



February/March Newsletter

Signing Up for Classes

Here at PRC, we have a passion for education and are excited to have you join us in the pursuit of knowledge!

To register for a class, simply visit our website at www.thepromisecenter.org or call us at 301-290-0040. You can pay via credit card on the website or over the phone, or via check, cash or money order. Please note that classes must be paid for in advance, so

Resource Store

Our Resource Store has multiple tools and supplies available for your art and scholastic needs. Come by the center and take advantage of our equipment and supplies at little or no cost.

Black and White Copies: \$.10/Page Laminating: \$1.50/Per Foot

Colored Paper Copies: \$.20/Page Book Binding: \$2.50/Per Book

Card Stock Copies: \$.25/Page Board Maker: \$.50/Page

Cancellation Policy

We do not issue refunds if a student cancels their enrollment in a class. If you need to cancel, you must call the Promise Resource Center 24-hours in advance and we will gladly give you a credit for another class.

*Cancellations must be made 48 hours in advance for CPR and First Aid and Medication Administration or your payment will be forfeited and no credits will be issued.

Stay in the know!

Visit our website to join our mailing list, and you'll receive our bi-monthly e-newsletter, behavior management tips, child care information, updates on local events, and so much more!

www.thepromisecenter.org

Questions? Email us!

info@thepromisecenter.org

It Pays to be a Member!

Become a member of the Promise Resource Center for only \$10 a year to save on certain classes, receive coupons and discounts to our Resource Store! To sign up, call us at

301-290-0040.

Be sure to "like" our page on Facebook to receive updates and fun ideas from The Promise Resource Center!



Find us on

Facebook

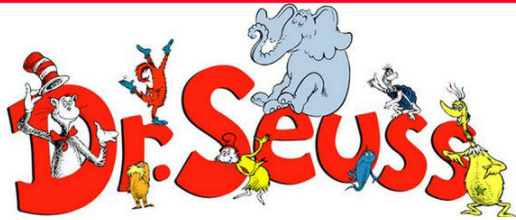
News From The Promise Resource Center

Friday Funday @ The Promise Resource Center

March 3, 10am-11am

Help us celebrate Dr. Seuss's Birthday by reading books like *The Cat in the Hat* and *Green Eggs and Ham*, making a Dr. Seuss mask, matching fish, and more!

The cost of this school readiness program is \$5 per child over the age of 2. Snack is included.
Call 301-290-0040 to register your child today!



- Special Showings for Special Needs (sensory friendly movies) in February featuring the movie, *LEGO Batman*!
- Friday Funday on March 3 @ 10AM. We will be celebrating Dr. Seuss's Birthday by making masks, reading silly stories by Dr. Seuss and more! \$5 per child over the age of 2. Call 301-290-0040 to register. Space is limited.

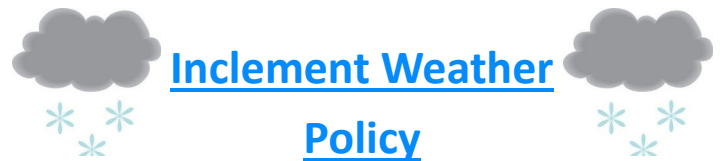
This Month's Featured Class

2/28-Preventing Accidents and Injuries (2HSN)

This class is full of safety information that could save a child's life! We will discuss car seat safety, water safety, SIDS, mealtime safety and more!

Time: 6:30pm-8:30pm, Instructor: Ashley Beisel

Fee: \$25 Member, \$30 Non-Member



Inclement Weather Policy

Please remember that PRC follows the St. Mary's Public School system. If after school activities are cancelled for St. Mary's County, then our evening trainings will also be cancelled. If schools are closed, then PRC is closed and the evening trainings are cancelled.



in partnership with

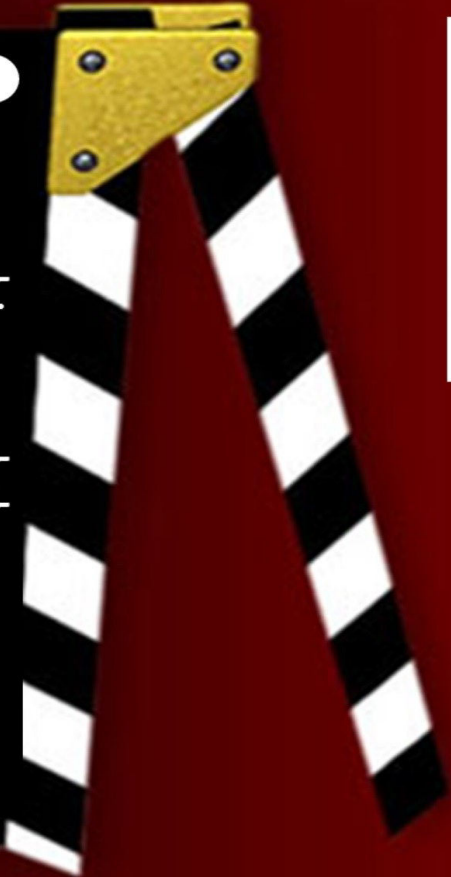


Special Showings for Special Needs

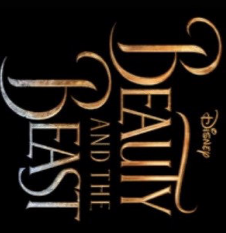
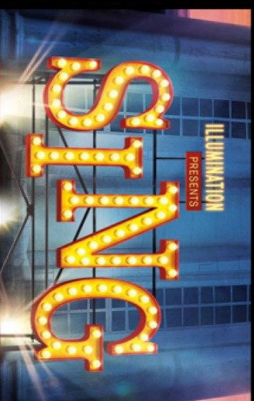
*Tuesdays and Saturdays the 3rd
week of the month
@ 10am*

*For more information, visit
www.thepromisecenter.org/specialshowings*

*For groups larger than 5 people, please call 301-290-
0040 to let us know you plan on attending!*



- sound turned down
- lights turned up
- bring your own snacks and drinks if your child has dietary restrictions



Jan 17 and 21

Feb 14 and 18

Mar 21 and 25

Childhood

ANGER MANAGEMENT

the
PROMISE
—RESOURCE CENTER—



Children learn how to react to anger by copying the behavior of angry people around them—**parents, family, FRIENDS, communities, and the media.** Some children suppress anger because **they are taught that expressing anger is bad or inappropriate.** Sometimes these children have been punished or ignored for displaying anger, **even when their angry feelings were justifiable.**

WHEN CHILDREN SUPPRESS ANGER THEY CAN EXPERIENCE THE FOLLOWING:

- SKIN RASHES
- HEADACHES
- ARTHRITIS
- GASTROINTESTINAL/ CIRCULATORY PROBLEMS
- EMOTIONAL DISTURBANCES
- RESPIRATORY/URINARY/ NERVOUS SYSTEM DISORDERS

THERE ARE THREE COMPONENTS OF CHILDHOOD ANGER

- EMOTION**
The emotional state of childhood anger happens when conflict, hurt, or frustration occurs.
- EXPRESSION**
The expression component of childhood anger occurs when children express anger by actively defending themselves or passively avoiding the conflict.
- UNDERSTANDING**
The understanding component of childhood anger takes place when children attempt to interpret and evaluate what they feel when they are angry.



WITH EFFECTIVE ANGER MANAGEMENT, CHILDREN LEARN HOW TO:

- EVALUATE**
emotional situations accurately
- RECOGNIZE**
emotions that trigger anger
- RESPOND**
to emotional situations appropriately

Anger is a natural, normal part of life and the proper response to aggravating and threatening situations. Unfortunately, children do not enter the world knowing how to handle anger appropriately. Adults need to teach children anger management skills so that they learn how to properly deal with their anger.

You can also learn more about the components of childhood anger, as well as effective anger management techniques and activities through our Childhood Anger Management infographic and low cost course. Also, please feel free to share our infographic with anyone you think can benefit from this information.

Happy E-learning!

Childhood Anger and Anger Management

This course defines anger, discusses its purpose, and identifies components of childhood anger. It also describes causes of childhood anger, discusses ways children respond, and addresses the adverse effects anger can have on children. In addition, the course identifies elements of an effective anger management program and provides effective anger management techniques and activities to use with children.

For more information please
call (301) 290-0040 or
email register@thepromisecenter.org

Visit us online at
www.thepromisecenter.org/programs/training
to view our available services

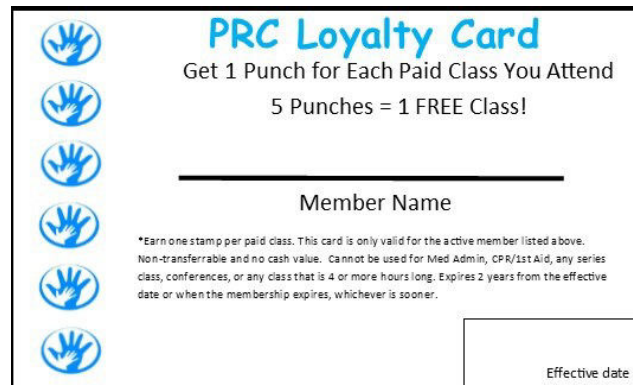


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PROMISE



DON'T FORGET TO TAKE ADVANTAGE OF OUR LOYALTY CARD PROGRAM!

Don't think you'll make it to 5 classes this year? That's okay, loyalty cards are valid for 2 years from the date of membership!

Through this program, members will earn **one free class after attending 5 paid classes**. In addition, members will continue to receive special prices, coupons and discounts to trainings and our Resource Store! If you're an existing member, call us or stop in to request your new Loyalty Card!

Become a Member!

Membership Application

Please send application form with check or money order to:

***The Promise Resource Center
29958 Killpeck Creek Court
Charlotte Hall, MD 20622***

Name _____

Membership: _____ Renewal _____ New

Address _____

City _____ State _____ Zip _____

_____ \$10 Licensed Provider/Potential Provider/Other

Home Phone _____

_____ \$25 Group/Center/Director

Email address _____



Did You Know We Can Bring Our Trainings To Your Center?

We offer many of our trainings on-site for as few as 6 people!

Cost:

**2 Hour Training:
\$30 per person**

**3 Hour Training:
\$40 per person**

**Specialty Training
prices vary.**

View our training calendar on our website to see some of our main class offerings, or call us for a training tailored specifically to your needs!

For more information, or to schedule an on-site for your location, contact PRC at
(301) 290-0040 or email
register@thepromisecenter.org

Extended Hours

Do you want to reserve our training room for a meeting or workshop!? How about use our die cuts & laminator after work? Remember we will be open for extended hours by appointment only and with advanced notice. All you need to do is call 301-290-0040 to schedule the date and time you want.

*Our regular business hours are
Monday-Friday from 8:30am-5:00pm*

Complaint Policy Pertaining to CCRR Service

All of the resource centers of the Maryland Child Care Resource Network strive to provide high-quality service to their constituencies. However, in the event that someone has concerns about an incident regarding some aspect of service at a regional child care resource center or feels that he or she was mistreated by a staff member of a resource center, the caller can contact the resource center involved. If the person is not satisfied with the way the concern or complaint was handled by the regional resource center, he or she can contact the network manager at the Maryland Family Network at 410-752-7588.

PROMISE

Be sure to look for the New Trainings being offered this month!

Registration Policy

- **Payment and registration form must be received at the time of registration.** To register for a class: mail check or money order to the Resource Center, drop off payment or call our office to pay with credit card by phone during our regular business hours, Monday-Friday, 8:30am-5:00pm.
- Online registration at our website: www.thepromisecenter.org
- No Walk-ins permitted. No money will be accepted at the door.
- Due to space limitations, liability issues and the need for a learning environment, **children are not allowed** to attend any workshops. Please make child care arrangements in advance.
- Confirmations will not be mailed. You may call 301-290-0040 to verify your enrollment in the class.
- There is a \$40 service charge for returned checks.
- You must be present and participate in the entire class to receive a certificate for the clock hours listed. **Classes begin at the stated time and no admittance is permitted 15 minutes after the class has started. Late arrivals will not receive certificates, refunds, or transfers for the class.**
- If you have lost or misplaced a certificate, there is a \$5.00 replacement fee.
- Please call 301-290-0040 in advance of class if you need assistance or require special accommodations.
- All classes are open to the public.

Cancellation Policy

- We do not issue refunds if a student cancels their enrollment in a class. If you need to cancel, **you must call the Promise Resource Center 24-hours in advance** and we will gladly give you a credit for another class. *** Cancellations must be made 48 hours in advance for CPR and First Aid** or your payment will be forfeited and no credits will be issued.
- Credit for cancelled classes must be used to attend another class within 60 days of the cancellation or it is forfeited.
- Promise Resource Center reserves the right to cancel a class if, the day prior to the class, we don't have the necessary number of paid participants. You will receive a call notifying you of the cancellation and your money will be refunded or a credit will be issued. Credit must be used to attend another class within 60 days of the cancellation or it is forfeited.
- **Promise Resource Center follows St. Mary's County Public School's inclement weather cancellation schedule. If schools are closed or after-school activities are cancelled due to inclement weather, our office will be closed and the class for that day will be cancelled. If at anytime you feel uncomfortable traveling due to inclement weather, please call prior to the class and we will be happy to transfer you to another class.**
- **For current cancellations, please call 301-290-0040.**

The Promise Resource
Center

29958 Killpeck Creek Ct.
Charlotte Hall, MD 20622

(301) 290-0040 or

(866) 290-0040

Visit us on the web at

www.thepromisecenter.org

To register for a class:

- ♦ Mail registration form, check, money order, or credit card information to the Promise Center
- ♦ Drop off payment during our regular business hours, Monday-Thursday, 8:30 am-5:00 pm
- ♦ Call our office to pay with a credit card by phone
- ♦ Visit our website and register online with a credit card

*The Promise Resource Center
provides*

*low-cost workshops for child
care providers,
parents and the
community. Our evening and
Saturday workshops meet
MSDE/Office of Child Care
requirements for Core of
Knowledge training.*

LOCATE: Child Care

If you are a licensed child care program or family child care provider, you can take advantage of this free method of advertising by keeping your LOCATE database record current.

- ♦ Report changes to your fees, email, hours, and etc.;
- ♦ Report vacancies.
- ♦ Request a database questionnaire;
- ♦ Leave a question and someone will call you back.

Call toll free **1-866-752-1614** – provider message service.

LOCATE Complaint Policy

Through the LOCATE service, parents share feedback with the LOCATE staff on the programs in the files: licensed child care centers, registered family child care providers and accredited preschools and camps. While this feedback is at times positive, it sometimes concerns complaints parents have about child caregivers. Of course, LOCATE and the Maryland Child Care Resource Network want to use this information in a way that is fair to providers and parents, while protecting children, as well.

Therefore, the LOCATE Complaint Policy was developed and has been in effect since its approval by the Maryland Committee for Children Board in November, 1983. According to this policy, all complaints made to LOCATE about child care providers/facilities are recorded. The type of complaint is then determined:

Less Serious Complaint - No Violation: complaints which do not involve violations of child care regulations; complaints about situations which do not pose a threat to the safety, health or welfare of a child.

Less Serious Complaint Involving Violation: complaints of any violation of Office of Child Care (OCC), Maryland State Department of Education (MSDE) regulations, and/or the Health Department which do not pose a threat to the health, safety or welfare of a child.

Serious Complaint: any threat to the immediate health, safety, or welfare of a child.

When a parent calls LOCATE with a complaint, the referral specialist advises him/her to register the complaint directly with the appropriate regulatory agency and/or Protective Services. Names and telephone numbers of the person with whom the parent should speak are provided.

When a Serious Complaint is received concerning one of the providers of facilities in the LOCATE system, no referrals are made by the referral specialists to that provider/facility. The LOCATE Director also communicates with the appropriate regulatory agency personnel about the complaint, and maintains the "hold" on the provider/facility until the agency's disposition of the complaint is known. Should the investigation result in no action, the "hold" status is removed from that provider's/facility's records. Should the license or registration be revoked, the record is removed from the LOCATE files. Providers are advised of LOCATE's actions in writing.

A provider may appeal the LOCATE Director's decision to cease referrals. Appeals are first addressed to the LOCATE Advisory Committee. Final appeals may be made to the board of the Maryland Family Network.

It is the position of LOCATE and MFN that the Complaint Policy is both fair and workable. Safeguards and due process are afforded to the care givers in the files, and parents' and children's rights to safety are addressed, as well. Any questions on this policy should be addressed to FloJean Speck, LOCATE: Child Care Director



**This publication was produced as a work for hire for the benefit
of and with funds from the Maryland State Department of
Education.**

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Infant/Toddler Module 11 6:00pm-9:00pm	3 ELA @ Prince Frederick Library 12:30pm-4:30pm Friday Funday 10:00am-11:00am	4
5	6 Guiding Children's Behavior: Where Do I Begin? 2CD 6:30pm-8:30pm	7	8 Messing Around with Science 3C 6:00pm-9:00pm	9 Infant/Toddler Module 12 6:00pm-9:00pm	10 ELA @ Prince Frederick Library 12:30pm-4:30pm	11 CPR & First Aid 9:00am-1:00pm Maryland EXCELS: Next Steps 9:00am-11:30am
12	13	14	15	16 Infant/Toddler Module 13 6:00pm-9:00pm	17 ELA @ Prince Frederick Library 12:30pm-4:30pm	18
19	20	21 Including All Children and the Americans With Disabilities Act 3SN 6:00am-9:00pm	22 Center Staff Solutions 2P 6:30pm-8:30pm Free for St. Mary's County Providers	23 Maryland EXCELS Workgroup 1:00pm-3:00pm Infant/Toddler Module 14 6:00pm-9:00pm	24	25 Medication Administration 6HSN 9:00am-4:00pm
26	27	28 Preventing Accidents and Injury 2HSN 6:30pm-8:30pm				

February 2017

2/6-Guiding Children's Behavior: Where Do I Begin? (2CD)

Working with difficult children can be very challenging. We often ask ourselves where do I even begin. We will discuss laying the foundation for effective behavior management.

Time: 6:30pm-8:30pm, Instructor: Donna Bennett

Fee: \$25 Member, \$30 Non-Member

2/8-Messing Around With Science (3C)

In this hands-on class we will discuss ways to incorporate science into your curriculum to make class time fun for even the youngest of children!

Time: 6:00pm-9:00pm, Instructor: Sarah Sutherland

Fee: \$30 Member, \$35 Non-Member

2/11-Maryland EXCELS: Next Steps (2P)

Designed to familiarize participants with the Maryland EXCELS website, where and how to find documents and resources, the publishing process from application through upgrading and renewal; and to provide basic guidance about collecting and uploading materials to be evaluated.

Time: 9:00am-11:00am, Instructor: Thea Quible

Fee: \$15 Member, \$15 Non-Member

*****Door Prizes*****

2/11-CPR & First Aid

Participants will be trained in CPR for the infant, child and adult. This class meets the Maryland Child Care Administration's requirements for child care facilities.

Time: 9:00am-1:00pm, Instructor: Jay Hyde

Fee: \$65 Member, \$65 Non-Member

2/21-Including All Children & The Americans with Disabilities Act (3SN)

This training will go over the requirements of the ADA, inclusionary practices in early childhood and school age programs. Also, learn about the local, state and national resources available to child care providers.

Time: 6:00pm-9:00pm, Instructor: Sarah Sutherland

Fee: \$30 Member, \$35 Non-Member

2/22- Center Staff Solutions (2P)

This class will focus on methods for supervision and evaluation of staff. Realizing that staff is the single most meaningful element of your program, we'll look at the qualities that foster brain development in a young child and how to proactively supervise and evaluate for those qualities.

Time: 6:30pm-8:30pm, Instructor: Sarah Sutherland

*Fee: **Free for St. Mary's County Providers**, \$25 Member, \$30 Non-Member for Calvert and Charles County Providers*

Participants receiving free admission to this course will not receive a punch on their loyalty card.

2/23-MD EXCELS Workgroup

This workgroup is for providers seeking support with Maryland EXCELS registration and application, publishing at a quality check level rating (1-5), creating or revising documentation to meet Maryland EXCELS criteria, technology support or general question and answer time.

Time: 1:00pm-3:00pm

Fee: Free

2/25-Medication Administration (6HSN)

This training course is a 6-hour competency-based class approved by MSDE/OCC to train child care providers to safely administer oral, topical and emergency medication to children in a child care setting. Upon successful completion of this course each participant will receive a certificate of completion which will allow the participant to administer MSDE/OCC approved medications to infants, toddlers, preschool and school aged children in child care centers and homes. You must pass a pre and post test. You may bring lunch or go to a fast-food restaurant in the area.

Time: 9:00am-4:00pm, Instructor: Pat Jennings

Fee: \$60 Member, \$60 Non-Member

2/28-Preventing Accidents and Injury (2HSN)

This class is full of safety information that could save a child's life! We will discuss car seat safety, water safety, SIDS, mealtime safety and more!

Time: 6:30pm-8:30pm, Instructor: Ashley Beisel

Fee: \$25 Member, \$30 Non-Member

Core Of Knowledge Areas:
(HSN) Health, Safety and Nutrition, (CD) Child Development,
(C) Curriculum, (P) Professionalism,
(CM) Community, (SN) Special Needs

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Infant/Toddler Module 15 6:00pm-9:00pm	3 Friday Funday 10:00am-11:00am	4 Emergency & Disaster Preparedness 3HSN,3P 9:00am-4:00pm
5	6 Center Aide Orientation 3P 6:00pm-9:00pm	7	8	9	10	11 CPR & First Aid 9:00am-1:00pm
12	13 An Introduction to ASQ-3 and ASQ Online 1.5CD, 1.5CM 6:00pm-9:00pm	14	15 How to Create a Budget That Works 2P 6:30pm-8:30pm Free for St. Mary's County Providers	16	17	18
19	20	21 Somewhere Over The Rainbow 2C 6:30pm-8:30pm	22	23	24	25 Medication Administration 6HSN 9:00am-4:00pm
26	27 Supporting Breastfeeding in Child Care 6:30pm-7:30pm	28 Dealing with Feelings and Fears with Preschoolers 3CD 6:00pm-9:00pm	29	30	31	

March 2017

3/4-Emergency and Disaster Preparedness (3HSN,3P)

This course is designed for center, family, and informal child care providers. Successful completion requires completion of an emergency plan that will meet the specific needs of your child care setting.

Time: 9:00am-4:00pm, Instructor: Sarah Sutherland
Fee: \$50 Member, \$50 Non-Member

3/6-Center Aide Orientation (3P)

Center Aide Orientation is important to get center aides familiar with the duties and requirements they will need to fill their role.

Time: 6:00pm-9:00pm, Instructor: Julie Lowthert
Fee: 30 Member, \$35 Non-Member

3/11-CPR & First Aid

Participants will be trained in CPR for the infant, child and adult. This class meets the Maryland Child Care Administration's requirements for child care facilities.

Time: 9:00am-1:00pm, Instructor: Jay Hyde
Fee: \$65 Member, \$65 Non-Member

3/13-An Introduction to ASQ-3 and ASQ Online (1.5CD, 1.5CM)

Participants will learn about the features of the ASQ-3 and ASQ Online, including administration, scoring, referrals, and communicating results with families. Participants will identify the differences between assessments and screening tools.

Time: 6:00pm-9:00pm, Instructor: Kelly Hutter
Fee: \$30 Member, \$35 Non-Member

3/15-How to Create a Budget That Works (2P)

Creating and sticking to a realistic budget can have even the most financially responsible people stressing out! Learn tips and tricks to creating a reasonable budget that will keep you on track and saving money!

Time: 6:30pm-8:30pm, Instructor: Gene Townsend
Fee: Free for St. Mary's County Providers, \$25 Member, \$30 Non-Member for Calvert and Charles County Providers

Participants receiving free admission to this course will not receive a punch on their loyalty card.

3/21-Somewhere Over The Rainbow (2C)

Spring is in the air and rainbows will be making their way out from behind the clouds more and more often this season! Come learn how to incorporate all the colors of the rainbow into your curriculum!

Time: 6:30pm-8:30pm, Instructor: Ashley Beisel
Fee: \$25 Member, \$30 Non-Member

Core Of Knowledge Areas:
(HSN) Health, Safety and Nutrition, (CD) Child Development,
(C) Curriculum, (P) Professionalism,
(CM) Community, (SN) Special Needs

3/25-Medication Administration (6HSN)

This training course is a 6-hour competency-based class approved by MSDE/OCC to train child care providers to safely administer oral, topical and emergency medication to children in a child care setting. Upon successful completion of this course each participant will receive a certificate of completion which will allow the participant to administer MSDE/OCC approved medications to infants, toddlers, preschool and school aged children in child care centers and homes. You must pass a pre and post test. You may bring lunch or go to a fast-food restaurant in the area.

Time: 9:00am-4:00pm, Instructor: Pat Jennings
Fee: \$60 Member, \$60 Non-Member

3/27-Supporting Breastfeeding in Child Care

This is a required class for family providers licensed for infants and all center staff working in infant/toddler classes.

Time: 6:30pm-7:30pm, Instructor: Julie Lowthert
Fee: \$10 Member, \$15 Non-Member

3/28-Dealing with Feelings and Fears with Preschoolers (3CD)

During this workshop participants will learn what preschoolers feel and fear. They will develop a better understanding of how preschoolers feel and how they can help them deal with these different emotions. They will also learn strategies to effectively assist children in overcoming their fears.

Time: 6:00pm-9:00pm, Instructor: Diane Stearns
Fee: \$30 Member, \$35 Non-Member