



United 4 Children TRAINING CATALOG

In this catalog you will find a list of MOPD approved trainings we can offer to any early childhood professional in the state of Missouri for clock hours.

Please reach out to our Education Specialists if you have any questions or would like to host an event. Most trainings have an in person and online option depending on the needs of your early childhood education setting.

View U4C's scheduled public trainings by visiting
United4Children.org/TrainingCalendar



Contact us to learn more about pricing at
trainings@united4children.org or [1-800-467-2322](tel:1-800-467-2322)

Training courses are subject to change.
Please check with an education team member to ensure your choice is available before scheduling.

MEET OUR TRAINER



Sarah Grissom

Education Specialist

"I'm excited to have the opportunity to provide training for your staff!"

I understand first-hand that caring for young children is joyful and rewarding but also exhausting! Training can provide a time to reflect, learn teaching techniques, and practice new skills.

I aim for teachers to leave my trainings with clear actionable items they can immediately implement in their classrooms to improve the quality of care and their job satisfaction. I focus on practical application, how everyday interactions impact development, and I love a good make-and-take project.

My trainings are informed by 25 years of working with children and families, including:

- Master's Degree in Early Childhood Education
- Toddler Teacher
- Preschool Teacher
- Curriculum Director
- Early Childhood Education Research Grant Monitor (US Department of Education)
- President, Board of Directors for the US Department of ED Childcare Center
- Mother of two children

I can't wait to connect and learn about how I can support your center and teachers!

"Sarah was very easy to listen to and made it an interesting and fun class!"



MEET OUR TRAINER



Becky Strickfaden

Child Care Inclusion Manager

"Thank you so much for sharing your staff with me! Meeting new educators is one of my favorite parts of this job!"

With over 25 years in early childhood education, I have spent my career supporting teachers, children, and families in building strong social-emotional foundations. I have been a preschool program director, led SEEC services for eight years, and now serve as Inclusion Manager at United 4 Children. I'm also a Licensed Clinical Social Worker, which allows me to bring a unique perspective to coaching and training teachers in ways that truly meet their needs.

I love building strong, trusting relationships with providers and co-workers, and I believe in letting them guide the support they want and need. Creativity is at the heart of my problem-solving, I'm always looking for ways to strengthen our programs and make a lasting impact in the community. My hope is that every educator I work with leave feeling supported, heard, and empowered to bring positive change to the children in their care.



Training Topics & Hours

Title:	Credit Hours:
Overview of the ASQ-SE	1
Team Building: Creative Problem Solving	1 (in-person Only)
Team Building: Never Underestimate the Power of Non-Verbal Communication!	1 (in-person Only)
Team Building: Verbal Communication	1 (in-person Only)
Calming Corner Essentials in ECE	1.5
From Conflict to Connection: Mastering Meaningful Conversations	1.5
Trauma and Early Development	1.5
Addressing Challenging Behaviors in Infant and Toddler Classrooms	2
Behaviors are Messages	2
Building a Classroom Community	2
Building Connections: The Power of Peer Relationships and Cultivating a Supportive ECE Workplace	2
Calming Corner: Self-Regulation in Action	2
Cultivating Resilient Teachers to Support Children	2
DAP Deep Dive: Enhancing Your Early Childhood Toolkit	2
Early Childhood Trauma	2
Fostering Creativity in Young Children	2
Guiding Behavior: Responding to Big Feelings	2
Guiding Behavior: Self- Regulation and Co-Regulation	2
Guiding Behavior: Setting the Stage	2
Language Development in Young Children	2
Learning in Motion: Unlocking the Power of Movement in Early Childhood	2
Let's Get Messy- Infant/Toddler Teaching	2



Title:	Credit Hours:
Mindfulness and Yoga Strategies for Early Childhood Classrooms	2
More than Just Fun and Games: Supporting Children's Physical Development	2
Music Beyond Movement	2
No Longer Welcome	2
Pretend Play: Fostering Imagination and Development	2
Scatter Matters (Loose Parts)	2
Science: Full of Surprises	2
Sensory Processing Challenges	2
Sexual Behavior in Children: What's Problematic? What's Normal?	2
Supporting Emotional Strength in Child Care Professionals	2
Tears Without Fears: Social-Emotional Learning the Pyramid Way	2
The World is our Classroom: Fostering Cultural Awareness n Young Children	2
Understanding and Supporting Speech and Language Delays in the ECC	2
Use Your Brain to Help Them Calm Down	2
Utilizing the ASQ-SE	2
Visual Supports in Early Childhood Classrooms	2
What to Do When Little Ones Worry	2
Wired to Move: Facts and Strategies for Nurturing Boys in an Early Childhood Setting	2
An Introduction to the ASQ-SE Questionnaire	2.5
Effective Supervision of Children	2.5
Administrative Introduction to the Pyramid Model	4



Full Descriptions

Overview of the ASQ-SE: Participants will learn an overview of the ASQ-SE screening tools and the purpose for using screenings for children. There will be time to learn how to score the tool and to practice using the tool to become familiar in its use along with the online portal. There will also be a discussion about interpreting the results and then utilizing the results for planning specific teaching goals for children.	1
Team Building: Creative Problem Solving (Only available in person): In this course, early childhood educators will explore what it means to be a creative thinker and problem solver. Participants will build connections with co-workers through collaborative creative thinking activities.	1
Team Building: Verbal Communication (Only available in person): In this course, early childhood educators will learn about verbal communication and how it impacts relationships with co-workers, children, and families. Explore how word choices impact the effectiveness of communication through fun hands-on activities. Participants will learn important skills while connecting and teambuilding with their co-workers.	1
Calming Corner Essentials in ECE: This course will help early childhood educators design and implement a calming corner in their classroom. A calming corner is NOT a punishment or time-out, it is an inviting area designed to help children who are feeling overwhelmed, overstimulated, or upset calm down and refocus before returning to the group or their learning activities.	1.5
From Conflict to Connection: Mastering Meaningful Conversations: Participants will explore common sources of conflict, learn strategies to prepare for emotionally charged discussions, and practice communication techniques that promote understanding and partnership. The course emphasizes empathy, clarity, and collaboration as key tools for supporting children through building strong relationships with families and coworkers.	1.5
Trauma and Early Development: This training introduces early childhood educators to the impact of trauma on young children's behavior and development. Participants will learn the importance of self-regulation and co-regulation and explore practical strategies to support children through emotionally challenging moments. The course emphasizes trauma-informed approaches that help create safe and supportive early learning environments.	1.5



Addressing Challenging Behaviors in Infant and Toddler Classrooms: This training will review behaviors childcare providers can anticipate in young infants and toddlers, discuss expected developmental stages and develop strategies to address common behavioral concerns (biting, tantrums, etc.). Participants will have opportunities to share struggles in their classroom and problem-solve ways to address these challenging behaviors.	2
Behaviors are Messages: There are a large number of children who have difficulty playing with their peers in small groups or childcare settings. Participants of this session will increase their knowledge of the functions of behavior and how to complete intentional data collection. We will discuss the importance of efficient and reliable observations and how these observations can help determine behavioral antecedents that drive consequences. Through case studies, participants will discuss challenging behavior, antecedents, and efficient strategies for supporting young children and their families. We will share resources and strategies for implementing positive reinforcers, developing structured environments, and guiding replacement behaviors.	2
Building a Classroom Community: Children spend many hours in a classroom, and it's important that they feel like they are valuable members of that community. How to build strong relationships with children and families will be emphasized. Teaching strategies to help create a feeling of a community within the classroom where respect, cooperation, and ways to reduce frustration and social skills are emphasized.	2
Building Connections: The Power of Peer Relationships and Cultivating a Supportive ECE Workplace: This course will focus on developing the essential skills and strategies for building and maintaining positive, supportive, and effective relationships with your colleagues in the Early Childhood Education (ECE) setting. Strong peer relationships are foundational for creating a cohesive and thriving ECE environment, benefiting educators, children, and families.	2
Calming Corner: Self-Regulation in Action: Young children easily become overwhelmed with big emotions. It's important to intentionally teach children ways to regulate themselves. In this training, you will review how to teach, model, and reinforce the use of the calming corner as well as other calming techniques. Scenarios will be discussed to critique and improve teaching practices.	2
Cultivating Resilient Teachers to Support Children: According to a recent study from the University of Missouri, 93% of teachers report high levels of stress. The implications of teacher stress are profound, including increased teacher burnout and teacher turnover. Also, teacher stress directly impacts the well-being of children. This training examines teacher resilience and offers practical strategies to reduce stress.	2



DAP Deep Dive: Enhancing Your Early Childhood Toolkit: Join us as we learn about the National Association for the Education of Young Children and Developmentally Appropriate Practice (DAP). Educators will learn about the importance of understanding developmental stages, individual differences, connecting children's school experience to their home lives and community and of course the power of play. This course applies to infants, toddlers, and preschoolers.	2
Early Childhood Trauma: This training session delves into early childhood trauma and provides a clear definition of the different types of trauma children can experience. It delves deeply into how trauma affects the development of the brain in young children and discusses ACEs (Adverse Childhood Experiences). The training will cover strategies and techniques for rebuilding and supporting children to develop self-esteem and resilience.	2
Fostering Creativity in Young Children: This course applies to infants, toddlers, preschoolers, and school-age children. In this course, early childhood educators will learn how to foster children's creativity, problem-solving, and critical thinking skills through the use of open-ended play. Educators will learn about how to provide open-ended play opportunities, and the benefits of open-ended play. Finally, educators will learn about growth mindsets vs. fixed mindsets and how to create a classroom that supports a growth mindset.	2
Guiding Behavior: Self- Regulation and Co-Regulation: This course applies to infants, toddlers, preschoolers, and school-age children. In this course, early childhood educators will learn about the importance of their own self-regulation when managing behaviors in their classroom and the role that co-regulation plays in guiding children's behavior. Educators will also learn strategies for staying calm in a busy classroom.	2
Guiding Behavior: Setting the Stage: In this course, early childhood educators will learn how to guide children's behavior through routines, intentional transitions, and the design of their classroom environment. This course applies to infants, toddlers, preschoolers, and school-age children.	2
Guiding Behavior: Responding to Big Feelings: In this course, early childhood educators will learn strategies for supporting children's behavior in the classroom. We will explore the difference between punishment and skill building. Participants will learn how to promote skill building in their classrooms through their interactions with children. This course applies to infants, toddlers, preschoolers, and school-age children.	2



Language Development in Young Children: The words we use with young children shape their brains and lay the foundation for a lifetime of learning. In this engaging and research-informed training, early childhood educators will explore the powerful connection between language, brain development, and learning outcomes. Participants will gain a deeper understanding of how everyday conversations and responsive interactions fuel neural growth, support emotional security, and build the communication skills children need to thrive. Educators will leave with practical, developmentally appropriate strategies to intentionally support language development in their classrooms and daily routines.	2
Learning in Motion: Unlocking the Power of Movement in Early Childhood: Discover how movement fuels young children's growth, learning, and school readiness in this dynamic session. We'll explore the vital role of physical activity in early childhood development and share practical, fun ways to integrate movement into your daily routines. Leave with ready-to-use strategies to keep children active, engaged, and thriving, physically, cognitively, and emotionally.	2
Let's Get Messy- Infant/Toddler Teaching: In this training, teachers will develop an understanding of how healthy relationships, positive experiences, and having a consistent, secure environment help young infants and toddlers develop positive attachments. They will also learn techniques on how to become an intentional and emotionally responsive teacher that will support young children throughout the birth through a late two-year-old developmental stage.	2
Mindfulness and Yoga Strategies for Early Childhood Classrooms: In this training, participants will learn what mindfulness is and understand the benefits of practicing mindfulness in the early childhood classroom. This training will cover ways to utilize mindfulness within the daily schedule throughout the day. Participants will also create action plans to teach mindfulness and help cultivate a culture of mindfulness in the early childhood classroom.	2
More than Just Fun and Games: Supporting Children's Physical Development: During this interactive session, participants will gain information that stresses the importance of incorporating physical activity into their childcare schedule. Information will include gross motor skills (big body movements), developmental characteristics of children, and age-appropriate equipment and activities. Participants will actively engage with game and activity examples that can be incorporated into their program to increase physical activity.	2
Music Beyond Movement: To show participants that music can be used for various purposes beyond dancing and movement and gain knowledge to explore a conglomerate of areas, to enrich and develop the whole child.	2



No Longer Welcome: Young children are expelled from early childhood education programs at an alarming rate. Our current system leaves families who have children with challenging behaviors without many options. For over 15 years, researchers have described a crisis in our nation's early learning classrooms. In this session, participants will receive an overview of the reasons leading to children's expulsion as well as the promising practices to address the issue.	2
Pretend Play: Fostering Imagination and Development: This course will teach the significant benefits of engaging in pretend play, also known as imaginative play or dramatic play, for children's overall development. It highlights how children use their imaginations to act out scenarios, take on different roles, and explore the world around them in a creative and meaningful way.	2
Scatter Matters (Loose Parts): Explore the world of loose parts. This training will talk about different materials that can be used as loose parts. You will learn ways to use loose parts to reduce challenging behaviors, engage every child, and build relationships with children and their parents.	2
Science: Full of Surprises: In this class teachers will gain understanding of the importance of science for young children. They will also gain an understanding of what science is for young children. Teachers will discuss different activities to implement in their classrooms through breakout sessions and larger group discussions.	2
Sensory Processing Challenges: This session will provide an overview of the three basic types of sensory processing disorders: sensory seekers, sensory avoiders, and sensory under-responders. This session will also explore ways to create a 'sensory awareness' learning environment that is responsive to a wide range of needs and abilities.	2
Sexual Behavior in Children: What's Problematic? What's Normal?: Have you ever wondered what healthy sexual behavior is for children? Are you unsure about how to address sexual behaviors in your program? This presentation will review healthy to problematic behaviors in young children. We will review the myths and fears regarding children's sexual behaviors and give you the information you need to address any concerns.	2



Supporting Emotional Strength in Child Care Professionals: Caring for young children is deeply rewarding — and emotionally demanding. Supporting Emotional Strength in Child Care Professionals is an engaging and reflective session designed to explore the emotional landscape of caregiving, with a focus on building resilience, fostering mental well-being, and creating a supportive professional community. Participants will gain insight into the unique emotional challenges faced by early childhood professionals and learn practical strategies to nurture their own resilience. Through discussion, mindfulness practice, and real-world examples, this session offers tools to sustain emotional strength, reduce burnout, and promote a culture of care within child care environments	2
Tears Without Fears: Social-Emotional Learning the Pyramid Way: This course applies to educators and administration for infants, toddlers, and preschoolers on how they can effectively utilize strategies for the pyramid model in their classrooms.	2
The World is our Classroom: Fostering Cultural Awareness n Young Children: Cultural competence training in Early Childhood Education (ECE) empowers educators to create inclusive and equitable learning environments for all children. It equips them with knowledge, skills, and attitudes to understand, respect, and respond effectively to the diverse cultural backgrounds of students, families, and communities. This training helps ECE professionals to recognize and address biases, promote culturally responsive teaching practices, and build strong relationships with families from diverse backgrounds.	2
Understanding and Supporting Speech and Language Delays in the ECC: In this training, teachers will develop an understanding of what speech and language delays are. Teachers will learn the importance of monitoring milestones and early intervention. Teachers will develop an understanding of early intervention services. Teachers will learn strategies for how to best support children with potential speech/language delays in the classroom. Teachers will also learn how to talk to and support parents through a potential speech delay.	2
Use Your Brain to Help Them Calm Down: Young children are still learning how to regulate their emotions and how to communicate their needs, wants, and feelings appropriately. This session explores how brain development affects children's behavior and tantrums, and how teachers can use that knowledge to help children learn important social and emotional skills.	2
Utilizing the ASQ-SE: Participants will learn an overview of the ASQ-SE screening tools and the purpose for using screenings for children. There will be time to learn how to score the tool and to practice using the tool to become familiar in its use. There will also be a discussion about interpreting the results and then utilizing the results for planning specific teaching goals for children.	2



Visual Supports in Early Childhood Classrooms: In this training, teachers will gain knowledge on the benefits of using visual support in early childhood classrooms. They will also learn different ways visual support can help both individual children and groups of children in the classroom. Participants will also be able to find resources for creating and implementing visual support in early childhood classrooms.	2
What to Do When Little Ones Worry: Discover the signs of anxiety in children and simple strategies that can be taken to calm their fears and provide a safe, calming environment.	2
Wired to Move: Facts and Strategies for Nurturing Boys in an Early Childhood Setting: Did you know that 80% of the children expelled from preschool are boys? In this session, we will discuss some sobering facts from national statistics about boys in preschool. We will review current brain research and what it says about the differences between boys and girls. We will discuss strategies to implement in the early childhood classroom to help boys learn, grow, and develop, and to decrease challenging behavior.	2
An Introduction to the ASQ-SE Questionnaire: Participants will learn an overview of the ASQ-SE screening tools and the purpose for using screenings for children. There will be time to learn how to score the tool and to practice using the tool to become familiar in its use. There will also be a discussion about interpreting the results and then utilizing the results for planning specific teaching goals for children.	2.5
Effective Supervision of Children: The importance of effective supervision and supervision standards will be the main focus of this training. All areas key to effective supervision will be discussed, including the physical environment, schedules & routines and adult responsibilities.	2.5
Administrative Introduction to the Pyramid Model: This training introduces the Pyramid Model framework and the importance of promoting social-emotional competencies in early childhood. Topics include: the relationship of the Pyramid Model to prevention science, equity, inclusion, trauma-informed care, anti-bias practice, and the use of data for decision-making, understanding child behavior, and the research that provides an evidence base for the use of the Pyramid Model	4

