

# Topic-Driven Training Materials for Your Early Childhood Staff

Order a Trainer's  
Kit now and  
receive FREE  
TOTE BAGS—while  
supplies last!



Our programs are:

- research-based
- easy to use
- self-contained

# Need Training or Continuing Education Materials?

Three Affordable, Easy-to-Use Options!



*For the past two years, this has been the most requested staff training in our program.*



—BJ Hellman, Children's Programs Coordinator,  
Chelan-Douglas Child Services Association, Wenatchee, WA

## **Calming Ourselves in Stressful Moments™ Trainer's Kit (Trains 10)**

The *Calming Ourselves in Stressful Moments™* Trainer's Kit provides everything you need to train 10 early childhood teachers or child care providers to calm stressed children and themselves. If you're training more than 10 people, additional materials are inexpensive and easy to order.

The Trainer's Kit includes:

### For the Trainer

- **Trainer's Guide:** step-by-step lesson plans and handouts for a 6-hour training (70 pages)
- **CD-ROM:** slides and handouts
- **Activity Set:**
  - **Stress-Reducing Booklet:** instructions on using *The Calming Skill™* and *Calming Cards* (30 pages)
  - **Calming Cards:** step-by-step scripts of calming activities to use with children (30 cards)

### For the Participants

- **Activity Set 10-pack:** *Stress-Reducing Booklets* and *Calming Cards* for the first 10 participants (refills available)

For sample pages, please visit [www.chef.org/calming](http://www.chef.org/calming).

## **Training More than 10 People?**

Adding additional Activity Sets to your Trainer's Kit is easy and affordable. Each Activity Set includes a *Stress-Reducing Booklet* and *Calming Cards*.



**calm stressed  
children**



### **TRAINER'S KIT**

40.000.3301 ..... \$495.95

Order this Trainer's Kit by  
Dec. 15 and we'll include FREE  
TOTE BAGS for 10 teachers—  
while supplies last!

### **ACTIVITY SET**

**1 set**  
40.000.0901 ..... \$49.95

**10 sets**  
40.000.3401 ..... \$449.95



**Order today by completing the enclosed order form or calling 800-323-2433.**

# Need Training or Continuing Education Materials?

Three Affordable, Easy-to-Use Options!

“ Social Beginnings *should be a vital part of any program for preschool-aged children.* ”

—Susan Leschinski, Former Grantee Support Specialist,  
Region X Head Start Quality Center, Portland State University, OR

## **Social Beginnings® Trainer's Kit (Trains 10)**

If your staff is dealing with tantrums, aggression, or disrespect from young children, use the *Social Beginnings®* Trainer's Kit to teach them a positive, effective response. This kit provides supplies for training 10 early childhood teachers or child care providers, and it's easy to order more.

The Trainer's Kit includes:

### For the Trainer

- **Trainer's Guide:** step-by-step lesson plans, handouts, and transparencies for a 6-hour training (175 pages)
- **Booklet Set (English):** 7 booklets on challenging behaviors (120 pages total):
  1. *Responding to Temper Tantrums*
  2. *Responding When Children Fight*
  3. *Responding to Disrespectful Talk*
  4. *Responding to Grabbing and Not Sharing*
  5. *Responding When Children Push, Hit, and Kick*
  6. *Responding When Children Don't Comply*
  7. *Responding When Children Bite*
- **Booklet Set (Spanish):** 7 booklets on challenging behaviors (120 pages total)

### For the Participants

- **Booklet Set (English) 10-pack:** booklets for the first 10 participants (refills available)
- **Booklet Set (Spanish) 10-pack:** booklets for the first 10 participants (refills available)

For sample pages, please visit [www.chef.org/social](http://www.chef.org/social).

### Training More than 10 People?

Adding additional Booklet Sets to your Trainer's Kit is easy and affordable. Each Booklet Set includes 7 booklets on challenging behaviors.



reduce  
hurtful behaviors



### TRAINER'S KIT

35.000.3301 ..... \$695.95

Order this Trainer's Kit by  
Dec. 15 and we'll include FREE  
TOTE BAGS for 10 teachers—  
while supplies last!

### BOOKLET SET

**1 English set**  
35.000.0901 ..... \$29.95  
**10 English sets**  
35.000.3401 ..... \$269.95  
**1 Spanish set**  
35.000.0906 ..... \$29.95  
**10 Spanish sets**  
35.000.3402 ..... \$269.95



Social Beginnings®

Ages 3 – 5

Order today by completing the enclosed order form or calling 800-323-2433.

# Need Training or Continuing Education Materials?

Three Affordable, Easy-to-Use Options!

“Finally, we have the training package we have all been looking for.”

—Mike McDermott, President,  
Little Folks Academy, College Place, WA

## Healthy Beginnings™ Trainer's Kit (Trains 5)

The *Healthy Beginnings™* Trainer's Kit is for coordinators who recognize the value of teaching their staff how to apply early brain research and caregiving strategies to nurture social, emotional, cognitive, and physical development in young children.

You can train 5 early childhood teachers or child care providers with our comprehensive kit, or expand it as needed.

The Trainer's Kit includes:

### For the Trainer

- **Trainer's Guide:** step-by-step lesson plans, handouts, and transparencies for a 6-hour training (180 pages)
- **CD-ROM:** slides, handouts, age-specific strategy charts, and parent journal
- **Consultation Flip Book Set:**
  - *Consultation Flip Book, Vol. I:* early childhood brain development and the four developmental areas (120 pages)
  - *Consultation Flip Book, Vol. II:* age-specific strategies for nurturing healthy development (195 pages)

### For the Participants

- **Consultation Flip Book Set 5-pack:** *Consultation Flip Book, Vols. I and II* for the first 5 participants (refills available)

For sample pages, please visit [www.chef.org/healthy](http://www.chef.org/healthy).

## nurture developing minds



### TRAINER'S KIT

30.000.3301 ..... \$1,449.95

Order this Trainer's Kit by Dec. 15 and we'll include FREE TOTE BAGS for 5 teachers—while supplies last!



## Training More than 5 People?

Adding additional Consultation Flip Book Sets to your Trainer's Kit is easy and affordable. Each set includes *Consultation Flip Book, Vols. I and II*.

### CONSULTATION FLIP BOOK SET

**1 set**  
30.000.3401 ..... \$249.95  
**5 sets**  
30.000.3402 ..... \$1,119.95

 Healthy Beginnings®  
Prenatal – Age 5

Order today by completing the enclosed order form or calling 800-323-2433.

## About C.H.E.F.®

For over 30 years, Comprehensive Health Education Foundation (C.H.E.F.®) has been recognized as a national leader in developing products that support the healthy development of youth. In support of that long history, C.H.E.F. has recently developed three outstanding, innovative programs geared toward promoting the early learning, school readiness, and healthy development of young children.

Our innovative, accessible programs incorporate the latest child-development research and provide a vital connection between health education practitioners, early childhood professionals, parents, and families. For more information, please visit [www.chef.org](http://www.chef.org).

### Custom trainings available!

Flexible pricing based on number of participants and materials. Please contact Customer Service at 800-323-2433 or [cs@chef.org](mailto:cs@chef.org).



HEALTH EDUCATION FOR LIFE®



# Order Form

**Billing Address**

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**Shipping Address**     *Same as billing address*

*We cannot ship to P.O. boxes.*

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Item No.	Description	Qty.	Unit Price	TOTAL
40.000.3301	<i>Calming Ourselves in Stressful Moments</i> <sup>™</sup> – Trainer's Kit (Trains 10)		\$495.95	\$
40.000.0901	<i>Calming Ourselves in Stressful Moments</i> – Activity Set (1 set)		\$49.95	\$
40.000.3401	<i>Calming Ourselves in Stressful Moments</i> – Activity Set (10 sets)		\$449.95	\$
35.000.3301	<i>Social Beginnings</i> <sup>®</sup> – Trainer's Kit (Trains 10)		\$695.95	\$
35.000.0901	<i>Social Beginnings</i> – English Booklet Set (1 set)		\$29.95	\$
35.000.3401	<i>Social Beginnings</i> – English Booklet Set (10 sets)		\$269.95	\$
35.000.0906	<i>Social Beginnings</i> – Spanish Booklet Set (1 set)		\$29.95	\$
35.000.3402	<i>Social Beginnings</i> – Spanish Booklet Set (10 sets)		\$269.95	\$
30.000.3301	<i>Healthy Beginnings</i> <sup>™</sup> – Trainer's Kit (Trains 5)		\$1,449.95	\$
30.000.3401	<i>Healthy Beginnings</i> – Consultation Flip Book Set (1 set)		\$249.95	\$
30.000.3402	<i>Healthy Beginnings</i> – Consultation Flip Book Set (5 sets)		\$1,119.95	\$
Subtotal				\$
Shipping and handling*				\$
Subtotal with S & H				\$
Sales tax, if shipped within WA state (8.8%)				\$
<b>ORDER TOTAL</b>				\$

**\*U.S. Shipping and Handling Charges**  
\$10.00 + 4% of subtotal.

*Outside U.S.: E-mail or fax for quote.*

**Payment Method**

Pre-payment enclosed (*make checks payable to C.H.E.F.®*)

Purchase order (*please include*) P.O. # \_\_\_\_\_

Credit card (*Visa or MasterCard only*):

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**For questions about your order**, please contact Customer Service at 800-323-2433 or [cs@chef.org](mailto:cs@chef.org).