



GRIT

ECS *Learning* Series 2024-25

For GRIT Families & ECS Staff



Welcome!

ECS Learning Series 2024-25

The purpose of our ECS Learning Series is to create opportunities for parents and ECS staff to learn together.

We are pleased to share our calendar for the 2024-25 program year. A variety of topics are offered to support the confidence and skills needed to meet the needs of children and families.

ECS Staff

Please refer to the following streams to guide your attendance:



Core:

Designed with a focus on GRIT's values and foundational skills *for ECS staff in their first three years with GRIT.*



Continuing

Designed to provide opportunities for enhanced reflection on implementing new skills and practices *for ECS staff who have completed the core series.*

GRIT Parents

Parents are encouraged to attend *any* of the workshops offered. Unfortunately, GRIT is unable to provide childcare as our staff are in the workshops.

Times & Location

All ESC Learning Series sessions are held at the GRIT Office
(*unless noted otherwise*):

GRIT Program
12852 - 141 Street
Edmonton, AB

Morning Sessions: **9:00am-11:15am**
Afternoon Sessions: **12:45pm-3:00pm**

Contact Us

For more information:
P: 780-454-9910
E: gritprog@gritprogram.ca
www.gritprogram.ca



Core Workshops

Designed with a focus on GRIT's values and foundational skills *for ECS staff in their first three years with GRIT*. GRIT Families are able to attend *any* of the Core Workshops.



October 8, 2024

GRIT Inclusion Summit on Early Learning & Care

GRIT is delighted to host a national summit on early learning and care. This summit will build on the knowledge of early childhood educators, teachers, practitioners, leaders, policy makers and families to create inclusive early learning environments.

Special Location:

Fantasyland Hotel at West Edmonton Mall
17700 87 Ave NW
Edmonton, AB T5T 4V4

November 1, 2024

Morning: Sharing of Program Ideas

This is a new and interactive workshop where DA's can share ideas with one another. Various rooms will offer time to unpack different parts of programming to help build a rich and exciting program for the children you work with.

Afternoon: Organizational Elements

This will be an interactive workshop to explore the many different organizational elements that DAs use throughout their programming. This includes organizing prep days, updating IPPs and using them effectively in programs, and efficient time management. Please be prepared to share ideas that work well and challenges that you have come across.

November 29, 2024, 9:00am-4:00pm

Non-Violent Crisis Intervention Training (NCI)

**GRIT Staff Only via Special Invite*

DAs identified by Education Leads; will be notified via email invitation for online course registration. Completion of the online learning modules is mandatory prior to attendance of this workshop. The online course takes approximately 2-3 hours to complete and should be completed during prep time. Nonviolent Crisis Intervention® training focuses on prevention and intervention training. This equips staff with strategies for safely defusing anxious or violent behavior at the earliest possible stage. Learn how to organize your thinking about how behaviour escalates and how to respond appropriately during moments of chaos. Please note extended workshop hours.

Facilitator: Katie Benedik , OT, Certified CPI Trainer



January 29, 2025

Morning: Mental Health Literacy

How do we know when something is a mental health concern? And how do we provide support? In this workshop, we will learn key factors affecting mental health, how to recognize signs of mental health, how to recognize signs of mental health concerns and what our role is in supporting the mental health of children, families and ourselves.

Afternoon: Building Relationships & Environments

A child's healthy social and emotional development forms a foundation for lifelong learning and mental health. Children's social and emotional development is deeply linked to healthy adult-child relationships. In this workshop, participants will describe what social and emotional development is, and how it lays the foundation for relationships, mental health, and development; investigate how to support social and emotional development from a neuro-relational perspective; and, examine their own social and emotional development, and how that impacts their work and relationships.

February 18, 2025

Morning: Self Care

Caring for others can be rewarding, but it can also be tiring, overwhelming, confusing, and stressful. Come learn some ways to incorporate self-care into your daily living, so that you are better equipped to manage stress from day to day, continue to live a healthy life, and provide care.

Afternoon: Task Analysis

Every activity is made up of many small steps. Learn how to break down a task and help a child learn each step in order to ensure success.

March 7, 2025, 9:00am-4:00pm

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March 31, 2025

Morning: Communication Fundamentals

An introduction to communication and proven strategies to encourage language development.

Afternoon: Engaging the Hard to Engage (Building Connections Through Play)

What do you do when your child is difficult to engage and does not respond easily to the strategies that work with other children? This workshop will provide direction and strategies for children who can be difficult to engage.

April 17, 2025

Morning: Trauma Informed Care

Supporting others as they experience trauma and its effects can be a difficult task. This workshop will examine the types of trauma, its impact on health and development, how a trauma-informed lens can help us support those who experienced trauma and how we can protect ourselves as we do this.

Afternoon: Movement in Young Children

Movement is crucial to childhood development. We will explore movement and its impact on the sensory system and physical development and how it relates to inclusion and NRF concepts. We will also discuss what movement looks like for children who have limited voluntary control of their movements and how to support their development (eg. through big movements like swinging and power mobility).

June 9, 2025

Morning: Vision Day

Join us for our annual celebration of GRIT's accomplishments and our continued learning journey. We look forward to building on our vision for GRIT's core value of being a "Learning Community". This value continues to guide GRIT's priorities within our own program, as well as our interactions with our other programs at GRIT.

Afternoon: Year-End Luncheon

>> Continuing Workshops

Designed to provide opportunities for enhanced reflection on implementing new skills and practices *for ECS staff who have completed the core series.*

GRIT Families are able to attend *any* of the Continuing Workshops.



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Afternoon: Screen Time

Discover how to use screen time in positive and meaningful ways that support development. Learn about how much screen time is recommend, the risks of too much screen time, and how to help your child reduce their screen time each day.

February 18, 2025

Morning: Understanding Attachment Relationships

Secure children exhibit increased empathy, greater self-esteem, better relationships with family and peers and any increased capacity to handle emotions. Learn how your caregiver practices support your child's security.

Afternoon: Power of Boundaries

Discover how clear and healthy boundaries create a space of safety, respect, and understanding for children. Find out different ways to create physical, emotional, and behavioural boundaries that will set a child up for success.

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March 31, 2025

Morning: Scripted Stories

Discover how to teach your child by making personal and informative stories. Find out the key elements needed for a successful narrative. Join us in this workshop to open the world of scripted stories to the children whose journeys we share.

Afternoon: Advanced Child Motor Development

Review the general principles that serve as the foundation for preschool fine and gross motor milestone development, including the sequence of skill acquisition 18 months and beyond. Discuss the features of immature and mature skills. What is and how can you promote a child's Physical Literacy? Generate ideas based on a child's interests using a play-based approach to support these emerging skills in everyday routines.

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Afternoon: Family Journeys

When a child is born every person and relationship in the family will change. The changes can be greater than expected when a child has a disability. Families will share their unique journeys.....the celebrations as well as some of the challenges they have faced and the strategies they use to promote the family's strengths' and resilience.

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