



## Training Instructions

### ET 3: Supportive Physical Environments, Routines, and Transitions 1 Training Hour

#### LEARNING OBJECTIVES

- Describe the relationship between the physical environment and social emotional development
- Identify and implement strategies to design environments that support all children
- Describe the relationship between routines and transitions in the early childhood setting and social emotional development
- Identify and implement strategies to design schedules, routines, and transitions that support all children

#### MATERIALS

*Training hours will post to your Training Log after completing all steps (1 through 7) for this training. The completion date reflected on your Training Log will be the date the Training Office received your Training Quiz. Receive 1 training hour when the quiz has processed.*

1. Training Disc:
  - a. *Supportive Physical Environments, Routines, and Transitions*
2. Resource articles:
  - a. Planning Transitions to Preventing Challenging Behavior
  - b. Helping Children Understand Routines and Classroom Schedules
  - c. Using Environmental Strategies to Promote Positive Social Interactions
3. Handouts:
  - a. Training Quiz
  - b. What You Will Learn
  - c. Checklist of Practice
  - d. IdahoSTARS Training Office Cover Sheet

#### INSTRUCTIONS

**Step 1:** Review Training Instructions

**Step 2:** Review What You Will Learn training handout

- What information was familiar to you, or a reminder of what you already knew?
- Was any of the information brand new to you? If so, will you need to make any changes to your practice based on this information?

**Step 3:** Watch Training Video, *Supportive Physical Environments, Routines, and Transitions*

**Step 4:** Read the resource articles, Planning Transitions to Preventing Challenging Behavior, Helping Children Understand Routines and Classroom Schedules, and Using Environmental Strategies to Promote Positive Social Interactions

**Step 5:** Complete Training Quiz

Submit Training Quiz and Cover Sheet to the IdahoSTARS Training Office for review

**Mail to:** IdahoSTARS Training Office

Center on Disabilities and Human Development

University of Idaho

1187 Alturas Drive

Moscow, ID 83843-8331

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

**Step 6:** Complete Checklist of Practice

*Identify 2 items from the Checklist of Practices which you marked as “sometimes” or “not yet” which you would like to pay more attention to.*

- Make a plan for how you can begin to implement those. Identify barriers to those practices and actions to address them.

**Step 7:** Complete the evaluation through your [provider account](#)

## Additional Training Information

### **IDAHO EARLY LEARNING EGUIDELINES**

The Idaho Early Learning eGuidelines emphasize the importance of using evidence-based practices for building supportive physical environments, routines, and transitions, including knowledge of child development for appropriate expectations. These strategies are summarized in the [Guiding Principles](#) and Essential Practices of the [Idaho Early Learning eGuidelines](#).

### **ESSENTIAL TRAININGS**

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 are embedded in Steps to Quality (Idaho’s Quality Rating and Improvement System), and introduce the basics of child development, health & safety, relationships with families & communities, and supporting children with 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.