

Distance Education

Mail-based lessons include an educational DVD and a workbook. Materials are mailed upon receipt of order and prepayment of \$5.00 per lesson. A coupon for one review of assignments is included. Additional reviews are \$3.00 each.

Return completed assignments by mail to Better Kid Care for review by an early childhood instructor. A certificate for two professional development hours is mailed upon successful completion of each lesson. Allow at least 6 weeks.

2-hour lessons (available on the Web or via Mail)

K1 Child Growth and Development

INFANTS AND TODDLERS COURSE

What Does Brain Research Tell Us About Infant Care? (K1C1) CDA 2
Caring for Infants and Toddlers (K1C1) CDA 2
Toddlers: Terrible or Terrific? (K1C1) CDA 3

GENERAL CHILD DEVELOPMENT COURSE – PART 1

Understanding & Supporting Children's Physical and Cognitive Development (K1C1) CDA 6
Understanding & Supporting Children's Language and Social/Emotional Development (K1C1) CDA 6

GENERAL CHILD DEVELOPMENT COURSE – PART 2

What's Normal Development? What's Not? (K1C1) CDA 2
Supporting Stressed Children (K1C1) CDA 3

GENERAL CHILD DEVELOPMENT COURSE – PART 3

See as a Child, Feel as a Child (K1C1) CDA 3
Biting and Sharing (K1C1) CDA 3

PLAY AND YOUNG CHILDREN COURSE

A Good Four-Letter Word – PLAY (K1C1) CDA 2

K2 Environment, Curriculum, & Content

BEHAVIOR MANAGEMENT COURSE – Part 1

Secrets for Preventing Problem Behaviors (K2C1) CDA 3
Let's Talk... Discipline (K2C1) CDA 3
Behavior is Contagious (K2C1) CDA 3

BEHAVIOR MANAGEMENT COURSE – Part 2

When is Behavior OK or Not OK? (K2C1) CDA 3
Dealing with Anger – the Children's and Yours (K2C1) CDA 3
Violence, Kids, Discipline and Keeping the Peace (K2C2) CDA 3

SUPPORTING POSITIVE BEHAVIOR COURSE

How to Work with Active Children (K2C1) CDA 3
Avoid Behavior Problems – Teach Self-Control (K2C2) CDA 3
Problem Solving with Children (K2C1) CDA 3

PROGRAM PLANNING COURSE

New Ways to Plan Activities (K2C2) CDA 7
Active Kids are Learning Kids (K2C1) CDA 2

CURRICULUM PLANNING COURSE

Child Care... for Mixed Ages (K2C1) CDA 2
The Ins and Outs of Good Circle Times (K2C1) CDA 2

PLAN FOR TRANSITIONS COURSE

Active Times – Quiet Times: Making Transitions Easier (K2C1) CDA 5
Improving Transition Times (K2C2) CDA 1

CHILD CENTERED LEARNING COURSE

Easy Ways to Boost Kids' Brain Power (K2C1) CDA 2
Sparkling Kids' Curiosity (K2C2) CDA 2 **New in 2010!**

EFFECTIVE LEARNING ENVIRONMENTS COURSE

Changing Spaces (K2C2) CDA 1

PLAY TYPES AND FACILITATION COURSE

The Art and Science of Playing with Young Children (K2C1) CDA 3
Fighting Children's Obesity Through Active Play (K2C2) CDA 2
How to Turn Good Play into GREAT Play (K2C2) CDA 2

LEARNING THROUGH PLAY COURSE

Is Block Play Really Important? (K2C1) CDA 2
Taking a New Look at Dramatic Play (K2C1) CDA 3

LANGUAGE DEVELOPMENT AND LITERACY SKILLS COURSE

Learning to Read Before Six? (K2C1) CDA 2
Believe It or Not... You Can Be a Storyteller (K2C1) CDA 2

ART IN THE CLASSROOM COURSE

How to Make and Use Puppets (K2C1) CDA 5
Using Art Materials (K2C1) CDA 5
Art Appreciation 101 for Young Children (K2C1) CDA 2 **New in 2010!**

MUSIC AND MOVEMENT COURSE

Music for the Non-Musical (K2C1) CDA 5

MATH FOR YOUNG CHILDREN COURSE

Activities for Learning Math: Numbers, Colors, and Shapes (K2C1) CDA 2
Math for Every Age (K2C1) CDA 2

SCIENCE FOR YOUNG CHILDREN COURSE

Exciting Backyard Science for Kids (K2C1) CDA 2
Science for Young Thinkers (K2C1) CDA 2

EXPLORING SCIENCE AND SCIENCE IN ACTION COURSE

Just Makes Great Learning Material (K2C1) CDA 5
Summer Fun: Carrots (K2C1) CDA 5
Insects in Child Care (K2C1) CDA 5
Working with Food – Kids Can Do It! (K2C1) CDA 5

SOCIAL STUDIES AND YOUNG CHILDREN COURSE

I want... want! I want!: Building Good Consumers (K2C1) CDA 2 **New in 2010!**

K3 Family and Society

CULTURAL DIVERSITY COURSE

Let's Celebrate! (K3C1) CDA 5

PARTNERSHIPS WITH PARENTS COURSE

Secrets of How to Get Parents Involved (K3C1) CDA 4
How to Work with Problem Parents (K3C1) CDA 4

PARENT/FAMILY RELATIONSHIPS COURSE

Parents: Friends or Foes? (K3C1) CDA 4
How to Get Parents on Your Team (K3C2) CDA 4

K4 Child Assessment

HELPING CHILDREN SUCCEED COURSE

What Children Need to Know to Start School (K4C1) CDA 6
Improving and Using Your Observation Skills (K4C1) CDA 7

K5 Communication

TALKING WITH CHILDREN COURSE

Communicating with Children (K5C1) CDA 3

K6 Professionalism and Leadership

FAMILY CHILD CARE COURSES (for Family Child Care Practitioners)

Family Child Care... It's a Business (K6C1) CDA 6

STRESS MANAGEMENT COURSE

How to Take the Stress Out of Caregiving (K6C1) CDA 6

K7 Health, Safety, and Nutrition

KIDS AND FOOD COURSE

Eating Times: The Ups and Downs (K7C1) CDA 1
Snack Time: It's More than Juice and Crackers (K7C1) CDA 1
Obese Kids: They Are What They Eat (K7C2) CDA 1

INDOOR/OUTDOOR PLAY COURSE

The Ups and Downs of Outdoor Play (K7C1) CDA 1
Active Play: Fighting Obesity and Diabetes and Keeping Children Healthy (K7C1) CDA 1
Your #1 Priority: Keeping Children Healthy and Safe (K7C1) CDA 1

Keystone Color Me Healthy (K7C1) CDA 1 (mail only)

Web lessons must be ordered online.

Additional 2-hour lessons available exclusively online.

New for 2010! New Directors Course:

- Be Clear on Clearances (D8C2)**
- Developing an Emergency Preparedness Plan (D8C2)**
- Hiring Staff (D8C2)**
- Keeping Children Safe on Playgrounds (D8C2)**
- Balancing Child – Staff Ratios (D8C2)**
- There's Always More to Learn (D8C2)**
- The Ins and Outs of Recordkeeping (D8C2)**

1-hour lessons (available on the Web only)

Over 100 1-hour lessons available. Must order online.

NEW ADDITIONS FOR 2010:

Re-thinking Praise (K1C1) CDA 3
Our Words Matter (K1C1) CDA 3
Giving Children Appropriate Choices (K1C1) CDA 3
Super Snacks (K7C1) CDA 1

Family Child Care: Learning Environments for Infants (K2C1) CDA 1
Family Child Care: Learning Environments for Toddlers (K2C1) CDA 1
Family Child Care: Learning Environments for Pre-Kindergarten (K2C1) CDA 1
Family Child Care: Learning Environments for Mixed Age Children (K2C1) CDA 1

New lessons added regularly. Go to www.betterkidcare.psu.edu for a complete listing and ordering information

Order form for Lessons by Mail



COMPLETE the following form legibly in ink.
(Pennsylvania residents only)

For office use only

Transaction # _____

CCO# _____

Section 1: Shipping Information		Indicate if address is: <input type="checkbox"/> Residence <input type="checkbox"/> Business	
Name		Business Name	
Address		City	
State	Zip	County	
Phone	Fax	E-mail	
Enrolled in STARS? <input type="checkbox"/> Yes <input type="checkbox"/> No Type of Facility? <input type="checkbox"/> Family <input type="checkbox"/> Group <input type="checkbox"/> Center <input type="checkbox"/> Other (specify)			

Section 2: Lesson Selection — (Mail lessons only)			
Lesson Title (not course title)	Quantity	Unit Cost (\$5.00 each)	Total Cost
		× \$5.00	
		× \$5.00	
		× \$5.00	
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Attach an additional page if more space is needed.			\$

Section 3: Method of Payment (payment is required)—DO NOT SEND CASH	
<input type="checkbox"/> Check/Money Order (payable to The Pennsylvania State University) is enclosed (A \$10 charge will be assessed for all returned checks)	
Check /Money Order# _____	
<input type="checkbox"/> Charge to: <input type="radio"/> Visa <input type="radio"/> MasterCard	Expiration Date: _____
Cardholder's Name: (as listed on card)	
Cardholder's E-mail Address: _____	Cardholder's Telephone: () _____
Credit Card Number:	
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Cardholder's Signature: _____ (Authorizes total amount to be charged)	

Mail this form with payment to: Better Kid Care • 341 N. Science Park Road, Suite 208 • State College, PA 16803