



## Updates on and Successes with NITTO

### What is NITTO?

The FREE, fully online, self-paced course is offered through DCDEE's Moodle platform and is designed to support new teachers working with children ages birth to three in their understanding of child development, the importance of relationships, and age-appropriate behavior guidance. Participants receive 14 contact credit hours upon completion! The course is written to be completed by participants over six weeks as they dive into content related to NC child care resources, brain development, routine care, classroom environments, behavior guidance and self-care.

### How do we know it works?

The course content was written by the management team of the Infant Toddler Quality Enhancement Project (ITQEP) in 2019. To get informed feedback on course delivery, topics, activities, and assignments, it was first piloted by statewide seasoned early childhood education administrators, technical assistants, and college course instructors in 2019. Using the valuable feedback, ITQEP updated NITTO content and did another pilot with both experienced and new infant and toddler educators in early 2020. Comprehensive course evaluations helped the ITQEP team to build on perceived course strengths and address any material that was unclear, and the course was updated a final time before its official public launch. By December of that year, the course was made available for self-enrollment through DCDEE's Moodle. The ITQEP team continues to collect feedback from course participants, adding resources and updating videos regularly. In February of 2022, 575 participants across 76 NC counties have completed the training!

### What are participants saying?

Here are just a few of the many positive comments NITTO completers have said about taking the course:

- I learned about emotional and brain development and about guiding children through their rough moments. This is invaluable to me!
- [NITTO taught me] to work on my composure when dealing with the students and build good relationships with them.
- The teacher is an important element in the classroom and I am challenged to be the best teacher I can be.
- I learned better ways of handling conflict resolution and more in-depth diaper changing routines and how to engage the child during a diaper change.
- The design and setup of any classroom is essential to how the children are able to learn and focus.
- I learned that my health and well-being also matter.



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### What are participants saying? (Continued)

- It helped me understand the steps in achieving positive social-emotional health for each child.
- [It was a] reminder that I am very important as a teacher and that the children in my care depend on me, especially in the first three years of their lives.
- The information gave me more insight [in]to guiding behaviors and how it is important to take care of myself and the importance of remaining calm.
- It reminded me that conflicts are learning opportunities within the classroom.
- [NITTO] is a great resource for every teacher and all infant/toddler teachers must consider taking this course.