



Professional Development Catalog

Fall 2025

www.tryingtogether.org

Trying Together

For more than 60 years, Trying Together has championed high-quality care and education for young children by advocating for their needs and supporting the individuals who care for them. In 2023, Trying Together launched its second five-year strategic plan with a goal to become a leading facilitator of inclusive learning opportunities for educators, ensuring every child has access to quality early care and education.

This catalog is designed to help early educators find professional growth opportunities aligned with their career goals by providing key course details and credentials. In the last year, Trying Together awarded nearly 4,500 PQAS credits to support continuous improvement in early learning programs, and aims to increase this number by regularly updating this catalog to make it easier for educators to plan their learning journey.



Contact Information

For details about how Trying Together can assist you in meeting your learning goals, contact learning@tryingtogether.org or **412.421.3889**.

Cost

All courses are instructed by a certified PQAS instructor and are ACT 48 approved. Trying Together strives to ensure that all courses align with the Pennsylvania Professional Standards and Competencies for Early Childhood Educators (PSCECE), NAEYC Standards, and Keystone STARS performance standards.

For more information about the cost of instructional services, see the Fee for Service document at:

<https://tryingtogether.org/professional-development/courses/request-custom-course/>

Contents

Introduction 2

Courses 4

Assessments and Supportive Services (Early Intervention) 4

Early Intervention Toolkit: Tools and Resources for Allegheny County Early Care and Education Providers	4
Intro to Ages & Stages Questionnaires®, Third Edition (ASQ®-3)	4
Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2)	5
Capturing Moments: Planning for and Conducting Classroom Observations	5
Early Intervention and Inclusion from the Classroom Perspective	6

Child Development 7

Developmentally Appropriate Practice: An Overview	7
Developmentally Appropriate Practice Series	7
Executive Function and Play: What's the Connection?	7
Supporting Children's Social Emotional Well-Being: A Closer Look at Temperament and Goodness of Fit Theory	8

Classroom Environment 9

Everyday Interactions Matter: Deep and Simple in Early Learning Programs for Administrators	9
Everyday Interactions Matter: Deep and Simple Relating in Early Learning Programs	9
Everyday Interactions Matter—Part 1: Noticing the Simple and Ordinary	10

Everyday Interactions Matter—Part 2: Learning About Our Own Practice	10
Re-Envisioning Your Classroom: Curiosity Calms Chaos	10
From Troubles to Triumph! Learning Strategies for Successful Transitions	11
Modifications in an Early Childhood Classroom	11

Curriculum Development 12

Effective Lesson Planning for the Early Childhood Classroom	12
Engaging Learners: The Concept of School Readiness	12
Talk to That Baby: Phonological Awareness as a Pillar of Early Literacy	13
Technological and Virtual Engagement	13
Fostering Intrinsic Motivation and School Readiness in Early Childhood	14

Family and Community Engagement 15

How to Handle & Navigate Challenging Conversations with Families	15
Using Email Newsletters and Facebook Groups to Communicate with Families	15
Benefits of Purposeful Partnerships with Early Intervention Services	16
Message from Me: Innovative Tool Extending the Home-School Connection Part 1	16
Message from Me: Innovative Tool Extending the Home-School Connection Part 2	17

Guidance and Behavior Management 18

Trauma-Informed Classrooms: Supporting Children with Early Childhood Trauma	18
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Dealing with Anger in the ECE Environment	18
Effective Behaviors Practices	19
Flip It®: Transforming “Challenging” Behaviors in Young Children	19
MindfulNest: Integrating Social Emotional Learning into Classrooms Through Positive Interactions and Intuitive Technology	20
Positive Guidance Strategies to Facilitate Social and Emotional Development	21
Classroom De-escalation	21

Health and Safety 22

Creating a Safe Environment Through Active Supervision	22
American Red Cross—First Aid/CPR/AED including Pediatric First Aid and CPR	22
Safe Sleep in Child Care	22
Safety & Security on the Internet	23
Supervision 101	23

Justice, Equity, Diversity, and Inclusion (JEDI) 24

Collaborating for Inclusive Practices in Early Childhood: Focus on Attitudes and Beliefs	24
Recognizing Bias and Promoting Equity in Early Childhood Settings	24
Cultural Humility and Cross-Cultural Family Engagement	25
An Overview of P.R.I.D.E. (Positive Racial Identity Development in Early Childhood)	25
Exploration of P.R.I.D.E. (Positive Racial Identity Development in Early Childhood)	26
Equitable Access for All Learners	26

Professionalism and Program Organization 27

ECE Advocacy 101	27
ECE Advocacy 201: Crafting and Sharing Your Message	27
Combating the Child Care Crisis: Empowering Early Educators Through Workforce Development	28
Where Does the Money Come From? ECE Structures and Systems	28
Ethics and Professionalism	29
Begin with ELRC Basics	29
Child Care 101	30

Courses by Learning Standard 27

The Institute for Early Childhood Career Pathways 30

Other Resources 30

Other Opportunities 31

Courses

Assessments and Supportive Services (Early Intervention)

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Early Intervention Toolkit: Tools and Resources for Allegheny County Early Care and Education Providers Level: C2 Hours: 2	Children benefit from a team of supports. When early childhood educators are aware of the support landscape, children thrive. Trying Together's Early Intervention (EI) Toolkit was created to help early childhood educators develop an active understanding of their role in EI. The EI Toolkit aims to increase mutual understanding and collaboration between ECE, EI, and families with young children. In this training, participants will discover how to navigate the EI Toolkit to access a variety of resources for both parents and educators. Participants' real world needs will be used to identify resources from the toolkit to apply in their classroom settings.	Standard Area 1: Child Development and Learning in Context Standard Area 2: Family-Teacher Partnerships and Community Connections	Principles of Child Growth & Development Productive Relationships with Families
Ages & Stages Questionnaires®, Third Edition (ASQ®-3) Level: C2 Hours: 3	Participants will learn how to use the ASQ®-3 as a developmental screening tool for children ages three months to five years. The session provides information on why a developmental screening tool is administered in early childhood programs, how to administer and score the screener, strategies for sharing results with families of diverse backgrounds, and resources to support making referrals to additional services as needed.	Standard Area 3: Child Observation, Documentation, and Assessment	Observing & Recording Behavior

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Ages & Stages Questionnaires®: Social- Emotional, Second Edition (ASQ®:SE-2) Level: C2 Hours: 2	Participants will learn how to use the ASQ®:SE-2 as a social-emotional developmental screening tool for children ages three months to five years. The session provides information on why a developmental screening tool is administered in early childhood programs, how to administer and score the screener, strategies for sharing results with families of diverse backgrounds, and resources to support making referrals to additional services as needed. Intro to ASQ®-3 is required before taking this course.	Standard Area 3: Child Observation, Documentation, and Assessment	Principles of Child Growth & Development Social & Emotional Development Observing & Recording Behavior
Capturing Moments: Planning for and Conducting Classroom Observations Level: C2 Hours: 2	Purposeful observation is a powerful tool in early childhood education. This course introduces educators to the importance and value of systematic observation in the classroom. Participants will engage in activities to develop skills in observing and documenting children's behaviors and interactions. The course emphasizes how observations can inform individualized instruction and enhance the overall quality of the learning environment.	Standard Area 3: Child Observation, Documentation, and Assessment	Observing & Recording Behavior

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Early Intervention and Inclusion from the Classroom Perspective Level: C1 Hours: 2	<p>This session provides a comprehensive overview of Infant/Toddler and Preschool Early Intervention (EI). Participants will be guided through a newly developed EI Toolkit created specifically for early care and education programs in Allegheny County. The EI referral and assessment timelines will be described, and participants will learn how to support families and connect them with services. Participants will also learn how to use the EI Toolkit to access additional tools and resources that support EI and ECE collaboration, positive behavior support, developmentally appropriate practices, and inclusive classroom environments. Participants will leave this course with an understanding of how to support young children and their families in accessing and utilizing EI services in inclusive early care and education settings.</p>	Standard Area 2: Family-Teacher Partnerships and Community Connections	Principles of Child Growth & Development Productive Relationships with Families

Child Development

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Developmentally Appropriate Practice: An Overview Level: C1 Hours: 2	Discover what children really need to thrive! This course will introduce essentials of Developmentally Appropriate Practice (DAP), helping educators understand how children learn best. Participants will not only grasp the “what” and “why” of DAP, but also learn to confidently apply its principles in their own classrooms—creating responsive, age-appropriate, and engaging learning experiences that truly support every child’s development.	Standard Area 1: Child Development and Learning in Context	Principles of Child Growth & Development
Developmentally Appropriate Practice Series Level: C2 Hours: 6	Developmentally Appropriate Practice gives educators the understanding they need to guide children. This in-depth three-course series dives deep into DAP, guiding early childhood educators beyond theory and into practical, classroom-ready strategies. Learn how to recognize and meet the developmental needs of young children through intentional teaching, responsive interactions, and age-appropriate environments. Equip yourself with the tools to create meaningful learning experiences that support every child’s growth and success.	Standard Area 1: Child Development and Learning in Context	Principles of Child Growth & Development
Executive Function and Play: What’s the Connection? Level : C1 Hours: 2	Play transforms. This course explores the role of play in fostering the developmental and emotional well-being of children and its importance for adult learning and creativity. Participants will identify and strengthen executive functioning skills through various play-based activities; explore the science behind play; and understand the critical impact play has on cognitive development and social-emotional growth.	Standard Area 1: Child and Development Learning in Context Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices	Principles of Child Growth & Development Physical & Intellectual Development

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Supporting Children’s Social-Emotional Well-Being: A Closer Look at Temperament and Goodness of Fit Theory Level: C2 Hours: 3	<p>Why are some children easy going and other curious and intense? One major factor at play is temperament. This course takes a deeper look at how children’s temperament impacts their behavior, relationships, and overall social emotional well-being. Participants will explore the nine temperament traits and how they show up in different children. The concept of “goodness of fit” will be introduced as a way to help caregivers and educators better support children whose traits may differ from their own. Participants will leave with practical strategies to adjust their responses and create learning environments where all children feel understood, supported, and set up for success.</p>	<p>Standard Area 1: Child and Development Learning in Context</p> <p>Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices</p> <p>Standard Area 5: Knowledge, Application, and Integration of Academic Content in the EC Curriculum</p>	<p>Principles of Child Growth & Development</p> <p>Social & Emotional Development</p>

Classroom Environment

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Everyday Interactions Matter: Deep and Simple in Early Learning Programs for Administrators Level: C2 Hours: 7	Quality in early learning begins with everyday interactions. These simple, routine moments build the foundation for connection, learning, and growth for both children and adults. This series introduces early learning administrators to the Everyday Interactions Matter (EIM) approach through observation, discussion, and self-reflection. EIM teaches professionals to recognize meaningful daily interactions and share practices with peers. By focusing on strengths, they can deepen connections and foster a sense of belonging. These everyday moments shape leadership and guide the values that define quality early learning environments.	Standard Area 1: Child and Development Learning in Context Standard Area 6: Professionalism as an Early Childhood Educator	Principles of Child Growth & Development Maintaining Professionalism
Everyday Interactions Matter: Deep and Simple Relating in Early Learning Programs Level: C3 Hours: 13	The primary ingredient of quality in early learning settings begins with the everyday interactions that we share with one another. These simple and ordinary moments that take place during daily routines form the very foundation of learning and connection for young children and adults alike. Within this series, early learning professionals will engage with the Everyday Interactions Matter approach through a process of careful observation, discussion, and self-reflection. This professional development initiative is designed to support early learning professionals, including owners, directors, and educators, in examining the everyday moments that make up their days. This series includes coaching to learning how to notice the deep and simple interactions through out the day. Through this strengths-based process, professionals can recognize powerful moments of connection, sharing, growing, and belonging in everyday interactions with others.	Standard Area 1: Child and Development Learning in Context Standard Area 6: Professionalism as an Early Childhood Educator	Principles of Child Growth & Development Maintaining Professionalism

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Everyday Interactions Matter—Part 1: Noticing the Simple and Ordinary Level: C1 Hours: 2	This course uses examples and discussions to introduce participants to the concept of “Everyday Interactions Matter”. Simple and ordinary interactions between educators and children that take place during play, transition, and daily routines are the foundation of both learning and growing. By observing carefully and listening to each other, we can recognize moments of connecting, sharing, growing and belonging in everyday moments in the early childhood education setting. This course can be taken independently, or as the first step in the Everyday Interactions Matter Process.	Standard Area 1: Child and Development Learning in Context	Principles of Child Growth & Development
Everyday Interactions Matter—Part 2: Learning About Our Own Practice Level: C2 Hours: 2	In this course, early learning professionals will observe video footage of ordinary moments shared between adults and children. These video clips of authentic, everyday interactions provide a mirror to reflect back educators’ unique strengths in being with children. By sharing with colleagues and listening to the observations of peers, participants can learn, grow, and acknowledge the power of their own practice as educators of young children.	Standard Area 1: Child and Development Learning in Context Standard Area 6: Professionalism as an Early Childhood Educator	Principles of Child Growth & Development Maintaining Professionalism
Re-Envisioning Your Classroom: Curiosity Calms Chaos Level: C2 Hours: 2	Educators will be challenged to re-envision their classrooms as child-centered environments of curiosity and play. This environment naturally calms chaos we often see in early learning classrooms. Participants will learn strategies and tools for transforming classroom spaces and practices to meet the needs of all children. Topics include classroom environment/setup, classroom management, and routines, with a focus on using curiosity and play to explore ways to “calm the chaos.”	Standard Area 1: Child and Development Learning in Context	Principles of Child Growth & Development Social & Emotional Development

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
From Troubles to Triumph! Learning Strategies for Successful Transitions Level: C2 Hours: 2	Challenging behaviors often happen during times of transition. During this session, participants will learn developmentally appropriate, culturally and linguistically relevant teaching practices to facilitate development, learning and classroom management. Using clips from 90's sitcoms, we will tie in the four common transition strategies that can be easily implemented in the classroom.	Standard Area 1: Child and Development Learning in Context Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices	Principles of Child Growth & Development
Modifications in an Early Childhood Classroom Level: C2 Hours: 2	Addressing the diverse needs of children requires thoughtful modifications in the classroom. This course introduces three main types of modifications: physical, social, and temporal. Participants will engage in hands-on activities to explore how these modifications can be implemented to create developmentally appropriate learning opportunities. By the end of the session, educators will be equipped with practical strategies to individualize instruction and enhance the learning environment for all children.	Standard Area 1: Child and Development Learning in Context Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices	Principles of Child Growth & Development

Curriculum Development

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Effective Lesson Planning for the Early Childhood Classroom Level: C1 Hours: 2	This course guides educators in crafting developmentally appropriate and responsive lesson plans. Participants will learn to design balanced, child-friendly schedules and create lesson plans that reflect the program’s mission and children’s interests. Through interactive activities, educators will gain practical strategies to enhance their classroom’s learning environment, ensuring it meets the diverse needs of all children.	Standard Area 1: Child and Development Learning in Context Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices	Principles of Child Growth & Development Social & Emotional Development
Engaging Learners: The Concept of School Readiness Level: C2 Hours: 2	“Kindergarten readiness” is a term often used by preschool teachers. This course looks at important parts of being ready for school, including the Continuum Concept, brain states, and how children behave. Participants will learn ways to help children get ready for school by understanding their development and building strong connections with families and schools. The course focuses on helping children feel confident and ready for kindergarten. Educators will learn useful tools to create a supportive environment, making sure every child is prepared to succeed in school, both in learning and emotional growth.	Standard Area 1: Child and Development Learning in Context Standard Area 2: Family-Teacher Partnerships and Community Connections Standard Area 3: Child Observation, Documentation, and Assessment	Principles of Child Growth & Development Social & Emotional Development

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Talk to That Baby: Phonological Awareness as a Pillar of Early Literacy Level : C1 Hours: 2	Language development is foundational to early literacy. This course emphasizes the importance of engaging with infants through spoken or signed language to lay the groundwork for phonological awareness. Participants will learn how interactions in the language of the caregivers can support early literacy skills, focusing on the quality of engagement rather than specific vocabulary. This course equips educators with strategies to foster language development from infancy, promoting lifelong literacy skills.	Standard Area 1: Child and Development Learning in Context Standard Area 5: Knowledge, Application, and Integration of Academic Content in the EC Curriculum	Principles of Child Growth & Development Physical & Intellectual Development
Technological and Virtual Engagement Level: C2 Hours: 2	Children love technology! Technology can be used in an intentional way that encourages learning and growth in early childhood education spaces. Participants will leave this course with information about their own ethical responsibility, confident in their role as media mentors and how technological and digital tools support the wellbeing of children and their caregivers. Participants will also gain new skills in digital media/technology tool use. Participants will have the chance to engage with these tools including Message from Me (MfM), an innovative tool that strengthens the home-school connection between children and their caregivers. Educators will learn about their role as “media mentors” and how to engage with digital tools that strengthen the home-school connection, such as Message from Me (MfM).	Standard Area 2: Family-Teacher Partnerships and Community Connections Standard Area 5: Knowledge, Application, and Integration of Academic Content in the Early Childhood Curriculum	Principles of Child Growth & Development

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Fostering Intrinsic Motivation and School Readiness in Early Childhood Level: C3 Hours: 4	Empower children from the inside out with this transformative course on intrinsic motivation and self-governance. Using a brain-state model, educators will learn to foster emotionally safe, affirming classrooms through compassionate, trauma-informed teaching. Explore how to nurture curiosity, resilience, and identity from infancy onward through observation-based language and process-oriented activities. Participants will reflect, collaborate, and create actionable goals to support diverse learners and build “I can” mindsets that last a lifetime.	Standard Area 1: Child Development and Learning in Context Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices Standard Area 6: Professionalism as an Early Childhood Educator	Principles of Child Growth & Development Social & Emotional Development Maintaining Professionalism

Family and Community Engagement

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
How to Handle and Navigate Challenging Conversations with Families Level: C2 Hours: 2	Engaging in challenging conversations with families is a vital aspect of early childhood education. In this course, participants will learn strategies to navigate these discussions using professional and constructive language. They will explore techniques to formulate a plan and communicate effectively, ensuring families feel heard and supported. This course empowers educators to build strong, collaborative relationships with families, fostering a positive learning environment for children.	Standard Area 6: Professionalism as an Early Childhood Educator	Maintaining Professionalism
Using Email Newsletters and Facebook Groups to Communicate with Families Level: C2 Hours: 2	Electronic communication systems can offer child care providers an opportunity to reach busy families and expand engagement. In this course, the facilitator will cover best practices for sharing information with families of children who are currently in their care. Educators who complete the course will understand how to effectively use digital techniques to communicate with their program's families, including how to create an email newsletter (MailChimp) and a Facebook Group.	Standard Area 2: Family-Teacher Partnerships and Community Connections Standard Area 6: Professionalism as an Early Childhood Educator	Productive Relationships with Families Maintaining Professionalism

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Benefits of Purposeful Partnerships with Early Intervention Services Level: C2 Hours: 2	Discover how to effectively support young children receiving Early Intervention (EI) services in this engaging course focused on infants, toddlers, and preschoolers. Participants will explore EI service-delivery models and gain insight into the critical role child care providers play in fostering development through routines, relationships, and repetition. By the end of the course, participants will be equipped with practical strategies to build strong partnerships with EI providers and families, and confidently apply collaborative, inclusive approaches in their classrooms and programs to support every child's growth and learning.	Standard Area 1: Child Development and Learning in Context Standard Area 2: Family-Teacher Partnerships and Community Connections	Principles of Child Growth & Development Productive Relationships with Families
Message from Me: Innovative Tool Extending the Home-School Connection Part 1 Level: C1 Hours: 2	Discover how Message from Me (MfM), an innovative technology tool, strengthens the home-school connection between children and their families. Participants will have an opportunity to play and explore MfM with provided materials, as well as engage in rich discussions on supporting the digital and social emotional well-being of children and bridging the gap between the home-school connection by serving as media mentors. This session will also highlight strategies to support culturally and linguistically diverse children and families when implementing Message from Me.	Standard Area 2: Family-Teacher Partnerships and Community Connections Standard Area 5: Knowledge, Application, and Integration of Academic Content in the Early Childhood Curriculum	Social & Emotional Development Productive Relationships with Families

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Message from Me: Innovative Tool Extending the Home-School Connection Part 2 Level: C2 Hours: 2	This session will provide an in-depth overview of the functionalities of the Message from Me administrative website. Using the Message from Me resources, educators will have an opportunity to design a plan to implement Message from Me in their educational setting. Upon completion of the session, educators will be able to manage their Message from Me classroom accounts and use Message from Me data to inform practice. Educators must take “Message from Me: Innovative Tool Extending the Home-School Connection Part 1” prior to taking this session.	Standard Area 1: Child Development and Learning in Context Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices Standard Area 5: Knowledge, Application, and Integration of Academic Content in the Early Childhood Curriculum Standard Area 6: Professionalism as an Early Childhood Educator	Productive Relationships with Families

Guidance and Behavior Management

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Trauma-Informed Classrooms: Supporting Children with Early Childhood Trauma Level: C2 Hours: 2	This course provides an in-depth exploration of trauma and its effects on child development and behavior. Participants will learn how trauma influences learning, emotional regulation, and interpersonal relationships. Through interactive activities and case studies, educators will gain practical strategies for creating trauma-informed classrooms that support all students. The course emphasizes recognizing signs of trauma, responding with empathy, and fostering a safe environment that promotes healing. By the end, participants will be equipped with the tools to better support the social and emotional needs of children, ensuring a more inclusive and nurturing learning space.	Standard Area 7: Health and Safety	Social & Emotional Development Observing & Recording Behavior Safe, Healthy Learning Environment
Dealing with Anger in the ECE Environment Level: C2 Hours: 2	Managing emotions in the classroom is essential for creating a positive learning environment. In this course, educators will learn strategies such as co-regulation, emotion awareness, and response inhibition to support children's emotional development. Through scenarios and activities, participants will explore techniques for recognizing and addressing anger in children, fostering emotional resilience, and promoting a calm and supportive classroom atmosphere. De-escalation techniques will be shared with participants to take back to their classrooms.	Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices Standard Area 7: Health and Safety	Social & Emotional Development Safe, Healthy Learning Environment

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Effective Behaviors Practices Level: C2 Hours: 2	Establishing a respectful and responsive learning environment is key to supporting all children. This course focuses on verbal and non-verbal communication strategies that convey acceptance, warmth, and comfort. Participants will discuss the importance of daily positive and responsive interactions, inclusion, and the role of play in promoting healthy development. The course provides practical approaches to create a nurturing classroom environment that supports children’s social-emotional growth.	Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices	Principles of Child Growth & Development Social & Emotional Development Observing & Recording Behavior
FLIP IT®: Transforming “Challenging” Behavior in Young Children Level: C1 Hours: 2	FLIP IT® is a strategy that offers a simple, kind, strength-based, commonsense, and effective four-step process to address “challenging” behaviors. The four steps are embodied in the FLIP acronym, which stands for Feelings, Limits, Inquiries, and Prompts. FLIP IT® is nothing new, but it transforms best practice into a strategy that is portable, easy to remember, and applicable in a variety of challenging situations.	Standard Area 1: Child and Development Learning in Context	Principles of Child Growth & Development Observing & Recording Behavior

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
MindfulNest: Integrating Social-Emotional Learning into Classrooms Through Positive Interactions and Intuitive Technology Level: C2 Hours: 8	Social Emotional Learning Skills are important core skills we learn as young children. MindfulNest: Integrating Social Emotional Learning into Classrooms Through Positive Interactions and Intuitive Technology highlights the importance of Social Emotional Learning Skills within the Pre-K classroom. This series will explore the emotional development of children within a pre-kindergarten classroom. Application will be the focus and various strategies to enhance children's social emotional learning journey, will be presented. Educators will be able to collaborate with peers, as well as, reflect on their own practices.	Standard Area 1: Child and Development Learning in Context Standard Area 2: Family-Teacher Partnerships and Community Connections Standard Area 3: Child Observation, Documentation, and Assessment Standard Area 5: Knowledge, Application, and Integration of Academic Content in the Early Childhood Curriculum Standard Area 7: Health and Safety	Principles of Child Growth & Development Social & Emotional Development Productive Relationships with Families Maintaining Professionalism

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Positive Guidance Strategies to Facilitate Social and Emotional Development Level: C2 Hours: 2	Teaching children social and emotional skills during the early childhood years is critical for later success in school and in life. In this course, participants will learn preventative strategies to address “challenging” behaviors. The course emphasizes that all behavior is a form of communication and encourages approaches that preserve the relationship between caregiver and child, promoting social and emotional well-being. Practical interaction techniques will be shared that can be implemented immediately upon the participants return to the classroom.	Standard Area 1: Child and Development Learning in Context Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices Standard Area 5: Knowledge, Application, and Integration of Academic Content in the Early Childhood Curriculum	Social & Emotional Development
Classroom De-escalation Level: C2 Hours: 2	Classroom de-escalation skills are an important part of supporting children as an early childhood educator. This course provides early childhood educator professionals with understanding about how to prevent escalated behavior. Participants will be given concrete tools to use when a child becomes escalated. The facilitator will also lead participants in conversation about the importance of repairing relationship after a child displays escalated behavior.	Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices	Social & Emotional Development

Health and Safety

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Creating a Safe Environment Through Active Supervision Level: C1 Hours: 2	<p>Actively and purposefully supervising children in early childhood education classrooms is a vital part of an educator's role. This course instructs early childhood educators about the role active supervision plays in an early learning setting. It focuses on strategies to ensure children's safety and well-being through vigilant and engaged supervision practices.</p> <p>* Note: This course does not fulfill the required Pennsylvania 10-hour Pre-Service Health and Safety Training course.</p>	Standard Area 1: Child and Development Learning in Context Standard Area 7: Health and Safety	Principles of Child Growth & Development Safe, Healthy Learning Environment
American Red Cross—First Aid/CPR/AED including Pediatric First Aid and CPR Level: C2 Hours: 4.5	<p>This course has an emphasis on hands-on learning. This First Aid/CPR/AED course gives you the skills to save a life. The course aligns with OSHA's Best Practices for Workplace First Aid Training Programs. Certification is issued upon successful completion and is valid for two years.</p>	Standard Area 7: Health and Safety	Safe, Healthy Learning Environment
Safe Sleep in Child Care Level: C1 Hours: 2	<p>This course educates early childhood educators on the risk factors associated with Sudden Infant Death Syndrome (SIDS) and the implementation of safe sleep practices in infant classrooms. Participants will learn evidence-based strategies to create a safe sleep environment, including proper positioning, sleep surface, and room-sharing guidelines. The course aims to enhance educators' understanding and application of safe sleep practices, contributing to the health and safety of infants in their care.</p> <p>* Note: This course does not fulfill the required Pennsylvania 10-hour Pre-Service Health and Safety Training course</p>	Standard Area 7: Health and Safety	Safe, Healthy Learning Environment

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Safety & Security on the Internet Level: C1 Hours: 2	<p>In this course, educators will learn best practices for maintaining safety and security while using the internet. Participants will explore strategies for protecting personal information, identifying credible sources, and performing basic troubleshooting. The course aims to empower educators with the skills to navigate the digital landscape confidently and responsibly, ensuring a secure online experience for themselves and the children in their care.</p>	Standard Area 6: Professionalism as an Early Childhood Educator	Social & Emotional Development Maintaining Professionalism Safe, Healthy Learning Environment
Supervision 101 Level: C1 Hours: 1	<p>Discover the essentials of effective supervision in licensed early childhood programs. This engaging course explores Pennsylvania DHS Certification Regulations, with a focus on defining supervision and maintaining proper child-to-staff ratios. Through real-world scenarios, participants will gain practical strategies to ensure safety and compliance. Ideal for both new professionals and those seeking a refresher on this critical responsibility.</p>	Standard Area 7: Health and Safety	Safe, Healthy Learning Environment

Justice, Equity, Diversity, and Inclusion (JEDI)

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Collaborating for Inclusive Practices in Early Childhood: Focus on Attitudes and Beliefs Level: C2 Hours: 2	Attitudes and beliefs shape actions, and societal attitudes shape service systems. Participants will have opportunities to explore the benefits of inclusion for all children and all adults, reflect on how their individual attitudes and beliefs developed, and how they impact their practice, their colleagues, and the service system. Participants will identify strategies to create a sense of belonging for all children in the classroom, explore perceptions about disability, and reflect on how attitudes and beliefs impact early care and education practices.	Standard Area 1: Child and Development Learning in Context Standard Area 6: Professionalism as an Early Childhood Educator	Principles of Child Growth & Development Maintaining Professionalism
Recognizing Bias and Promoting Equity in Early Childhood Settings Level: C2 Hours: 2	Educators will explore the differences between equality and equity as well as work to define terms such as inclusion and bias. Through a lens of ECE and family engagement, teachers will examine their own biases and relate their personal experiences to their role in the classroom.	Standard Area 2: Family-Teacher Partnerships and Community Connections Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices	Social & Emotional Development Productive Relationships with Families

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Cultural Humility and Cross-Cultural Family Engagement Level: C2 Hours: 2	Educators will take a deep dive into the concept of cultural humility. Participants will learn the various dimensions across which cultures differ worldwide. Application of this knowledge will help teachers to better understand conflict as it arises when engaging families of other cultures, with a goal of improving communication and promoting inclusion.	Standard Area 2: Family-Teacher Partnerships and Community Connections Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices	Social & Emotional Development Productive Relationships with Families
An Overview of P.R.I.D.E. (Positive Racial Identity Development in Early Childhood) Level: C2 Hours: 2	This course helps educators, caregivers, and families understand the importance of fostering positive racial identity in young children, especially Black children ages 3–8. Grounded in research, the session explores how positive identity development leads to improved outcomes such as confidence, academic performance, and problem-solving skills. Participants will learn how race impacts young children and how to engage in supportive conversations around racial identity. Educators will leave with tools to affirm children’s identities and counter negative social messages, creating a protective and empowering learning environment.	Standard Area 1: Child Development and Learning in Context Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices	Principles of Child Growth & Development Social & Emotional Development

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Exploration of P.R.I.D.E. (Positive Racial Identity Development in Early Childhood) Level: C2 Hours: 10	This engaging series helps educators, caregivers, and families understand the importance of nurturing positive racial identity in young children, especially Black children ages 3–8. Grounded in research, each session highlights how identity development supports confidence, academic success, and problem-solving skills. Participants will explore the impact of race on young children and learn how to have meaningful, age-appropriate conversations about identity. By the end of the series, educators will leave with practical tools to affirm children’s identities, challenge negative messages, and create empowering, inclusive learning environments.	Standard Area 1: Child Development and Learning in Context Standard Area 2: Family–Teacher Partnerships and Community Connections Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices Standard Area 6: Professionalism as an Early Childhood Educator	Principles of Child Growth & Development Social & Emotional Development Maintaining Professionalism
Equitable Access for All Learners Level: C2 Hours: 2	This course supports educators in creating inclusive classrooms where every child can thrive. Participants will explore strategies to plan and assess using multiple modes, implement culturally relevant practices, and utilize materials that reflect and support diverse learners. Educators will learn to recognize and reduce barriers to access while fostering a sense of belonging for all children. By the end of this session, participants will understand the value of equity in early education and leave with practical tools to support meaningful inclusion in their classrooms.	Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices	Productive Relationships with Families

Professionalism and Program Organization

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
ECE Advocacy 101 Level: C2 Hours: 2	The ECE Advocacy 101 workshop is designed to break down the Pennsylvania budget cycle. Participants will receive an overview of the Early Learning PA campaigns and how ECE programs are impacted by the budget process and ways professionals and families can use their experience and knowledge to advocate. Participants should leave with foundational knowledge of the PA budget, ELPA campaigns, and various advocacy actions they participate in or lead.	Standard Area 6: Professionalism as an Early Childhood Educator Knowledge Area 8: Organization and Administration	Maintaining Professionalism
ECE Advocacy 201: Crafting and Sharing Your Message Level: C1 Hours: 1.5	Effective messaging helps communicate key points to an advocate's audience. This course is for ECE educators who have taken our Advocacy 101 or other foundational advocacy training and would like to take the next step in preparing to speak with elected officials. Participants leave with specific information that relates to the ECE field that will help them feel confident when advocating for ECE. Participants will also leave the course having developed talking points for meetings with elected officials to advocate for early childhood education.	Standard Area 6: Professionalism as an Early Childhood Educator	Maintaining Professionalism

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Combatting the Child Care Crisis: Empowering Early Educators Through Workforce Development Level: C2 Hours: 2	This course explores practical workforce development strategies to address the ongoing child care crisis. Participants will examine the critical role a strong, supported early childhood workforce plays in delivering high-quality care. Learning objectives include identifying policy levers, addressing barriers to access, and exploring innovative solutions to make training and education more accessible. Through reflection and group dialogue, educators will gain tools to strengthen their programs and advocate for meaningful change. Participants will leave with a deeper understanding of how workforce investment can improve outcomes for children, families, and communities.	Standard Area 6: Professionalism as an Early Childhood Educator	Maintaining Professionalism
Where Does the Money Come From? ECE Structures and Systems Level: C1 Hours: 2	Understanding funding streams related to policy help advocates become more strategic when educators flex their advocacy muscle! The purpose of this training is to help educators understand the early childhood “funding streams” and “line items” that impact ECE programs and services. We will also look at barriers to providing high-quality early learning services, discuss strategies and solutions, and how advocating to the right people helps children, families, and the early childhood field.	Standard Area 6: Professionalism as an Early Childhood Educator	Maintaining Professionalism

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Ethics and Professionalism Level: C1 Hours: 2	<p>In this session, participants will explore the NAEYC Code of Ethics and how it guides professional conduct with children, families, colleagues, and the community. Through scenarios and group activities, educators will practice applying ethical principles to real-life situations. The course emphasizes professionalism in early childhood settings and helps participants reflect on their own values and responsibilities. By the end of the session, participants will be equipped to make ethical decisions that support high-quality care and will view their work as a respected and impactful career path.</p>	Standard Area 6: Professionalism as an Early Childhood Educator	Maintaining Professionalism
Begin with ELRC Basics Level: C1 Hours: 6	<p>In this series, newly licensed child care providers in ELRC 5 will discover the range of support offered by ELRC 5 Quality Staff. Educators and administrators will explore essential procedures, practices, and resources to enhance their programs. This series aims to foster the growth and development of newly licensed child care providers, equipping them with the knowledge and tools needed to create high-quality learning environments for children.</p>	Standard Area 1: Child and Development Learning in Context Standard Area 2: Family-Teacher Partnerships and Community Connections Standard Area 6: Professionalism as an Early Childhood Educator Standard Area 7: Health and Safety Knowledge Area 8: Organization and Administration	Principles of Child Growth & Development Social & Emotional Development Maintaining Professionalism Safe, Healthy Learning Environment Effective Program Operation

Course Title Level of Training Hours	Description of Training	Professional Standard Areas	CDA Content Area (if applicable)
Child Care 101 Level: C1 Hours: 10	Jumpstart your journey in early childhood education with Child Care 101! In just five dynamic courses, you'll gain essential skills in child development, classroom management, and health & safety. Perfect for beginners or those refreshing their knowledge, this series empowers you to create inclusive, engaging environments where every child can thrive.	Standard Area 1: Child and Development Learning in Context Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices Standard Area 6: Professionalism as an Early Childhood Educator Standard Area 7: Health and Safety	

Courses by Learning Standard

Professional Standard Area 1: Child Development and Learning in Context

Early Intervention Toolkit: Tools and Resources
for Allegheny County Early Care and Education
Providers Begin with ELRC Basics

4

Developmentally Appropriate Practice:
An Overview

7

Developmentally Appropriate Practice Series

7

Executive Function and Play:
What's the Connection?

7

Supporting Children's Social-Emotional
Well-Being: A Closer Look at Temperament
and Goodness of Fit Theory

8

Everyday Interactions Matter: Deep and Simple
in Early Learning Programs for Administrators

9

Everyday Interactions Matter: Deep and
Simple Relating in Early Learning Programs

9

Everyday Interactions Matter—Part 1:
Noticing the Simple and Ordinary

10

Everyday Interactions Matter—Part 2:
Learning About Our Own Practice

10

Re-Envisioning Your Classroom:
Curiosity Calms Chaos

10

From Troubles to Triumph! Learning
Strategies for Successful Transitions

11

Modifications in an Early Childhood Classroom

11

Effective Lesson Planning for the Early
Childhood Classroom

12

Engaging Learners: The Concept of
School Readiness

12

Talk to That Baby: Phonological Awareness
as a Pillar of Early Literacy

13

Fostering Intrinsic Motivation and School
Readiness in Early Childhood

14

Benefits of Purposeful Partnerships with
Early Intervention Services

16

Message from Me: Innovative Tool Extending
the Home-School Connection Part 2

17

FLIP IT®: Transforming "Challenging" Behavior
in Young Children

19

MindfulNest: Integrating Social-Emotional
Learning into Classrooms Through Positive
Interactions and Intuitive Technology

20

Positive Guidance Strategies to Facilitate
Social and Emotional Development

21

Collaborating for Inclusive Practices in Early
Childhood: Focus on Attitudes and Beliefs

24

An Overview of P.R.I.D.E. (Positive Racial
Identity Development in Early Childhood)

25

Exploration of P.R.I.D.E. (Positive Racial
Identity Development in Early Childhood)

26

Begin with ELRC Basics

29

Child Care 101

30

Professional Standard Area 2: Family-Teacher Partnerships and Community Connections

Early Intervention Toolkit: Tools and Resources
for Allegheny County Early Care and Education
Providers

4

Early Intervention and Inclusion from the
Classroom Perspective

6

Engaging Learners: The Concept of
School Readiness

12

Technological and Virtual Engagement

13

Using Email Newsletters and Facebook Groups
to Communicate with Families

15

Benefits of Purposeful Partnerships with
Early Intervention Services

16

Message from Me: Innovative Tool Extending
the Home-School Connection Part 1

16

MindfulNest: Integrating Social-Emotional
Learning into Classrooms Through Positive
Interactions and Intuitive Technology

20

Recognizing Bias and Promoting Equity in
Early Childhood Settings

24

Cultural Humility and Cross-Cultural Family Engagement	25
Exploration of P.R.I.D.E. (Positive Racial Identity Development in Early Childhood)	26
Begin with ELRC Basics	29
New Director Roadmap: Six-Part Series	7

Professional Standard Area 3: Child Observation, Documentation, and Assessment

Intro to ASQ-3®	4
Intro to Ages & Stages Questionnaires®, Third Edition (ASQ®-3)	4
Ages & Stages Questionnaires®: Social-Emotional, Second Edition (ASQ®:SE-2)	5
Capturing Moments: Planning for and Conducting Classroom Observations	5
Engaging Learners: The Concept of School Readiness	12
MindfulNest: Integrating Social-Emotional Learning into Classrooms Through Positive Interactions and Intuitive Technology	20
New Director Roadmap: Six-Part Series	30

Professional Standard Area 4: Developmentally, Culturally, and Linguistically Appropriate Teaching Practices

Executive Function and Play: What's the Connection?	7
Supporting Children's Social-Emotional Well-Being: A Closer Look at Temperament and Goodness of Fit Theory	8
From Troubles to Triumph! Learning Strategies for Successful Transitions	11
Modifications in an Early Childhood Classroom	11
Effective Lesson Planning for the Early Childhood Classroom	12
Fostering Intrinsic Motivation and School Readiness in Early Childhood	14
Message from Me: Innovative Tool Extending the Home-School Connection Part 2	17
Dealing with Anger in the ECE Environment	18
Effective Behaviors Practices	19
Positive Guidance Strategies to Facilitate Social and Emotional Development	21
Classroom De-escalation	21
Recognizing Bias and Promoting Equity in Early Childhood Settings	24
Cultural Humility and Cross-Cultural Family Engagement	25

An Overview of P.R.I.D.E. (Positive Racial Identity Development in Early Childhood)	25
Exploration of P.R.I.D.E. (Positive Racial Identity Development in Early Childhood)	26
Equitable Access for All Learners	26
Child Care 101	30
New Director Roadmap: Six-Part Series	30

Professional Standard Area 5: Knowledge, Application, and Integration of Academic Content in the Early Childhood Curriculum

Supporting Children's Social-Emotional Well-Being: A Closer Look at Temperament and Goodness of Fit Theory	8
Talk to That Baby: Phonological Awareness as a Pillar of Early Literacy	13
Technological and Virtual Engagement	13
Message from Me: Innovative Tool Extending the Home-School Connection Part 1	16
Message from Me: Innovative Tool Extending the Home-School Connection Part 2	17
MindfulNest: Integrating Social-Emotional Learning into Classrooms Through Positive Interactions and Intuitive Technology	20
Positive Guidance Strategies to Facilitate Social and Emotional Development	21
New Director Roadmap: Six-Part Series	30

Professional Standard Area 6: Professionalism as an Early Childhood Educator

Everyday Interactions Matter:
Deep and Simple in Early Learning Programs
for Administrators 9

Everyday Interactions Matter:
Deep and Simple Relating in Early
Learning Programs 9

Everyday Interactions Matter—Part 2:
Learning About Our Own Practice 10

Fostering Intrinsic Motivation and
School Readiness in Early Childhood 14

How to Handle and Navigate Challenging
Conversations with Families 15

Using Email Newsletters and Facebook
Groups to Communicate with Families 15

Message from Me: Innovative Tool Extending
the Home-School Connection Part 2 17

Safety & Security on the Internet

Collaborating for Inclusive Practices in Early
Childhood: Focus on Attitudes and Beliefs 24

Exploration of P.R.I.D.E. (Positive Racial
Identity Development in Early Childhood) 26

ECE Advocacy 101 27

ECE Advocacy 201: Crafting and
Sharing Your Message 27

Combatting the Child Care Crisis:
Empowering Early Educators Through
Workforce Development 28

Where Does the Money Come From?
ECE Structures and Systems 28

Ethics and Professionalism 29

Begin with ELRC Basics 29

Child Care 101 30

New Director Roadmap: Six-Part Series 30

Professional Standard Area 7: Health and Safety

Trauma-Informed Classrooms:
Supporting Children with Early
Childhood Trauma 18

Dealing with Anger in the ECE Environment 18

MindfulNest: Integrating Social-Emotional
Learning into Classrooms Through Positive
Interactions and Intuitive Technology 20

Creating a Safe Environment Through
Active Supervision 22

American Red Cross—First Aid/CPR/AED
including Pediatric First Aid and CPR 22

Safe Sleep in Child Care 22

Supervision 101 23

Begin with ELRC Basics 29

Child Care 101 30

New Director Roadmap: Six-Part Series 30

Professional Standard Area 8: Organization and Administration

ECE Advocacy 101 27

Begin with ELRC Basics 29

New Director Roadmap: Six-Part Series 30

The Institute for Early Childhood Career Pathways

The Institute for Early Childhood Career Pathways is the place where directors and educators have access to supports, courses, and services to meet their personal needs and professional goals.

Early educators can go to achieve their career objectives by meeting with a Career Advisor and building out a professional development plan.

Because Trying Together values and supports leadership development, the Institute also helps learning program directors build their own skills, identify funding opportunities, and navigate career paths for their staff to help meet Keystone STARS standards.

Courses

To support the work of early childhood, The Institute for Early Childhood Career Pathways provides professional development courses that align with:

- Pennsylvania Professional Standards and Competencies for Early Childhood Educators (PA PSCECE)
- Childhood Development Associate Credential (CDA) Requirements
- Keystone STARS Performance Standards
- NAEYC Professional Standards and Competencies for Early Childhood Educators
- The Charlotte Danielson Framework for Teaching

Learn more at tryingtogether.org/the-institute-for-early-childhood-careers/

Other Resources

ECE Lending Library

The Trying Together ECE Lending Library is available for early care and education programs to borrow an array of materials for their programs. The ECE Lending Library items support and recognize learning abilities, cultural diversity, and health and safety. Learn more at tryingtogether.org/trying-together-ece-lending-library/

Technology Lending

Individuals who are participating in Trying Together's workforce development programs, such as the

community-based CDA, can borrow laptops and tablets to complete their coursework.

Connections to Partners

Career Advisors at the Institute will connect early educators to funding opportunities, resources, and partners, such as: Literacy Pittsburgh; the T.E.A.C.H. (Teacher Education And Compensation Helps) Early Childhood® Pennsylvania Scholarship Program; the PA Key; the PA PD Registry; local institutions of higher education; the ECE PDO@PASSHE; and other professional development organizations to help them meet their career goals.



Other Opportunities

UnConference

An UnConference is an innovative professional growth opportunity that aims to establish a deeper learning experience around a highlighted theme. As part of the program, attendees hear from local and national speakers and engage in hands-on workshops. Trying Together hosts several UnConference events per year as part of an annual series. To learn more, visit the UnConference page: bit.ly/UnConferences

Everyday Interactions Matter

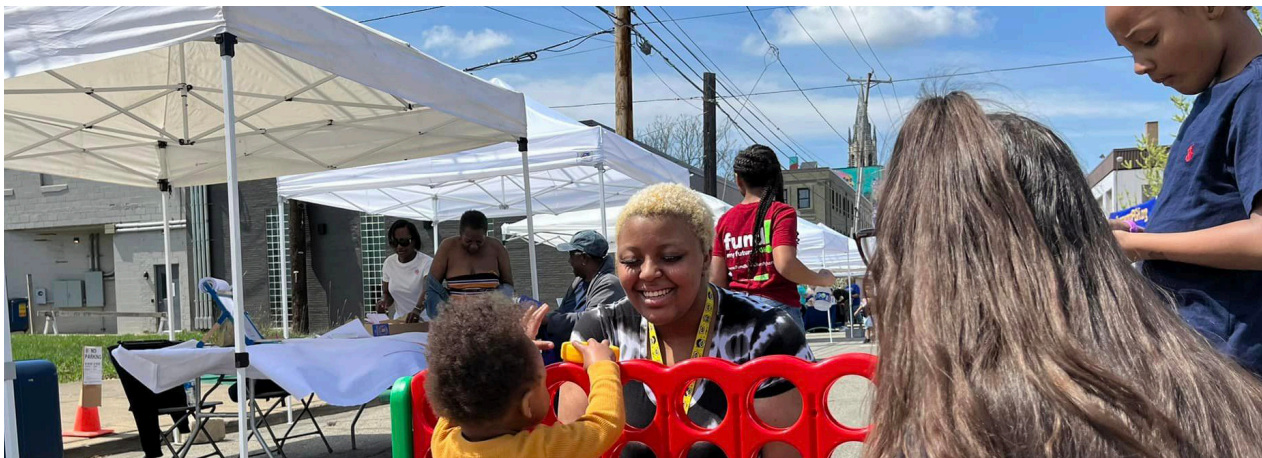
EIM is a professional development initiative that helps early childhood educators learn and grow from their own practice by highlighting the single most essential ingredient of early childhood quality: everyday interactions. To learn more, visit the EIM website: www.everydayinteractions.org

Message from Me

MfM serves as a tool for young children to communicate with their families about their daily activities and learning experiences through the use of digital pictures and recorded audio messages. To learn more, visit the MfM website: www.messagefromme.org

Early Learning Resource Center (ELRC) Region 5

Since July 1, 2019, current and future licensed Allegheny County early learning programs work with Trying Together's ELRC staff to meet high-quality standards. In Pennsylvania, ELRCs provide a single point-of-contact for families, early learning service providers, and communities to gain information and access services that support high-quality child care and early learning programs. The Allegheny County Department of Human Services partners with OCDEL to support ELRC Region 5 in partnership with The Alliance for Infants and Toddlers and Trying Together.



More Information

For details about how Trying Together can assist you to meet your career goals, contact us at learning@tryingtogether.org or **412.421.3889**.

Trying Together

Contact Information

learning@tryingtogether.org

