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These are my current approved trainings, though I am continually developing new ones.
Please contact me if you have any questions or would like me to present for you.

“Busy Boxes” (KCF: II.C, CDA: 3)

Encourage children’s love for learning with busy boxes! Whether you call them busy boxes, busy bags, quiet bins, or tinker trays, these open-ended, independent, educational, and engaging small activities make a big impact on children’s learning. They foster children’s self-regulation, independence, focus, problem-solving abilities, and social and language skills. Children utilize creativity, literacy, hand-eye coordination, science and math exploration, and more. They are perfect quiet activities to use during nap time—creating a fun routine—or during transitions. Through this hands-on training with tons of simple and inexpensive activity ideas, you’ll leave inspired to make many of your own.

This two-hour training meets the annual family child care behavior guidance training requirement.

“No Child Left Inside” (KCF: II.D, CDA: 2)

There is an alarming trend to replace children’s outdoor playtime with rigorous instruction, testing, and screen time. However, numerous studies show that children who play in nature will be healthier, happier, smarter, more connected with nature, and better able to get along with others. Children thrive in natural play environments, where they are free to explore, climb, run, connect with others, and understand nature. In this training, we’ll discover the benefits of play in nature, ideas for natural playscapes, and fun ways to bring nature into our programs to ensure that no child is left inside.

“Light Table Play” (KCF: II.E, CDA: 2)

Light tables offer children opportunities to explore light, reflection, art, color mixing, patterns, writing, letters, numbers, x-rays, nature, and more. Any activity placed on a light table instantly becomes something new and exciting for children and adds unique sensory experiences to their day. Join us in this fun hands-on training as we discover the many benefits of light table play, learn how to make several inexpensive DIY versions, and enjoy “testing” tons of possible activities you can use with a light table in your program. You’ll be inspired to create light table play...every day.

“Play is Not a Four-Letter Word” (KCF: II.A, CDA: 8)

Play is not a luxury but a fundamental part of learning. Unfortunately, society is robbing children of their childhood by eliminating play and treating them like mini adults. However, a play-based, child-directed approach facilitates children’s inherent desire to learn instead of forcing it. Play creates opportunities for children to explore, imagine, discover talents, spark creativity, gain confidence, build relationships, problem-solve, resolve conflicts, expand language, define themselves, and grow intellectually, physically, socially, and emotionally. Learn about the benefits of play while exploring fun and simple activities that foster play and be encouraged to celebrate and defend children’s need for play.

“Scentsational Sensory Activities” (KCF: II.D, CDA: 2)

Find out why messy play is not about children leaving out toys. Come join us as we celebrate messy play using all of our senses. Sensory activities are integral to children’s ability to learn, process, interpret, and adapt. They foster children’s development, even those without Sensory Processing Disorder. Discover the fun and benefits of sensory activities firsthand as we play in several sensory bins. We’ll explore play dough, space dough, Flubber, Goop, slime, gelatin, bubbles, and more. You’ll leave the mess behind, but you’ll go home with recipes, activities, and inspiration in this fun training.

“Group Time: Thinking Outside the Circle” (KCF: II.C, CDA: 3)

Does the thought of sitting for group time make your children groan and protest? Are you struggling to incorporate fun and educational activities that involve and benefit every child? Join us as we learn many new games, songs, stories, and activities that will foster each child’s social, emotional, physical, and cognitive development. Discover the benefits of group time, how to adjust times and activities based on the needs of each child, and find some helpful resources. Get ready to be amazed when the children *beg* you for group time.

“We Need More Drama(tic Play)!” (KCF: II.E, CDA: 3)

Discover that we all need more drama in our lives—dramatic play, that is. Dramatic play is essential for children’s healthy development; it fosters cognitive, physical, social/emotional, and executive function skills such as self-regulation, language, and conflict resolution. Not to mention it’s fun! Learn how to encourage dramatic play with materials and activities that afford children the freedom to discover, problem-solve, and grow. From the grocery store to the fire station, the flower shop to the wild west, be inspired with fun and inexpensive ideas for more than 25 dramatic play themes that your children—and you—will love.

“A Few of My Favorite Things” (KCF: II.A, CDA: 2)

Discover many favorite activities that are fun, inexpensive, and effective for children of all ages. Some of the activities we’ll explore include rainbow volcanoes, shaving cream blocks, busy boards, painting with many different types of items, sensory table materials, car ramps, bean bag games, frozen treasures, outdoor games, science experiments, Backpack Buddies, and more. There’s something for everyone in this hands-on, active session. Walk away inspired to try new things and experience why “When the wind bites, when they are bored, when they’re feeling sad...I simply pull out my favorite things. And then they all feel so glad!”

“The Little STEAM Engines that Could” (KCF: II.B, CDA: 2)

Discover why STEAM is more than an acronym. It is an integrated way of teaching children or all ages the concepts of science, technology, engineering, art, and mathematics. Learn how STEAM fosters and uses children’s higher order thinking skills: problem-solving, observation, communication, critical thinking, reasoning, teamwork, and creativity. Explore natural, simple, and fun ways to incorporate STEAM into your program through hands-on stations, from water activities and magnets to mosaics and outdoor play. Cultivate wonder through STEAM, creating a foundation of learning for school and lifelong success and an attitude that, “I think I can!” *This class includes a make & take!

“Mealtime Fun” (KCF: VII.C, CDA: 1)

Bring your inner chef (and appetite) to explore activities, strategies, and foods to create fun mealtimes with children. Learn how setting healthy eating and table habits now will make a difference throughout their lives. We’ll discuss simple ways to make ordinary foods seem extraordinary, from the words you use to the arrangements on the plate. Discover ways to work with picky eaters and accommodate dietary restrictions. Explore and prepare many unique, fun, and inexpensive foods that are sure to become favorites with the children in your care—and you—in this hands-on training.

“Building Blocks to Childcare Success” (KCF: II.A, CDA: 1)

Learn tips and strategies for providers about the importance of play, creating a healthy and happy environment, being organized, where to shop, lesson planning, observations and assessments, licensing info, and other tidbits that experienced providers wish they had known from the beginning. Whether you're a new provider or have been providing care for decades, with these foundations, you'll be eager and ready to build up your childcare!

“MORE Building Blocks to Childcare Success” (KCF: VI, CDA: 6)

If you build it, they will come. Or so you thought. Learn how to strategically market your business and interview families, then retain clients through effective policies. We'll also discuss liability in family childcare, including insurance and ways to reduce your risks. Join us as we explore the business side of family childcare (in fun ways).

“Thinking Outside the Book: Bringing Stories to Life” (KCF: II.A, CDA: 2)

Remember when kids sang, "I can go anywhere...I can do anything...Take a look, it's in a book?" Do you feel that way about reading with your children? Bring the happily ever after back into your stories' endings with ideas to expand learning and literacy beyond the pages of your books, with specific suggestions for some awesome books that are sure to become favorites in your childcare. You'll discover that "The End" is only the beginning of the joys of reading.

“Not Pulling Your Hair with Your Own Kids in Care” (KCF: II.C, CDA: 3)

If you feel that your own children are the biggest cause of stress in your family childcare, then this is the training for you. Tantrums and violence and power struggles! Oh, my! We'll learn the typical reasons for and solutions to these mistaken behaviors, plus ways to improve communication, your setup, and expectations so you can ENJOY time with your own family and the children for whom you care.

“Creating Wonderland in Your Childcare” (KCF: II.A, CDA: 1)

Does your childcare environment inspire a sense of wonder and encourage imagination, or is finding the right set-up more elusive than the white rabbit? Explore ways to foster children's growth and love of learning—and celebrate childhood—by creating an environment that is both fun and functional. We'll look at ways to make your environment work for you and the children in your care, from the furniture and layout to the materials.

“Discovery Bottles” (KCF: II.B, CDA: 2)

Capture the wonder and excitement of density, magnets, sound, seasons, waves, light, and much more in a simple bottle...with items found around the home. Discovery bottles bring science into the hands of children in unique ways and foster their cognitive development through independent and collaborative exploration. They are also relaxing and fun for both children and adults. You will learn specific ideas for Discovery, I Spy, Letter, and Scents-ory Bottles and create 2 of your own in this fun “make & take.” Warning: May instill an immediate desire to consume massive amounts of bottled water.

“Discovery Bottles 2.0” (KCF: II.A, CDA: 2)

Harness the wonder of the ocean, rainbows, fairies, space, snow, and more through Discovery Bottles. This sequel to Discovery Bottles doesn't disappoint, offering as much fun and new ideas as the original. Discovery Bottles offer fun sensory and science experiences for children using inexpensive materials you likely have at home or school. We'll travel to galaxies far, far away to make light sabers, make grand plans with Minions, hunt for gold with leprechauns, and defend the world with TMNT...or at least learn how to make these Discovery Bottles. You'll make two of your own in this fun “make & take.”

“Boom! Splash! Fizz! Science Made Fun” (KCF: II.B, CDA: 2)

Give your little scientists opportunities to build their natural curiosity and love for learning! Explore ways to help children question, hypothesize, test, observe, and discover through fun and inexpensive science activities. Experiment with explosions, fizzy fun, pulleys, lights, electricity, ramps, frozen materials, bubbles, goop, density, soap, chemical reactions, water, color mixing, and more in this hands-on class. You'll leave eager to channel your inner Mrs. Frizzle and encourage children to “take chances, make mistakes, and get messy.”

“Cutting Loose with Loose Parts” (KCF: II.A, CDA: 2)

Loose parts might look like junk to others, but to children they contain a world of possibilities. Loose parts are open-ended materials that foster children's curiosity, imagination, creativity, discovery, decision-making, teamwork, confidence, problem-solving, science, math, critical-thinking, language, social, and physical skills. Bonus: they are typically free or inexpensive. Experience the joy and benefits that encompass loose parts play in this hands-on training. Leave with many new ideas for loose parts that are sure to become favorites with your children. Get ready to cut loose and kick off the Sunday shoes...because even those would make fun loose parts!

“I'm Not a Preschooler! Age-Appropriate Infant & Toddler Activities” (KCF: II.A, CDA: 2)

You may not see infants carrying backpacks to school, but they certainly feel the weight of push-down curriculum. Many infants and toddlers spend their days in structured, preschool-like settings...but they are not preschoolers! Learn about the unique needs and stages of development of infants and toddlers. Discover how to meet infants and toddlers where they are—through responsive caregiving—and guide them to where they can be through child-led environments that encourage their curiosity. Explore many fun, inexpensive, and developmentally appropriate infant and toddler activities that will have your preschoolers wishing they were infants and toddlers again.

“Keep It Positive: Behavior Guidance That Works” (KCF: II.C, CDA: 3)

Hit. Kick. Tattle. Whine. Does this sound like a typical day in your program? Let's change that! Help children identify their feelings, express them appropriately, resolve conflicts, boost self-esteem, increase empathy, and improve communication through positive behavior guidance, your environment, and simple, yet effective, tools. You'll leave ready to tame tantrums, wane whining, prevent pushing, banish biting, thwart tattling, halt hitting, stop screaming, lessen lying, and more.

**This two-hour training meets the annual family child care behavior guidance training requirement.*

“Outdoor Activities” (KCF: II, CDA: 2)

Brighten your days and improve children's physical, cognitive, social, and emotional development with outdoor activities. In this fun, hands-on training, discover new games, activities, and materials that will make you and the children want to go outside, regardless of the weather. Learn simple and inexpensive ways to add imagination and enrichment to your outdoor areas, just as you do with your indoor areas. From pool noodles and water to relays and treasure hunts, you will be inspired to try a new activity every day and bring out some old ones with new twists.

“Mini Math = Big Fun” (KCF: II.B, CDA: 2)

If the thought of doing math with young children makes you cringe or handing them a worksheet “covers” math for the week, then this is the training for you. Discover fun, natural, and effective ways to incorporate math into your early childhood program. Each part of a typical day offers many unique ways to help children acquire the math skills they need to be successful in school and life. We will learn about inexpensive activities to share with children and ways to include your childcare families to ensure that fun is part of the equation!

“Community Service for Children” (KCF: III, CDA: 4)

Community service offers children the wonderful opportunity to help others, learn compassion, appreciate what they have, respect diversity, connect with their communities, and realize that they can make a difference in the world. Discover ways to integrate service projects with your curriculum and involve families in order to make the biggest impact on both the children and the groups you're helping. We'll discuss many possible community service projects for children of all ages—from making sandwiches for the homeless to filling birthday bags for children in need—and experience the benefits firsthand while doing a service project together.

“SpOIL Your Children” (KCF VII.A, CDA: 1)

What?! Spoiling children? Yes, you will be inspired to spOIL everyone you know to help them lead healthier and happier lives. Essential oils can play a role in supporting and maintaining overall wellness for both children and adults without the costs and side effects of traditional methods. They offer natural alleviation from many of the health problems we face every day: seasonal allergies, congestion, coughs, sleeplessness, rashes, stress, headaches, etc. Come join us as we jump into the world of essential oils, explore recipes, and create your own roll-ons and natural products in this fun “make & take.”

“Sensory Collages, Busy Boards, & More” (KCF: II.D, CDA: 2)

Stop scrolling through Pinterest...let's make something instead! Learn how to make your own sensory collages, busy boards, sensory eggs, sensory blocks, sensory matching games, and more in this fun, one-of-a-kind make and take. Discuss the many benefits of sensory play and simple, inexpensive activities that give children the sensory input they need. Leave inspired to grab your tool belt, hot glue, and random items around the house...because DIY has never been this much fun!

“It's So Easy Being Green” (KCF: VII.A, CDA: 1)

Kermit the Frog was right about most things but being green is much simpler and easier than it used to be! Help your loved ones stay safe and healthy with tips, scientific evidence, and specific solutions for making your home, business, and life more "green," from chemicals to food, recycling to toys. Once you learn how to make your own natural cleaning supplies, soaps, and scrubs, you'll be surprised at how much green you can save!

“Character Education” (KCF: II.C, CDA: 3)

Discover why character education is essential for children's development. Character education is an intentional approach to teaching children about human values and morals such as kindness, respect, responsibility, fairness, honesty, and courage. Fred Rogers said, *“There is something of yourself that you leave at every meeting with another person.”* High quality character education emphasizes human interactions, boosting children's social, emotional, cognitive, and ethical development and creating positive and inclusive environments. Explore simple ways to incorporate character education in your program to foster their problem-solving, decision-making, and communication skills and give them skills that will last a lifetime. *This training meets the annual child development/behavior guidance requirement for family child care*

“De-clutter & De-stress Your Way to Success” (KCF: VI, CDA: 6)

If you've ever watched a "hoarding" show and thought, “Amateurs,” or you simply want to be more organized, then this is the training for you! Learn simple and specific solutions to de-clutter and organize your childcare and time. Take proactive and deliberate steps to keep organized and reduce stress so you can spend your time enjoying life and the children in it! Warning: may instill a strong desire to rush home and organize everything!

“Operation: Organization” (KCF: VI, CDA: 6)

Think organizing your home is Mission: Impossible? Join us for this sequel to "De-clutter & De-stress Your Way to Success." The quickest way to lose 100 pounds is by organizing your home! We'll explore organization concepts that apply to your life and childcare. Discover specific solutions and inspiration for organizing and maximizing space in every room in your home, including entryways, offices, kitchens, mud rooms, closets, bathrooms, bedrooms, and garages. You'll leave eager and prepared to tackle your next organizing mission.

“Powerful PowerPoints & More” (KCF: IV.C, CDA: 5)

Snazzy presentations slideshows, and documents aren't reserved for the corporate world. Providers can use slideshows and common software programs for pictures of the childcare children and families (ex. End of the Year), interviews, newsletters, calendars, and more. Learn how to use Microsoft Word and PowerPoint to enhance your program. After this training, you'll have the power to conquer your computer and make it work for you! Feel free to bring your own computer to follow along.

“Self-Care for the Early Childhood Educator” (KCF: VI, CDA: 6)

Learn why early childhood educators are especially susceptible to stress and burnout and how self-care can help prevent or alleviate it. On an airplane, we are told to put on our own oxygen masks before assisting others with theirs; we need to practice self-care in order to be at our best for the children in our care. Self-care is essential to leading a healthy and happy life. We will explore numerous self-care activities, including specific strategies for early childhood programs, from your environment to your policies. After this training, you will be refreshed, relaxed, and motivated to practice more self-care.

“Websites Made Simple” (KCF: VI, CDA: 6)

In today's technology-driven society, most families search for childcare on the internet. A website brings your business to potential clients, allowing you to explain your features and benefits and give a virtual tour. It also saves time by answering many questions families may ask before they contact you. We will explore simple and inexpensive or free website options for anyone who knows how to navigate the internet and type! This step-by-step training will walk you through domain names, web hosting, setting up email, and designing a website. You are welcome to bring your computer to follow along.

“From Farm to Child Care” (KCF: VII.A, CDA: 1)

Hands-on training for child care providers on how to source local foods, prepare quick, healthy, and safe meals and snacks for children, and understand the importance of purchasing local foods and offering fruits and vegetables. Training includes hands-on food preparation training. (2-5 hours)

“Supporting Breastfeeding” (KCF: VII.A, CDA: 1)

Learn about the health benefits of breast milk, the risks of not breastfeeding, and the barriers breastfeeding mothers face. Discover ways to safely handle, store, prepare, and feed breast milk to the infants in your care. We will also explore ways to encourage and support breastfeeding mothers in your childcare

“Supporting Breastfeeding in Child Care Programs” (KCF: VII.A, CDA: 1)

The training will examine the importance of breastfeeding for children, mothers and child care programs. Topics include benefits of breastfeeding, risks of not breastfeeding, breastfeeding guidelines, and safe handling and storage of breast milk.

“Sudden Unexpected Infant Death / Abusive Head Trauma” (KCF: VII.A, CDA: 1)

This class meets DHS Licensing training requirements for both Sudden Unexpected Infant Death (SUID) and Abusive Head Trauma (AHT). Content includes recommendations to reduce Sudden, Unexpected Infant Deaths (SUID) including SIDS, suffocation, and other sleep related infant deaths; safe sleep

environments; MN Child Care regulations related to safe sleep; as well as symptoms and consequences of abusive head trauma, risk factors for abusive head trauma; and strategies to use when stressed, angry or frustrated.