



December 3, 2009

Great news! Registration is now open for the 8th Annual Child Care Professional Institute in Forest Lake on Saturday, February 27, 2010! Visit our website for the registration links (www.pla-inc.org).

Doing a little year-end financial planning? Register in 2009, receive the early bird discount, guarantee yourself a spot in the breakouts you really want, take a deduction against income this year, and reduce your taxes due in 2010. This thought also works for exhibitors who would like to get a jump on 2010. Thank you to all who have already decided; there is plenty of room for the rest of you.

Thank you to those who participated in the survey. We appreciate hearing your thoughts about our programs and services. Many of you also entered the drawing for a complimentary Institute registration by listing your name in the last question. Of course we have no idea what your individual comments are, but we are doubly grateful to know who cares enough about our work to share their unvarnished opinions.

We are happy to announce the winner of the survey drawing is Jacqui of North Branch, Minnesota. Congratulations and thank you for your input!

Gift Certificate: Wondering what to put on your holiday wish list? How about the registration fee for the 2010 Institute? Or a gift certificate to one or more seminars? Or toward the Institute? The giver can take pride in contributing to your education. You can spend your hard-earned money on the exhibitors' products instead. Requests received by Friday, December 18 can be readied for delivery by Santa.

Send a check to Professional Learning Alternatives, Inc., 8244 – 177th Lane, Forest Lake, MN 55025. Include the giver's name and contact information; receiver's name; shipping address. Indicate "gift certificate" on the memo line. The certificate can be used for any event sponsored by PLA-INC. A \$1.00 shipping and handling fee will be assessed for each certificate ordered. Contact our office with questions.

December Seminars: *(There is still time to register.)*

Seminars in Mora

Location: P.S. Wee Care, 1984 – 230th Avenue, Mora, MN 55051

**Saturday, December 5
9:00 AM – 3:30 PM**

Cost: \$45.00 per person (or coupon from Julie Wasiluk, MNCCR&R, for military child care providers)

Supporting Children and Families During Military Deployment and Reunions Participants in the seminar will learn about the unique needs of children and families who are experiencing a military deployment. The stages of deployment and reunions will be outlined alongside the related effects on children. Tips and techniques to assist the children who are dealing with a separation will also be shared. CC: V; CDA: 4; CBTA: 8, 9

Fostering Resilience in Children and Youth "Where do I start fostering resiliency in children?" "What are the most important things to do?" "How long should it take to see



results?" These are the types of questions that caregivers have about the topic or resiliency. This seminar will define the concept of resilience while identifying risk factors, protective factors, and developmental assets. Finally, this seminar will highlight the four basic steps involved in fostering resilience in children and youth. CC: V; CDA: 3; CBTA: 5, 6

Thursday, December 10
6:00 PM – 10:00 PM

Cost: \$36.00 per person (or coupon from Julie Wasiluk, military child care providers)



Impact of Grief, Loss, and Trauma on Children and Youth Participants will come to identify the unique issues impacting National Guard and Reserve families, particularly children and youth. This seminar offers an understanding of loss and trauma and the potential academic and behavioral changes related to these experiences. Participants will also gain strategies to support these children and youth. CC: V; CDA: 3, 4; CBTA: 5, 7



Living in the New Normal: Supporting Children and Youth Through Trauma and Loss This seminar's concept is predicated on the belief that children are courageous and resilient and that these skills can be strengthened through deliberate encouragement by the adults in their lives. We will examine the nature of grief, identify the signs of stress in children and youth, and help caregivers develop strategies for supporting military children and families through trauma and loss. CC: V; CDA: 3, 4; CBTA: 5, 7, 8

Breakfast and Lunch; Evening meal and Snacks: Since we are not close to food venues and time for breaks is short, we will arrange a potluck. Contact Deb Colling for more information. (651.464.8777 or Deb@pla-inc.org)

The seminars in Mora are sponsored by CCR&R, Region 7E. Register through www.mnstreams.org. There are two seminars per session and you MUST register for the entire session. There is still room in both sessions.

We strongly recommend you attend "Supporting Children and Families During Military Deployment and Reunions" prior to the other seminars.

Seminar in Wyoming

Location: Giese Memorial Library, 26855 Forest Boulevard, Wyoming, MN 55092

Monday, December 14
7:00 PM – 9:00 PM

Cost: \$15.00 per person; \$20 after December 6
Register at www.pla-inc.org



Charting the Course: Water is essential to life as we know it. Actively preview nature-based preschool activities and practice outdoor teaching skills to help children learn skills, gain awareness, and develop values about water within social and cultural views. Leave with resources to implement these activities, assess children's understanding, and adjust the activities to multiple age groups and into your teaching theme. See pla-inc.org for complete description. CC: II, VIII; CDA: 2, 6; CBTA: 4, 8, 9

Happy Holidays to all!