



District of Columbia
Office of the State Superintendent of Education

EARLY LEARNING RESOURCES AND VIRTUAL LEARNING OPPORTUNITIES

Social Emotional, Trauma-Informed Practices and
COVID-19

September 2020

Division of Early Learning (DEL) Virtual Learning Opportunities

Updated: September 2020

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Purpose of Document: The Office of the State Superintendent of Education (OSSE) is publishing this document to present an overview of resources and learning opportunities on social emotional and trauma-informed practices and coronavirus (COVID-19) related supports. The document includes;

- An overview of OSSE-funded professional development (PD) and training platforms and resources that are available to early childhood providers;
- Specific courses/learning opportunities available on the listed PD and training platform; and
- Social Emotional Learning, Trauma-Informed Care and Practice, and COVID-19 resources.

As the child care sector continues recovery and reopening, OSSE will update this publication monthly. The document is available on the [Professional Development Resources for Early Learning Educators page](#) on the OSSE website.

OSSE-Funded Professional Development and Training Platforms and Resources

Professional Development Information System (PDIS): The PDIS is a web-based professional development portal that includes a host of online course offerings for teachers, administrators, coaches and technical assistance providers. Topics include sessions on understanding the Business and Program Administration Scales, the Creative Curriculum, the Environment Rating Scales and the DC Early Learning Standards. All staff employed at a licensed child development facility are required to have a PDIS account. Please visit PDIS, dcpdis.org, for additional information on available course offerings. The PDIS is funded by OSSE.

Quorum E-learning Platform: Quorum is an online professional development resource full of engaging and interactive training courses. The platform allows child development staff unlimited 24/7 access to the Quorum catalog, including those required for obtaining a Child Development Associate (CDA). OSSE sponsors subscriptions to the Quorum online training platform and through these subscriptions, child development staff can access over 140 hours of training offered in the Quorum catalog, most of which are available in English and Spanish. The Quorum e-learning platform can be accessed via quorumlearning.com.

Early Childhood Investigations: The Early Childhood Investigations is a website of live and archived recordings of early childhood education professional development resources. This resource is available for free and is approved by OSSE to support early childhood educators in meeting their annual professional development topic and hour requirements. Visit earlychildhoodwebinars.com to access this resource.

OSSE's Distance Learning for Early Childhood Education Guide: The how-to-guide was developed to support center directors, owners and early care and education programs in preparing and adapting learning activities and strategies at home, the overall transition to distance learning. The guide is a complement to the new DC Early Learning standards, outlining the expectations for what children know and are able to do and describe how children progress at various ages and development levels. OSSE's Distance Learning for Early Childhood Education Guide can be found at tinyurl.com/VirtualGuide.

Spotlight on Professional Development Opportunities

Each of the three below professional development (PD) providers are approved by OSSE. Any courses completed that are indicated as PD clock hours can be counted towards the annual minimum required PD hours required for child development staff.

± Indicates a new resource since this document was last published.

Topic Area	Quorum	Early Childhood Investigations	PDIS and Live Technical Assistance
A Selection of Spotlight Courses			
COVID-19	<ul style="list-style-type: none"> • COVID-19: The Basics • Child Care During COVID-19 • Helping Children Navigate the World of COVID-19 	<ul style="list-style-type: none"> • Continuous Improvement in the Era of COVID-19 • COVID-19 Financial Survival Strategies for Early Childhood • Using Authentic Assessment for Learning Loss Amid COVID-19 	<ul style="list-style-type: none"> • Visit dcpdis.org for a list of course offerings sponsored by OSSE • Live Technical Assistance: <ul style="list-style-type: none"> -For support with PDIS: call (202) 478-5903 or email dcPDIS@dc.gov -For course selection and additional resources support: call (202) 829-2500 or email osse.dcchildcareconnections@dc.gov • Capital Quality Communities of Practice
Social-emotional Learning	<ul style="list-style-type: none"> • Building Positive Relationships • Challenging Behavior: Reveal the Meaning • Creating Positive Connections 	<ul style="list-style-type: none"> • How to Effectively Teach Social-Emotional Skills... • Promoting Social and Emotional Learning in Preschool: Programs and Practices that Work 	
Trauma-informed Care and Practices	<ul style="list-style-type: none"> • Building Resilience after Natural Disasters • Understanding Child Abuse and Prevention 	<ul style="list-style-type: none"> • Understanding the Impact of Trauma on Behavior • Trauma-Informed Care in ECE: Key Strategies for Healing and Behavioral Change 	

Social-Emotional Learning

Title (hyperlinked)	Date and Time (if live)	Overview and/or Expected Learner Outcomes
Early Childhood Investigations (live and archived webinars)		
Unpacking the Pyramid Model: A Practical Guide to Social Emotional Learning	Oct. 1, 2020 2-3:30 p.m. After live session, may have: Archived Recording of Session, Slides, and Other Handouts	You will learn: <ul style="list-style-type: none"> • The Pyramid Model framework; • Strategies to support all children in developing critical social and emotional skills as well as targeted intervention for children who need additional support in the development of self-regulation, friendship skills, emotional literacy, and problem-solving; and • Ways to partner with families to implement the Pyramid Model.
Social-emotional Screening of Young Children: Early Identification is Essential to Healthy SEL	Archived Recording of Session, Slides, and Other Handouts	Learning objectives: <ul style="list-style-type: none"> • Describe the purpose of social-emotional screening. • Name several social-emotional screening tools. • Explain how a social emotional screening tool is administered in collaboration with families. • Describe how to use screening results to plan next steps based on children’s scores.
How to Effectively Teach Social-Emotional Skills to Children Who Exhibit Challenging Behavior	Archived Recording of Session, Slides, and Other Handouts	By the end of this presentation, participants will be able to: <ul style="list-style-type: none"> • Identify key concepts about social emotional learning in early childhood. • Describe strategies teachers can use to teach children to recognize their emotions, self-regulate when they are upset, and communicate their wants and needs. • Explain why play and playful learning is a crucial part of promoting children’s social-emotional development.
Play Therapy Techniques in Early Childhood Settings: Supporting Social-emotional Learning & Self-regulation	Archived Recording of Session, Slides, and Other Handouts	In this session, you will: <ul style="list-style-type: none"> • Develop an understanding of the importance of play for young children in expressing their thoughts, feelings, and processing their experiences. • Develop a basic ability to discern between typical vs. symptomatic play. • Develop an understanding of how to engage children in play, and how to use basic play therapy-based skills to enhance the attachment relationship and support children’s acquisition of emotional coping skills.
Promoting Social and Emotional Learning in Preschool: Programs and Practices that Work	Archived Recording of Session, Slides, and Other Handouts	Participants will: <ul style="list-style-type: none"> • Reflect on the definition and description of the social-emotional skills that support school success. • Consider the research base on promoting social-emotional learning in preschool settings.

		<ul style="list-style-type: none"> Identify and discuss the key features of effective preschool social-emotional learning programs.
Social-Emotional Education for Creating Positive School Culture in Early Learning Settings	Archived Recording of Session, Slides, and Other Handouts	This webinar is designed to introduce you to the systematic impact social and emotional education can have in the early learning education classroom. This webinar will give examples of how social and emotional education can not only improve the academic environment for students, but how it can also improve the perception of the early childhood classroom and positively alter how parents perceive the overall school culture.
Using Books for Social-Emotional Development: Literature that helps children explore feelings	Archived Recording of Session, Slides, and Other Handouts	Being a little one can be an emotional roller coaster! There are lots of big feelings and relationships with highs, and lows, twists and turns. Early educators need all of the tools and strategies they can get to help children manage the ride! Books are the perfect tools to engage and inspire children with stories that include social-emotional concepts.
Quorum E-learning Platform (24/7 Access Courses Once Signed Into System)		
Building Positive Relationships	Available 24/7 once logged into personal Quorum account	Participants will explore the impact of classroom climate on children's behavior and learning. For instance, how do the subtle nuances of the teacher's behavior impact the atmosphere in the classroom? You will review important ideas about the nature of positive relationships, and you will study examples and strategies to promote positive teacher-child and child-child relationships. Relationships are essential to children's development and learning. A teacher's ability to create a positive atmosphere will inspire positive relationships and support the education and healthy development of young children.
Challenging Behavior: Reveal the Meaning	Available 24/7 once logged into personal Quorum account	Children express their needs through words, facial expressions, body language, and behavior. When communication is sent in the form of challenging behavior, understanding the message can be difficult. Participants will explore the ways children speak to us through behavior and will examine the role teachers play in the two-way conversation. Participants will learn how to interpret children's behavior, how to effectively teach social skills, how to develop an environment that supports cooperative and meaningful learning, and how to build partnerships with families.
Creating Positive Connections	Available 24/7 once logged into personal Quorum account	The love and nurturing that a child receives in the first few years of life can have effects on development that last a lifetime. As we learn more about children and how they develop, we understand more clearly the role of early relationships. Warm, nurturing relationships based on respect, understanding, and acceptance are essential for children's optimal development. In this course, explore caregiver behaviors that create four positive connections: Teacher to child, child to child, child to environment, and teacher to family.

		Through interactive learning activities, group discussion forums, videos, reflective writing exercises, scenarios, and a field assignment, participants will learn to create an environment where relationships flourish.
The Nuts and Bolts of Developmental Screening	Available 24/7 once logged into personal Quorum account	Developmental delays, learning disorders, and behavioral and social-emotional problems are estimated to affect 1 in every 6 children. Only 20-30% of these children are identified as needing help before kindergarten, meaning the vast majority miss out on the benefits of early intervention. Because early educators spend so much time with children, they are in a great position to change this. The Nuts and Bolts of Developmental Screening covers the importance of developmental monitoring and developmental screening, as well as how to monitor, choose a screening tool, talk with parents, use screening results in the classroom, and more. Participants will practice monitoring and will do a thorough review of multiple screening tools.
To Expel or Not to Expel	Available 24/7 once logged into personal Quorum account	Recent studies reveal that expulsion and suspension in early child care programs are 10 times more likely than in K-12. Furthermore, these data suggest disturbing gender and racial disparities in the practice. Children who are expelled or suspended from school are more likely to experience academic failure and grade retention, hold negative views of schools and education, are at greater risk of dropping out, and have increased rates of incarceration. To Expel or Not to Expel covers the conditions and risk factors that lead to expulsion and suspension, strategies to promote social-emotional development in children and personal well-being in educators, ways to develop trusting partnerships with families, and discipline practices that reduce the risk of suspension and expulsion.
Enriching Indoor Environments	Available 24/7 once logged into personal Quorum account	An early childhood environment is many things: it's a safe place where children are protected from the elements and are easily supervised, and it is where important activities of the day take place, such as playing, eating, sleeping, and learning. Beyond the basics, the physical environment is an image of the teacher's planning and the student's learning. It should be well organized, comfortable, and personable and offer a variety of materials for cognitive, social, emotional, and physical development. In this course, participants will learn best practices in designing an inclusive indoor environment that fosters children's developmental growth. Through interactive learning activities, discussions, videos, reflective writing exercises, scenarios, and a field assignment, participants will learn to create an indoor environment where all children feel secure, comfortable, welcome, and ready to explore.

Foundations for Learning Every Day	Available 24/7 once logged into personal Quorum account	Participants will explore the key areas that underpin best practices in early care and education, including: brain development, social and emotional development, the learning environment, language and literacy development, and math and science concepts. Through interactive, online experiences participants will learn foundational principles and methods to build resilient children and support the development of critical thinking skills. Course content is based on Kaplan Early Learning Company's Learn Every Day™ The Preschool Curriculum Foundations for Learning.
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Trauma-informed Care and Learning

Title (hyperlinked)	Date and Time (if live)	Overview and/or Expected Learner Outcomes
Early Childhood Investigations (live and archived webinars)		
Understanding the Impact of Trauma on Behavior	Archived Recording of Session, Slides, and Other Handouts	In this session you will: <ul style="list-style-type: none"> ● Develop an understanding of trauma and how it affects behavior. ● Learn ways to support children who have been traumatized. ● Develop strategies to promote your own resilience.
Trauma-Informed Care in ECE: Key Strategies for Healing and Behavioral Change	Archived Recording of Session, Slides, and Other Handouts	Participants will: <ul style="list-style-type: none"> ● Define complex developmental trauma and how it impacts the development of a child's brain. ● Understand the impact of trauma on children's behavior and functioning in group settings. ● Identify key strategies for effecting behavioral change in children with a history of trauma.
Help Young Children Cope with Stress and Trauma by Becoming an Ally: Bridge the Relationship Gap	Archived Recording of Session, Slides, and Other Handouts	In this webinar participants will: <ul style="list-style-type: none"> ● Learn what science tells us about how stress and trauma affect the developing brain and contribute to young children's challenging behaviors. ● Identify strategies they can use to build strong relationships and approach children's challenging behaviors in a trauma-sensitive way. ● Gain insight into how infusing trauma-sensitive approaches can change school environments to promote student resilience and learning.
Trauma-Informed Early Education Classroom Design:	Archived Recording of Session, Slides,	In this powerful webinar, you will learn how to:

Designing Child and Family-Friendly Spaces for Recovery from Trauma	and Other Handouts	<ul style="list-style-type: none"> ● Understand Toxic Stress and the impact of poverty on children’s brain development. ● Review principles of Trauma-Informed Care as they relate to space and design. ● Better understand the role of Executive Function in development. ● Consider play and space design principles for kids experiencing trauma. ● Brainstorm your program’s child/family space.
Helping Children Birth Through 5 Rebound from Traumatic Experiences: Create Classrooms That Support Recovery	Archived Recording of Session, Slides, and Other Handouts	As a result of this webinar, participants will learn: <ul style="list-style-type: none"> ● How young children might behave after a traumatic event. ● How to create a physical environment and classroom structure that supports children as they recover from the traumatic experience. ● How to meet the emotional needs of children exhibiting difficulties in coping.
Follow-up from Social-Emotional Learning from the Top Down: Administrative Practices...	Archived Recording of Session, Slides, and Other Handouts	This powerful webinar by early education expert, Kay Albrecht, will focus on four leadership strategies designed to help build teacher competencies in this area. These strategies frame the key role of relationship building as both an active practice for administrators and teachers. The focus will be on the kind and quality of relationships with children, with families, and with each other, that provide myriad opportunities to gain competence and skills continuously.
Quorum E-learning Platform (24/7 Access Courses Once Signed Into System)		
Building Resilience After Natural Disasters	Available 24/7 once logged into personal Quorum account	Hurricanes, tornadoes, wildfires, and other natural disasters can threaten the well-being of adults and children. While some people easily bounce back from adversity brought on by these types of traumatic events, others struggle to overcome the experience and its aftereffects. Resilience - the ability to adapt or recover from a difficult event - can be learned during childhood or later in adulthood. This course is divided into two parts. Part I is about adults – the impact of stress on the body and mind, how resilience affects well-being, and how to build resilience before and after natural disasters. Part II is about children – supporting children after natural disasters, recognizing when a child might need extra help recovering, and building resilience to improve their ability to “bounce back” throughout life.
Understanding Child Abuse and Prevention	Available 24/7 once logged into personal Quorum account	Early childhood teachers have a unique opportunity to impact the life of a child suffering from abuse and neglect. Participants will learn how to: identify the signs of abuse and neglect, describe how abuse and neglect impacts development, implement strategies to build resilience in children suffering

		from abuse and neglect, and identify the mandated responsibilities of reporting cases of abuse or neglect. Content also includes information about Shaken Baby Syndrome.
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Information and Supports Related to COVID-19

Title (hyperlinked)	Date and Time (if live)	Overview and/or Expected Learner Outcomes
Early Childhood Investigations (live and archived webinars)		
Using Authentic Assessment for Learning Loss Amid COVID-19	Sept. 2, 2020 2-3:30 p.m. After live session, may have: Archived Recording of Session, Slides, and Other Handouts	In this webinar you will: <ol style="list-style-type: none"> 1. Understand why authentic assessment will be important for the 2020 school year. 2. Learn key questions to help guide instructional decision-making. 3. Learn practical tips and strategies for collecting data in hybrid and virtual learning environments. 4. Reflect on your own plan for data collection.
Continuous Improvement in the Era of COVID-19: Using a guided process approach	Sept. 17, 2020 2-3:30 p.m. After live session, may have: Archived Recording of Session, Slides, and Other Handouts	You will learn: <ul style="list-style-type: none"> ● How to track and analyze your quality data. ● 5 key differentiators for ensuring health and safety post-pandemic. ● New practices to maintain quality within classrooms and protect staff. ● New resources including must-listen podcasts, online training and recommended certifications.
Bracing for COVID-19: What Early Childhood Programs Need to Know and Consider Now	Archived Recording of Session, Slides, and Other Handouts	Most of us are not prepared for the impact of COVID-19. While we may have heard tips to mitigate the spread, you may be scrambling to figure out the many other details that will impact your program's business. It's time to take a deeper dive into all aspects of disaster preparedness including policies and procedures, health considerations, and the long term consequences of possible program closures.
COVID-19 Financial Survival Strategies for Early Childhood Programs: Emergent Resources and Advice	Archived Recording of Session, Slides, and Other Handouts	Join us to learn: <ul style="list-style-type: none"> ● How to use financial data to inform decisions ● Managing a program with reduced enrollment/operations ● Managing the temporary closure of a program ● Planning for the reopening of your business ● Explore access to emergency operating capital
Facilitating Meaningful Online	Archived Recording of	In this inspiring webinar, you will learn:

Experiences with Young Children: Unexpected Challenges and Joyful Opportunities in Action	Session, Slides, and Other Handouts	<ul style="list-style-type: none"> ● The difference between facilitating experiences with children and providing activities to children ● How to establish routines, rituals, and traditions that work online and can be extended to the physical classroom ● See and hear about the exciting and engaging experiences offered by master early educators right now
Beyond Covid-19: Supporting Children, Families, & Staff to Reintegrate to the New Normal	Archived Recording of Session, Slides, and Other Handouts	Expected learning outcomes are: <ul style="list-style-type: none"> ● Look at your own stress level and ways to build resilience ● Identify the impact of this unprecedented stress on children’s behavior ● Develop strategies to scaffold the children’s social, emotional, and physical needs that have resulted from this crisis. ● Be prepared for the challenges for the adults in the early childhood triad may present.
Rebuild Your ECE Program for the New Normal: Part 1- Business Practices	Archived Recording of Session, Slides, and Other Handouts	You will learn: <ul style="list-style-type: none"> ● Strategic planning for practicalities of the “new normal” for your business. ● How changes in the economy will impact how families select care for their children. ● How to modify your business practices to incorporate these changes into your business model. ● Financial management and financial controls that are streamlined and readily available for data-driven decision making.
Rebuild Your ECE Program for the New Normal: Part 2- Marketing & Staffing	Archived Recording of Session, Slides, and Other Handouts	Join us to learn: <ul style="list-style-type: none"> ● Human resource management practices to recruit great teachers and retain them with state-of-the-art onboarding practices. ● Marketing tools, practices, and strategies to engage your currently enrolled families and attract prospective families. ● Streamlined and automated back-office practices that allow you to spend quality coaching time with your staff.
Quorum E-learning Platform (24/7 Access Courses)		
COVID-19: The Basics	Available 24/7 once logged into personal Quorum account	Information about COVID-19 is everywhere right now; the news, social media, even TV commercials. It can be hard to know what's accurate. In this 15 minute, not-for-credit course, Quorum Learning uses interactive techniques to explain the basics of COVID-19, including what it is, how it's spread, and what is safe to do right now. This course also has tips for those still caring for children in centers

Child Care During COVID-19	Available 24/7 once logged into personal Quorum account	No matter what your role is in a child care center – owner, director, teacher, teacher’s assistant, or even custodian – chances are that what you’re doing on a daily basis is different than what you did before the COVID-19 pandemic. Working in a childcare setting during the spread of COVID-19 can be perplexing and stressful. What are we supposed to do to keep children, families, and staff as safe as possible? What is and is not acceptable? This not-for-credit short course based on guidelines from the Centers for Disease Control and Prevention (CDC) provides tips on operating a child care program during this pandemic.
Center Drop Off During COVID-19	Available 24/7 once logged into personal Quorum account	Around the country, child care facilities that have been closed or serving very few children are opening back up. But to keep staff and children healthy, this means a lot of changes, including some major changes related to just getting children in the building. Center Drop Off During COVID-19 is a 10 minute, not-for-credit course that focuses on recommendations for drop off procedures from the Centers for Disease Control and Prevention (CDC).
Got Stress? Self-Care During Covid-19	Available 24/7 once logged into personal Quorum account	For most of us, COVID-19 brought with it lots of stress. As we navigate our current world, often the last person we take care of is ourselves. However, taking time to care for ourselves is often the only way we can effectively care for others. This not-for-credit course is full of tips for taking care of our minds and bodies when we all “Got Stress.”
Helping Children Navigate the World of COVID-19	Available 24/7 once logged into personal Quorum account	Most children - even very young children - know, or at least sense, that something has changed in the world - that something isn't quite right. Though they may not be able to voice it, many of them are worried and afraid or at the very least, confused. They need the adults in their lives to help them understand and navigate the world of COVID-19. This 10-minute not-for-credit course provides tips and ideas to help adults guide children through this stressful time.
Having a Baby During the Covid-19 Pandemic	Available 24/7 once logged into personal Quorum account	Preparing to welcome a new baby into the world during the COVID-19 pandemic is, for many expectant parents, a little scary. There are so many questions about pregnancy, giving birth, breastfeeding, and caring for a newborn during this time! And what happens if mom gets COVID-19? This 15-minute not-for-credit course, Having a Baby During the COVID-19 Pandemic provides information on all those topics and includes lists of questions individuals may want to ask their healthcare providers.

Partner Resources

- [Goalbook Trauma Informed Teaching for Distance Learning](#): Goalbook is a resource that helps teachers address the social and emotional needs brought on by that trauma. Goalbook indicates that: “This guide is built on the extensive body of research on trauma-informed care. Our goal is to make the research and recommendations regarding trauma-informed teaching actionable in virtual classrooms.” The resource builds on the three pillars of trauma-informed care: Safety, Connections, Managing Emotions.
- **Introducing the Connected Families Video Series**: The Early Childhood Innovation Network (ECIN) announced the launch of a new parent-focused video series produced in partnership with the Center for Wellbeing in School Environments (WISE Center) and Appletree Schools. The series, called Connected Families, offers parenting skills to help parents of young children address common behavior challenges in their little ones. From scheduling special one-on-one time to rewarding positive behaviors, each video spends three minutes or less distilling down one strategy and how best to try it. [Watch the videos](#) on YouTube or [the website](#), and subscribe to ECIN’s [new YouTube channel](#) to receive automatic updates when new videos are added!
- **Additional online resources from Medstar Georgetown Center for Wellbeing in School Environments (WISE)**
 - [WISE's YouTube Channel](#)
 - [WISE's COVID-19 response page](#)
 - [WISE's Resource page \(including Educator Wellbeing Workbook\)](#)