

About Us

With highly qualified instructors, First Up can bring Professional Development to your staff, virtually or in-person, for a relevant, valuable training experience.

PQAS and ACT 48 credit hours available.

Let us help you create an intentional training plan for your team.
<https://www.firstup.org/signature-programs/>

First Up

Professional Development Catalog

 **First Up**
Champions for Early Education

Contact Us

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Child Growth and Development

Child Development

- Attachment: The First Year
- Child Development
 - Infants and Toddlers
 - Preschool/Pre-K
- Language Development
- Let's Get Physical
- Relationship-Driven Learning
- Sensory Play: Exploring Little Ones' Senses
- Supporting Infant and Toddler Language Development

"I thought the training was very straightforward and easy to follow. I appreciate all the videos and examples used. They were all relevant and ideas that can be used in the classroom every day." Participant in Transitions PD



Brain Development

- Exploring Executive Function for the Young Child
- Sensory Processing Disorder: Supporting Young Learner's Input and Output
- Supporting Young Learner's Developmental Domains

"We really have taken a lot from this PD and use it in our lessons daily." Participant in Classroom Management PD

Social -Emotional Development

- Best Practice for Good Habits and Student Well-Being
- Building Relationships with Infants and Toddlers
- Diving Deeper into Mindfulness Practice
- Implementación y apoyo al aprendizaje social y emocional en un salón preescolar
- Implementing and Supporting Social & Emotional Development
- Implementing Social Emotional Learning for Infants and Toddlers
- Mindfulness in the Classroom: Helping Young Children Manage Stress
- Social-Emotional Development
- Social Emotional Development for Infants & Toddlers
- Supporting Student's Social & Emotional Development with Mindfulness & Meditation
- **The Art of Mindfulness: The How and Why**

Underlined titles are new for 2024 or recently updated!

Curriculum Experiences

- An Afternoon of Play: Boredom Busters
- Connecting Children to Nature: Get Outside!
- Connecting Learning to Life: Loose Parts for Infants and Toddlers
- Connecting Outdoor and Indoor Play Ideas, Activities, and Materials
- Creating a DAP Preschool Curriculum
- Creative Art and Music for Infants & Toddlers
- Creative Art: It's All About the Experience
- Curriculum and Assessment:
 - Lesson Planning
 - Developmentally Appropriate Practice
- Curriculum and Lesson Planning
- Developing Self-Directed Play Tool Kits:
 - For Infants and Toddlers
 - For Preschool to K
- Emergent Curriculum
- Engaging the Young Child in Science
- Implementing a Curriculum that Supports Best Practices
- Importance of Play
- Loose Parts

Underlined Titles are new for 2024 or recently updated!

- More than Numbers: Math
- Out of the Box Ideas Series (Various topics; also offered in Spanish)
- Sensory Play
- Sensory Play: What, How and Why So Important
- STEAM
 - For the Early Learner
 - For Infants and Toddlers
- Young Thinkers: Encouraging Imagination

Teaching Strategies

- Integrating Technology in the Early Childhood Classroom
- Inquiry Based Learning
 - Toddlers
 - Preschool
 - An overview for all ages
- Learning Through Play: Connecting Children with their Senses
- Lesson Plan Implementation
- Out of the Box Lesson Planning
- Self-Directed Play
- Transitions Throughout the Day
- Using Differentiated Instruction to Support Infant Development

Supportive Environments

- Adapting Curriculum and Practices for Children with Special Needs
- Classroom Management
 - Approaches for Experienced Staff
 - For Toddlers
 - For ECE
 - For Preschool/Pre-K
- Creating Inspiring Spaces
- Creating Successful, Classroom Routines, Rituals and Traditions
- Creating Supportive Classroom Environments with Intentionality
- Designing Intentional Environments to support Social Emotional Learning
- Developmentally Appropriate Practice (DAP)
- DAP in Infant and Toddler Classrooms
- Differentiated Instruction
- Implementing a Curriculum that Supports Best Practices
- Inclusion with Intention
- Positive Interactions
- Reflecting on Warm, Inclusive Classrooms
- Relationship Driven Learning
- Supporting a Caring Learning Environment for Infants and Toddlers

Language and Literacy

- Emergent Literacy
 - Infants and Toddlers
 - Early Childhood
- Literacy Enriched Environments
- Supporting Infant and Toddler Language Development
- **Bridging Literacy from the Classroom to the Home**
- **Bridging Literacy and Social Emotional Learning**
- **Bridging Literacy Throughout the Day**

Assessment and Observation

- Child Observation and Assessment: Integrative Practice
- Curriculum & Assessment: Lesson Planning
- Developmentally Appropriate Practices: Curriculum & Assessment
- Evaluation Data: Understanding and Using Classroom Assessments
- Using Data to Create an Intentional Learning Environment

"I will be even more mindful of how I talk to not just the students but my co-teachers." Participant in Understanding Trauma

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Supporting Behaviors

- Creating High Quality Supportive Environments to Promote Positive Behavior
- Creating Nurturing Relationships to Promote Positive Behaviors
- FLIP It! Series
- Guiding Children's Behavior through Social & Emotional Support
- Supporting Infant and Toddler Challenging Behaviors with Interactions and Environments
- Supportive Responses to Challenging Behaviors
- Understanding and Supporting Young Children with Challenging Behaviors

Partnerships with Families

- Communication with Families: Developing Positive Relationships
- Communicating about Conflict with Children and Parents
- Families as Partners: Concrete Ways to Enhance the Relationship
- Mindful Families
- Reaching Deeper to Connect with Families

Trauma

- Being Trauma Informed: Understanding Social Emotional Development Support
- Foundation Series Level II:
 - Overview of Trauma
 - History of Trauma
 - Meeting the Need
 - Trauma Responsive Principles
- Understanding Trauma, Bouncing Back with Resilience

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Safe, Healthy Environments

- Best Practice for Good Habits and Student Well-being
- Secrets of Supervision

Staff Wellness

- Personal Care Routines: The Nuts and Bolts
- Stress Management for the ECE Practitioner
- Team Building & Effective Communication

Communication, Leadership and Professionalism

- Building Essential Relationships
 - For Early Childhood Educators
 - For Infant Toddler Teachers
- Coaching as a Change Agent
 - Coaching with Intention
 - Communicating about Conflict with Children and Parents
 - Creating Goals and Action Steps for Coaches
- Effective Communication for Infant and Toddler Teachers
- Key Aspects for Yearlong Leadership
 - NAEYC Code of Ethical Conduct
 - Professionalism for the ECE Educator
 - The Role of Language in Conflict Resolution
 - Tools for Creating Effective Teaching Teams

Learn More about Specialized Training Opportunities

- Equity Initiative
- Advocacy Trainings
- Leadership Institute Series
- Trainings specific for Infant and Toddler Teachers
- Trainings in Spanish
- Community of Practice Opportunities
 - For Directors
 - For Teachers
- Proficiency Certificate Program
- Virtual Trainings listed on the PD Registry Calendar

See more on the First Up website:

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