

BASIC CREDENTIALING TRAINING Toddler Attunement& Preschool Movement Poetry Program

Dicki Johnson Macy, M.Ed., BC-DMT, LMHC, Director

| Date: | Saturday December 5, 20159:00am-6:00pm(breakfast& snacks included)Sunday December 6, 20159:00am-6:00pm(breakfast& snacks included) |
|----------------|--|
| Location: | 850 Summer Street, Suite 206, South Boston, MA 02127 |
| Training Cost: | \$300.00 or \$115.00 with valid student ID |

Please dress comfortably.

Rainbowdance© is a parent/teacher friendly intervention, which encourages self esteem, self regulation and social empathy through the use of repetitive gesture, song, and movement. As the number of infants and toddlers attending full time day care programs increases, the opportunity for dyadic relationship building decreases.

Rainbowdance© provides children with the opportunity to experience the attachment to the peer groupnecessary for healthy relationship building, minimizing an orientation toward peer violence.

The sequence of stories and improvisations has been developed as a continuum for toddlers, preschoolers, and pre-kindergarten children transitioning to elementary schools. Sequences address the unique challenges of each developmental age group.

By participating in the Rainbowdance© Basic Credentialing Workshop, attendees will be able to help preschool children in the following areas:

- Develop attachment and relationship building
- * Increase mastery and competency in the exploration of environment
- * Decrease sense of isolation and increase natural abilities to affiliate with peers
- ✤ Increase trust in peers and in the natural environment
- ✤ Reduce impulsivity, increase self regulation
- Encourage healthy play (generalized aggression/discharge of energy with peers)
- Discourage development of targeted aggression (bullying)
- Increase coordination of body movements with music and peers (attunement)
- Begin to experience cooperation (turn taking, working together as a group)
- * Increase attention span and tolerance for sustained stillness
- * Increase repertoire of positive communication and problem solving tools (gestural, vocal,
 - Physical) to develop respect, cooperation, gentleness, humility, and trust
- Increase sense of safety and stability

Workshop participants will receive:

- * All training handouts including the Rainbowdance© Music CD
- * A Certificate of Completion for the Basic Rainbowdance© Training
- ✤ Use of licensed material to conduct one 16-week Rainbowdance© program at your facility, with supervision and technical assistance provided by Rainbowdance© staff
- Eligibility to attend the **Rainbowdance** Advanced Training and become a Licensed Rainbowdance Provider

For Information on the training please contact Jen Mueller at jenmueller@bostoncf.org

 $\label{eq:result} \textbf{Rainbowdance} @ is a program of the Boston Children's Foundation. a 501(c)3 organization. \\$



RAINBOWDANCE© CREDENTIALING TRAINING December5-6, 2015

Registration Form

| Name: | | | |
|------------------------------------|--------|------|--|
| Position/Title: Organization Name: | | | |
| City: | State: | Zip: | |
| Day Phone: | Email: | | |

Registration Fee: \$300.00 or \$115.00 with valid student ID Please make checks payable to: "Boston Children's Foundation"

Please Mail your check and completed Registration form to:

Boston Children's Foundation 807 Hale Street Beverly, MA 01915

REGISTRATION DEADLINE IS November 21, 2015

Questions? Call Jen Mueller at 207-939-9591 or email jenmueller@bostoncf.org