

the PROMISE

—RESOURCE CENTER—

JANUARY NEWSLETTER & CALENDAR



In this issue we will talk about:


- **Upcoming Trainings**
- **Meet our new Staff Members**
- **Making a Sock Snowman**

HAPPY
HOLIDAYS
FROM ALL OF
US AT PRC!

Be sure to "like" us on facebook and follow our Instagram, Pinterest & Twitter accounts for even more news, tips, photos, and articles on child care, parenting, and more!



JANUARY TRAINING HIGHLIGHTS



JAN
13



You Can Do This! Accommodating All Children in Your Program


This workshop session provides an overview of the characteristics of inclusive child care and ways caregivers can support different needs for different children. Participants will discuss and develop ideas for identifying program modifications and accommodations for children who have special needs or disabilities.

3 hours Special Needs


Treat Yourself! Self Care Strategies for the ECE Professional

This training addresses the importance of self-care for teachers and administrators. Through self-reflective, hands-on activities and experiences, teachers will explore and increase their familiarity with best practices in self-care, including breathing techniques, using mantras, getting enough rest, and feeling gratitude. Providers and administrators will create a plan to increase the use of self-care strategies in their program.


1hr. Special Needs 2hrs. Professionalism



JAN
23



WINTER WEATHER POLICY



The Promise Resource Center follows the College of Southern Maryland's inclement weather cancellation schedule. If the college is closed due to inclement weather, the class for that day will be cancelled. For current cancellations, please call 301-290-0040 or visit our facebook page for updates.



NEW YEAR RESOLUTIONS FOR ANY CHILD

Have you thought about making a new year resolution? Consider including your children in this yearly tradition. This is a great time to teach about setting goals and sticking to them. This can be a fun way for kids to develop their communication and decision-making skills.

In need of ideas? Check out this list!

- I am going to read for 30-minutes a day
- I am going to set the table for dinner every night
- I will join a (sport) team
- I am going to learn how to...
- I am going to clean up my toys after play time

Include positive language when you set goals with your child. This helps to eliminate any negative thoughts about themselves. Setting achievable goals is also important. Help to filter out any vague goals into a much more attainable one.

<https://www.parents.com/holiday/new-years/resolution/smart-new-years-resolutions-kids-can-make/>

MEET OUR NEW STAFF!



Liz Barden
Finance and Admin. Director

- Favorite Animal: Weiner dogs
- Favorite Color: Pink
- Most excited for in 2020: Growth, learning and being the best version of herself



Stacey Heidt
Early Childhood Trainer
and Coordinator

- Favorite Animal: Wild cats
- Favorite Color: Burgundy
- Most excited for in 2020: Stability and growth



Samantha Pilkerton
Accounts Receivable Clerk

- Favorite Animal: Dogs
- Favorite Color: Pink
- Most excited for in 2020: New beginnings and prosperity

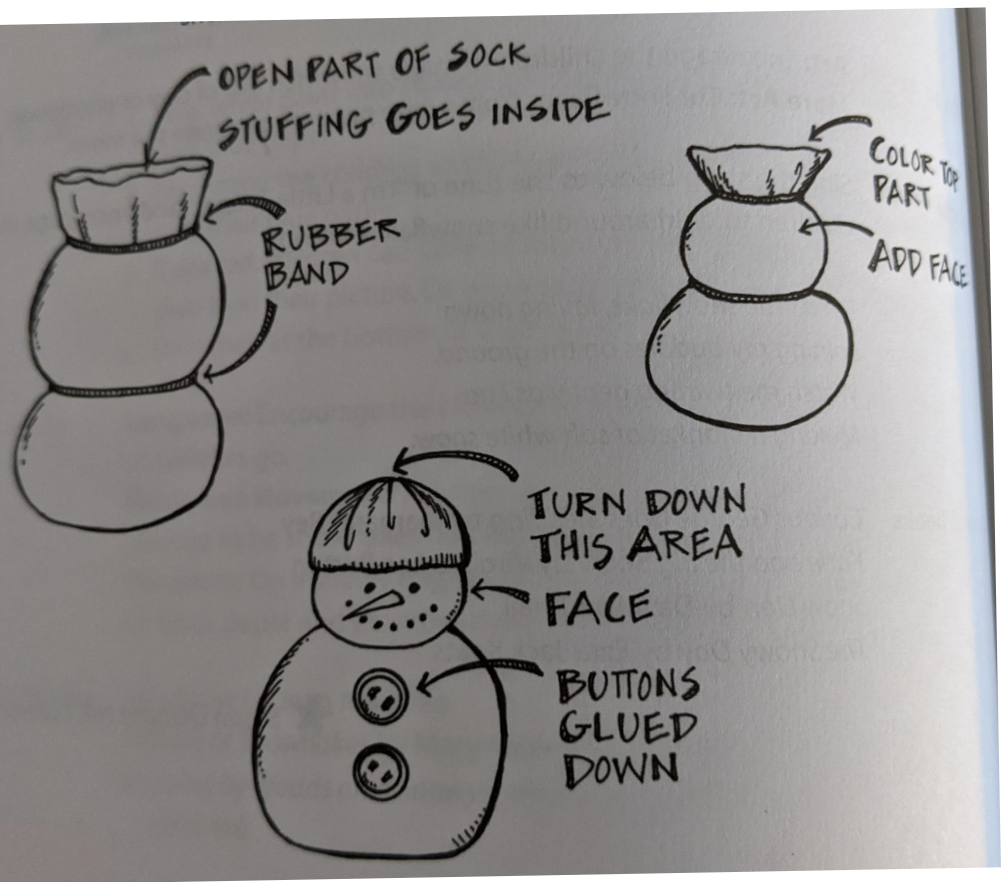
SOCK SNOWMAN ACTIVITY



Give each child a white sock. Show the children how to stuff the sock with pillow stuffing. Help place rubber bands in the middle and top of their sock. This forms a snowman with two balls of snow. Leave about 1-2 inches above the top rubber band. Let the children use pens to make faces for the snowmen. Color in the hat portion of the snowman and turn it down. Let the children glue buttons down the front of the bottom ball of the snowman.

- Children's White Socks
- Pillow Stuffing
- Rubber Bands
- Pens
- Buttons
- White Glue

*I'm a little snowman
short and fat.
Here is my broomstick
here is my hat.
When the sun comes out
I melt away...
Down, Down, Down, Down,
Oops, I'm a puddle!*



REGISTRATION POLICY

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/register 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 please pay promptly to secure your spot.

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 classes.

Confirmations will not be mailed. Please call 301-290-0040 to verify your enrollment in a 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.

The Promise Resource Center provides low-cost workshops for child care providers, parents and the community. Our workshops meet MSDE/Office of Child Care requirements for Core of Knowledge training.



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.

Credit for cancelled classes must be used to attend another class within 60 days of the cancellation or it is forfeited.

The 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.

RESOURCE ROOM

Our Resource room has many 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.

AVAILABLE RESOURCES

Accu-cut die cut machine

Over 500 die-cuts, including weather, seasons, alphabet & numbers, purchase our paper or bring your own!

Cricut die-cut machine

Choose from dozens of shapes and enjoy hands-free cutting! Purchase our paper or bring your own!

Boardmaker

Create communication boards, visual lists and schedules, borders, & more!

Art Waxer

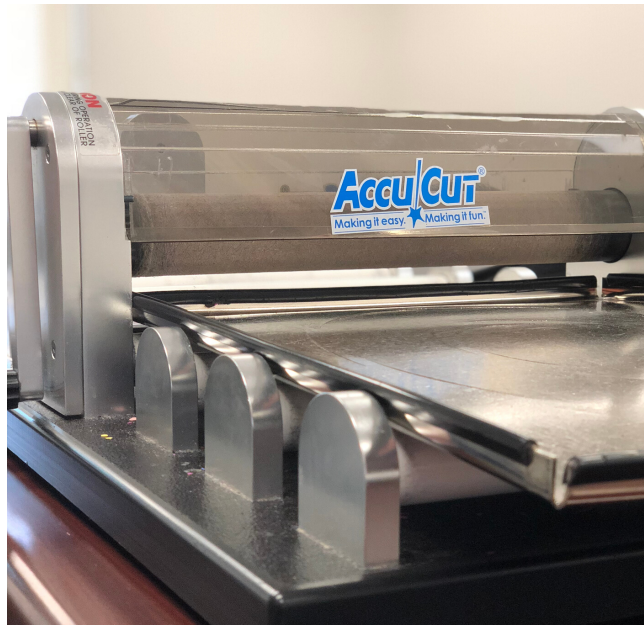
Apply a thin coating of wax to paper or laminated materials to make them removable! Purchase our paper or bring your own!

Book Binder

Create spiral bound books for any occasion!

Laminating Machine

Apply a thin coating of plastic to both sides of a piece of artwork, die-cut shapes, or any other paper project, to keep it dry and wrinkle-free!



MATERIALS

Black and White Copies: \$.10/Page

Colored Paper Copies: \$.20/Page

Book Binding: \$2.50/Per Book

Card Stock Copies: \$.25/Page

Board Maker: \$.50/Page

Construction Paper: \$2.00/Pack OR
\$.05/Sheet

Lamination: \$1.50/Foot

Book Binding: \$2.50/Book

Boardmaker: \$.50/Sheet

Pre-Made File Folder Games: \$2.50 +

*Use of die-cut shapes and rollers is free.
Purchase paper here or bring your own!



The resource room is available during regular business hours (Mon-Fri, 8:30am-5:00pm). Please have all work done in the resource room before 4:50pm so PRC staff can process any payments and/or clean the resource room.

BECOME A PRC MEMBER TODAY!

Interested in becoming a member of The Promise Resource Center and receiving discounts on many of our classes?

For only \$10 a year, individual membership will earn you :

1 PAU

\$5 off select trainings

1 free training for every 5 trainings completed

Satisfaction in knowing you are helping families in our community receive services for low or no cost!

Membership is also available for centers. These memberships are \$25 a year. Center staff will receive \$5 off select trainings if the training is paid for by the center.

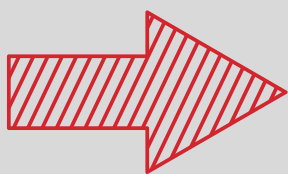
Visit thepromisecenter.org/register or call 301-290-0040 to register for membership today!



Become a member today!

Complete and mail this form + payment to:

The Promise Resource Center
8395 Old Leonardtown Rd.
Hughesville, MD 20637



Membership Application

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

Membership Type

Renewal _____ New _____

Center/Group _____ Individual _____

LOCATE: CHILD CARE



LOCATE: Child Care

Every day, parents contact LOCATE: Child Care. Parents need comprehensive information to help them make informed decisions for their child. The more complete and current your information is, the better we can help parents find and choose your program. Please review and update your provider record today. You can update your record now at <https://locate.marylandfamilynetwork.org/Provider/login>. Once you enter your information, it will be reviewed and activated in our database within just two business days. Everyone who updates their record will receive an entry in our monthly drawing for a \$25 Amazon gift card. If you need a paper copy of our questionnaire, please call the provider line at 866.752.1614. Update your record now at <https://locate.marylandfamilynetwork.org/Provider/login>

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.



MARYLAND
FAMILY
NETWORK
*Leading Maryland's
Child Care Resource Centers*



MARYLAND CHILD CARE
RESOURCE NETWORK

The Promise Resource Center is a member of the Maryland Child Care Resource Network with funding provided from the Maryland State Department of Education, through Maryland Family Network.

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day PRC Closed	2	3	4
5	6	7	8	9	10	11
12	13 You can Do This! Accommodating All Children in Your Program 6:00pm-9:00pm Instructor: Erica Love \$30/\$35	14	15	16 Including All Children and the Americans with Disabilities Act 6:00pm-9:00pm Instructor: Julie Lowthert \$30/\$35	17	18
19	20 Martin Luther King Jr. Day PRC Closed	21	22	23 Treat Yourself! Self Care Strategies for the ECE Professional 6:00pm-9:00pm Instructor: Sarah Sutherland \$30/\$35	24	25 CPR and First Aid 9:00am-1:00pm Instructor: Jay Hyde \$75
26	27	28 Planning the Day for Infants and Toddlers 6:00pm-9:00pm Instructor: Julie Lowthert \$30/\$35	29	30	31	

January 2020

1/13—You Can Do This! Accommodating All Children in Your Program

This workshop session provides an overview of the characteristics of inclusive child care and ways caregivers can support different needs for different children. Participants will discuss and develop ideas for identifying program modifications and accommodations for children who have special needs or disabilities. This workshop does not satisfy any training required by OCC regulations.

*Time: 6:00pm-9:00pm, COK: 3 hours of special needs
Fee: \$30 for members or \$35 for non-members*

1/16—Including All Children and The Americans With Disabilities Act

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

*Time: 6:00pm-9:00pm, COK: 3 hours of special needs
Fee: \$30 for members or \$35 for non-members*

1/23—Treat Yourself! Self Care Strategies for the ECE Professional

This training addresses the importance of self-care for teachers and administrators. Through self-reflective, hands-on activities and experiences, teachers will explore and increase their familiarity with best practices in self-care, including breathing techniques, using mantras, getting enough rest, and feeling gratitude. Providers and administrators will create a plan to increase the use of self-care strategies in their program.

*Time: 6:00pm-9:00pm, COK: 1 hour of special needs and 2 hours of professionalism
Fee: \$30 for members or \$35 for non-members*

1/25—CPR and 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, OCC Requirement
Fee: \$75 for members and non-members*

1/28—Planning the Day for Infants and Toddlers

An infant and toddler's day is full of routines and experiences. In this session, we will discuss how implement these routines and experiences appropriately. Participants will also have an opportunity to explore and analyze daily schedules and lesson plan formats for infants and toddlers. They will also review and find resources to assist them in planning developmentally appropriate activities.

*Time: 6:00pm-9:00pm, COK: 3 hours of curriculum
Fee: \$30 for members or \$35 for non-members*

Membership:

Interested in becoming a member of The Promise Resource Center and receiving discounts on many of the classes you see here?

For only \$10 a year, individual membership will earn you :

- 1 PAU
- \$5 off select trainings
- 1 free training for every 5 trainings completed
- Satisfaction in knowing you are helping families in our community receive services for low or no cost!

Visit thepromisecenter.org/register or call 301-290-0040 to register for membership today!

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 How to Develop Critical Thinking Skills in Children 9:00am-12:00pm Instructor: Stacey Heidt \$30/\$35 Imagineering in the Classroom 1:00pm-4:00pm Instructor: Stacey Heidt \$30/\$35
2	3	4	5	6 Breast Feeding and Child Care 6:00pm-6:30pm Instructor: Stacey Heidt \$10/\$15 SIDS, SUID, and Other Sleep Related Infant Deaths 6:30pm-8:30pm Instructor: Stacey Heidt \$25/\$30	7	8 Medication Administration 9:00am-4:00pm Instructor: Pat Jennings \$65
9	10	11	12	13 "I Love You Rituals" and Other Routines for Infants and Toddlers 6:30pm-8:30pm Instructor: Julie Lowthert \$25/\$30	14	15
16	17 President's Day PRC Closed	18	19	20 Emotions Matter 6:00pm-9:00pm Instructor: Julie Lowthert \$30/\$35	21	22
23	24 Family and Community Partnerships 6:00pm-9:00pm Instructor: Stacey Heidt \$30/\$35	25 CPR and First Aid 6:00pm-10:00pm Instructor: Jay Hyde \$75	26	27	28	29

February 2020

2/1—How to Develop Critical Thinking Skills in Children

In this workshop, participants will learn about early brain development and why the most important time to develop critical thinking skills is in preschool. Participants will learn what early childhood educators and care providers need to do to help students flourish academically.

Time: 9:00am-12:00pm, COK: 1.5 hours of child development and 1.5 hours of curriculum

Fee: \$30 for members or \$35 for non-members

2/1—Imagining in the Classroom

In today's engineering marketplace it has become apparent that adults who are able to use their creativity and imaginations are in high demand; studies have shown however that adult creativity is on the decline. In this workshop we will look at strategies and materials in which you can use to support the child's innate creative ability and imagination while he or she explores engineering in the classroom.

Time: 1:00pm-4:00pm, COK: 3 hours of curriculum

Fee: \$30 for members or \$35 for non-members

2/6—Breast Feeding and Child Care

This is a required course for all directors, infant and toddler staff, and family providers.

Time: 6:00pm-6:30pm, CTU: .5 hours

Fee: \$10 for members or \$15 for non-members

2/6—SIDS, SUID and Other Sleep Related Infant Deaths

As infant and toddler caregivers, it is important to understand SIDS and sleep-related deaths, including the many strategies which can be implemented to reduce the risk of sleep-related death. Participants will review what is SIDS and sleep-related death, review recent research and statistics, gain greater understanding of the role child care plays in keeping infants safe, and the recommendations and strategies for keeping children safe.

Time: 6:30pm-8:30pm, COK: 2 hours of health, safety and nutrition

Fee: \$25 for members or \$30 for non-members

2/8—Medication Administration

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.

Time: 9:00am-4:00pm, OCC Requirement

Fee: \$65 for members and non-members

2/13—"I Love You Rituals" and Other Routines for Infants and Toddlers

The workshop will outline the impact of intentional, positive strategies on infant and toddler brain development. Participants will learn about the effects of a negative attention cycle on children's ability to connect with adults in positive ways. Participants will create a plan to incorporate rituals and routines into daily activities that contribute to positive cycles of brain development.

Time: 6:30pm-8:30pm, COK: 2 hours of child development

Fee: \$25 for members or \$30 non-members

2/20—Emotions Matter

Children experience many emotions throughout the day. Learn why these emotions, positive and negative, have an impact on their development and learn why it is important to teach children how to handle these emotions.

Time: 6:00pm-9:00pm, COK: 3 hours of child development

Fee: \$30 for members or \$35 non-members

2/24—Family and Community Partnerships

The childcare professional will become aware of the resources that are available in their community to assist and be an advocate for parents and children with ongoing needs related to health, education, and referral services.

Time: 6:00pm-9:00pm, COK: 3 hours of community

Fee: \$30 for members or \$35 non-members

2/25—CPR and 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, OCC Requirement

Fee: \$75 for members and non-members

Membership:

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March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Emergency and Disaster Preparedness 9:00am-4:00pm Instructor: Stacey Heidt \$50
8	9	10	11	12	13	14
15	16	17	18	19	20	21 CPR and First Aid 9:00am-1:00pm Instructor: Jay Hyde \$75
22 Including All Children and The Americans with Disabilities Act 6:00pm-9:00pm Instructor: Erica Love \$30/\$35	23	24	25	26	27	28
29	30	31				

March 2020

3/7—Emergency and Disaster Preparedness

This six-hour workshop meets the OCC requirements for Emergency Preparedness training. Participants will complete an approved emergency preparedness plan in the workshop.

Time: 9:00am-4:00pm, COK: 3 hours of health, safety and nutrition and 3 hours of professionalism

Fee: \$50 for members and non-members

3/21—CPR and 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, OCC Requirement

Fee: \$75 for members and non-members

3/23—Including all Children and The Americans with Disabilities Act

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

Time: 6:00pm-9:00pm, COK: 3 hours of special needs

Fee: \$30 for members or \$35 for non-members

We have scheduled all mandatory trainings through March 2020. COK courses will be added to the calendar in February when the new newsletter and calendar are issued.

Membership:

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