



## ET 1: Physical, Cognitive, and Social Emotional Lesson: Instructions

### 6 Training Hours

**4 HOURS IN COMPONENT 1: CHILD GROWTH AND DEVELOPMENT; 2 HOURS IN COMPONENT 3: CHARACTER BUILDING, DEVELOPMENT**

#### Learning Objectives

- **Demonstrate knowledge of typical development in children from infancy through preschool across the physical, cognitive, and social emotional domains**
- **Identify activities and interactions that facilitate optimal development across domains and stages**

*Participants will be notified when quizzes received a minimum score of 80%, and receive additional instructions for participating in the one hour Guided Discussion. Receive 6 training hours in Essential Training 1 when the quiz has processed. Receive an additional hour in Essential Training 1 (Component 1) with participation in the Guided Discussion. You must complete the Guided Discussion to be eligible for the Essential Training incentive through the IdahoSTARS Professional Development System (PDS). Please allow six weeks processing time when submitting an assignment.*

*This training is one of the Essential Trainings developed or identified by IdahoSTARS to meet our goal of improving child care through professional development. The Essential Trainings introduce the basics of child development, health & safety, relationships with families & communities, and diverse abilities. Think of this training and all Essential Trainings as introductions to a broad subject. You can explore other IdahoSTARS trainings to deepen your knowledge in any area. The Essential Trainings are embedded in Idaho's Quality Rating and Improvement System. You can receive incentives through the IdahoSTARS Professional Development System (PDS) for completing each series of Essential Trainings.*

#### **Idaho Early Learning eGuidelines:**

The importance of building nurturing responsive relationships by embedding intentional strategies throughout the routine in early childhood settings is highlighted in the [Guiding Principles](#) and Essential Practices of the [Idaho Early Learning eGuidelines](#).

## Instructions

- Complete Parts 1, 2, and 3
- Mail or email the following to the IdahoSTARS Training Office**
  - IdahoSTARS Training Office Cover Sheet
  - completed quiz

*PART 1: Watch the videos and respond to the quiz provided.*

There are a total of 3 videos to view with this lesson, one for each age group (infant, toddler, and preschooler). The videos can be accessed online through the Provider Training Account and should be watched consecutively. The quiz is available for download on the Distance Learning page (<http://www.idahostars.org/?q=distance-learning>).

1. Watch the ET 1: Physical, Cognitive, and Social Emotional: Infants Video
  - Complete the Infants portion of the quiz
2. Watch the ET 1: Physical, Cognitive, and Social Emotional: Toddler Video
  - Complete the Toddlers portion of the quiz
3. Watch the ET 1: Physical, Cognitive, and Social Emotional: Preschool Video
  - Complete the Preschoolers portion of the quiz

*\*Completing the trainings in the order of Infant, Toddler, and then Preschooler is preferable.*

*PART 2: Send completed quiz and IdahoSTARS Training Office Cover Sheet to:*

**Mail to:** Attn: IdahoSTARS Training Office  
Center on Disabilities and Human Development  
University of Idaho  
1187 Alturas Dr  
Moscow, ID 83843-8331

**Email:** [idahostars@uidaho.edu](mailto:idahostars@uidaho.edu)

*Note: Quizzes are processed in the IdahoSTARS Training Office and must receive a minimum score of 80% to receive training hours. The quiz may be retaken and resubmitted until a satisfactory score is received.*

*PART 3: Complete the Checklist of Practice for each age group.*

The Checklist of Practice is a document developed by IdahoSTARS to support each Essential Training. They are a learning tool for providers to complete to reflect on their own practices and as a springboard for discussion. The completed checklist of practices are the basis of the guided discussion. They are not collected, nor are they used for verification in the QRIS, Steps to Quality.

The checklist of practices are broken down by age group, just as the videos are. If you work with multiple-age groups (infants through preschoolers), please complete each of the checklists. If you currently only work with one age group, only complete the checklist which pertains to the children in your care.

**Receiving Training Hours: Once all 3 parts of the lesson are completed, including submission and approval of the quiz (with a minimum of 80% correct), your IdahoSTARS Training Log will be updated to include 6 training hours. Participation in the Guided Discussion is an additional training hour.**

*TO COMPLETE THE ESSENTIAL TRAINING STEP 1 or FOR 1 ADDITIONAL TRAINING HOUR:  
Participate in a Guided Discussion.*

The Essential Training 1 Physical, Cognitive, and Social Emotional Guided Discussion is meant for sharing and reflecting on the concepts from the training videos and the Checklist of Practice. Guided Discussions are hosted on a regularly scheduled basis via phone call or webinar.

Once you have completed the quiz and received at least 80% you will receive an email with detailed instructions on how to register through the IdahoSTARS Training Calendar and participate in the Guided Discussion. If you have any questions, please consult your regional Child Care Resource and Referral office.

Prior to the Guided Discussion, participants are expected to complete the checklist of practices and be prepared to share ideas, successes, or challenges. You are encouraged to work with your director or other staff members from your program to complete the checklists.

Identify two strategies which you recognize yourself doing well and two strategies which you recognize that you could pay more attention to or increase. Be prepared to share those, along with examples, successes and challenges.

*\*You must complete the Guided Discussion to be eligible for the Essential Training incentive through the IdahoSTARS Professional Development System (PDS).*

*\*\*As with all training, please be sure to respect the privacy and confidentiality of the children and families you are serving. In completing this activity, do not include any identifying information other than the age of the child.*