.com and search for course #58314. If you do not already have a MIDAS account, you will need to request one by emailing MIDAS@schools.utah.gov .	N/A