

the PROMISE

— RESOURCE CENTER —

help a child tomorrow with what you learn today



September/ October

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 please pay promptly to secure your spot.

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
Construction Paper: \$2.00/Pack, \$.05/Per Sheet
Die Cut: FREE

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.

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.

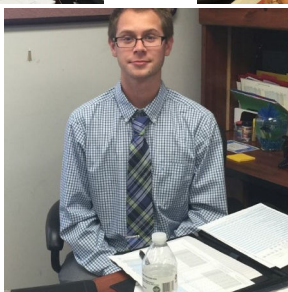
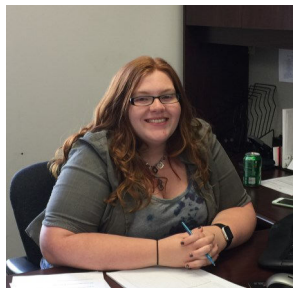


**Find us on
Facebook**

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

News From The Promise Resource Center

We'd like to introduce our newest team members Kara, Nichole, and Wes! Nichole and Kara will be working in our NOVO program, and Wes in our Project First Choice program.



We are offering BRAND NEW courses in September and October including "Coloring Outside the Lines; Art is a VERB not a NOUN!" on 9/21 where we will make a fall foliage mobile to put up in your home or center!

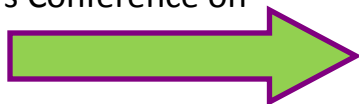


See Training Calendar for more details!




We have several special events coming up!

- Special Showings for Special Needs (sensory friendly movies) in September and October at R/C Theatres in California, MD (page 3).
- Parent Café on September 27th (Page 4)
- Friday Funday on October 7th (Page 5)
- Early Math Matters Conference on November 5th



SAVE THE DATE

NOVEMBER 5, 2016

 **Early Math Matters**

Southern Maryland Professional Development

8:30am - 2:30pm
College of Southern Maryland
LaPlata, MD
Fee: \$20 w/Lunch provided

Sponsored by



In Partnership with



A Caring Community of Regulated Family Child Care Professionals
Charles County Family Day Care Association, Inc.
(CCFCA)



The St. Mary's County Judy Center
Serving Green Holly and George Washington Carver Elementary Schools
St. Mary's County Public Schools



RG
THEATRES
DON'T JUST WATCH A MOVIE.
EXPERIENCE IT.
Lexington Exchange
Movies 12

in partnership
with
the PROMISE
—RESOURCE CENTER—

present

Special Showings for Special *Needs*



@ 10am
Tickets only
\$8!

****Saturday**
Showing!



Sensory Friendly

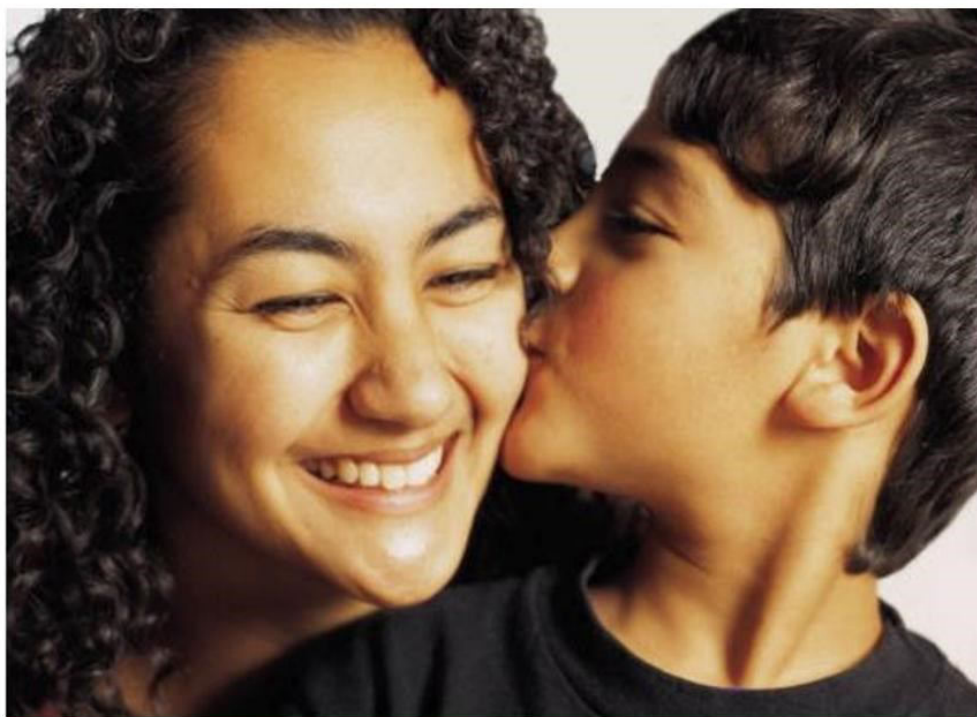
- sound turned down
- lights turned up
- bring your own snacks and drinks for dietary restrictions



Feel free to:



- cry
- Sing
- Shout
- dance



Parents of children birth – 5, come to the

Parent Café

At the Parent Café, we share ideas that can help us take care of ourselves and our families as we raise strong, happy children. We'd love to have you join us! The next Parent Café will be:

Date: September 27, 2016

Time: 5:30pm-7:30pm

Location: Promise Resource Center

Address: 29958 Killpeck Creek Court, Charlotte Hall, MD 20622

For more information and to register, call: (301) 290-0040

At our FREE Parent Café, you will:

- ✱ **Meet new people**
- ✱ **Make new friends**
- ✱ **Share ideas**
- ✱ **Get new ideas**
- ✱ **Share your hopes and dreams for your family**

Register today!

Food and childcare will be provided!

the
PROMISE
—RESOURCE CENTER—



A Strengthening Families Maryland Parent Café, courtesy of Maryland Family Network.



Strengthening Families Maryland Parent Cafés are a Be Strong Families Parent Café Model

Adapted with permission from copyrighted materials from Strengthening Families Illinois.

Friday Funday at PRC

Friday, October 7

10AM-11AM

Theme: Fall Fun!

Fall Themed Sensory Bins

Leaf & Pumpkin Activities

Snacks & Giveaways



Call 301-290-0040 to sign your child up!



Project First Choice

Is your child experiencing
behavior issues?

.....
Having trouble socializing
with other children?

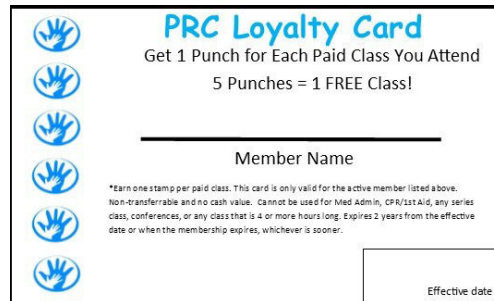
.....
Or having issues communicating
with their teachers?

Project First Choice is a
free service that gives
child care providers the
tools and resources to
help your child succeed!

Call
Project First
Choice today to
learn more or to
schedule a
consultation!
(301) 290-0040



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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 _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Email address _____

Membership: _____ Renewal _____ New

_____ \$10 Licensed Provider/Potential Provider/Other

_____ \$25 Group/Center/Director



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.**

Featured September Trainings

What Does Developmentally Appropriate Mean?

9/8, 6:30pm-8:30pm

Is this child old enough to play with this toy or activity?

Does this child need more one on one attention?

Should they have grown out of "baby talk" by now?

Should I let them "cry it out"?

Should I still be helping them with fine motor skills like cutting and gluing?

To get the answers to these questions and more, sign up by calling 301-290-0040

What Parents Really Want To Know

9/12, 6:30pm-8:30pm



Communicating with parents is challenging. This class will explore the nitty-gritty of what parents really want to know during parent/teacher conferences and other parent meetings throughout the year. Discussion will include effective communication strategies, conflict resolution and building positive relationships with both parents and children.

Play With A Purpose

9/14, 6:30pm-8:30pm



Play is an important learning tool for children. They learn social skills like sharing and empathy through play as well as physical like gross and fine motor skills. We will discuss theories on play and learning as well as shaping lessons to maximize learning opportunities through play.

Call 301-290-0040 to register!

Coloring Outside the Lines ART is a Verb; not a NOUN!

9/21, 6:30pm-8:30pm



The purpose of art is to feel, discover, imagine, and create. Participants will learn about process and product art and about developmentally appropriate art activities for every age group. We will also make and take a fun shaving cream art activity!

Call 301-290-0040 to register for these classes and more!

September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labor Day PRC Office Closed	6	7 Center Aide Orientation 3P 6:00pm-9:00pm	8 What Does Developmentally Appropriate Mean? 2C 6:30pm-8:30pm	9	10 Medication Administration 6HSN 9:00am-4:00pm
11	12 What Parents Really Want to Know 2CM 6:30pm-8:30pm	13	14 Play With A Purpose 2CD 6:30pm-8:30pm	15	16	17
18	19	20	21 Coloring Outside the Lines ART is a Verb; not a NOUN! 2C 6:30pm-8:30pm	22 Including All Children and the Americans With Disabilities Act 3SN 6:00pm-9:00pm	23	24 CPR & First Aid 9:00am-1:00pm
25	26	27	28 SIDS 1HSN 6:30pm-7:30pm	29 Science, Technology, Engineering and Math (STEM) in the Early Childhood Program: Discover STEM 2C 6:30pm-8:30pm	30	

September 2016

9/7-Center Aide Orientation (3P)

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

Time: 6:00pm-9:00pm, Instructor: Patricia Carruth

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

9/8-What Does Developmentally Appropriate Mean? (2C)

Come explore what "Developmentally Appropriate" really means and how you can implement standards into your child care program. * [Free Healthy Beginnings Book + Poster Prize](#)

Time: 6:30pm-8:30pm, Instructor: Julie Lowthert

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

9/10- 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

9/12- What Parents Really Want to Know (2CM)

Communicating with parents is challenging. Discussion in this class will include effective communication strategies for building positive relationships.

Time: 6:30pm-8:30pm

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

9/14-Play With A Purpose (2CD)

Enhance your knowledge of the purpose of play by looking at theories and the latest research. Rediscover the purpose behind the learning activities we plan for children. * [Nursery Rhyme Poster Set Giveaway](#)

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

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

9/21- Coloring Outside the Lines ART is a Verb; not a NOUN! (2C) ***NEW!

The purpose of ART is to feel, discover, imagine and create. Participants will learn how to meet the NAFCC accreditation standards regarding developmentally appropriate art materials. Strategies will be discussed regarding overcoming challenges, planning activities, and implementation of developmentally appropriate art activities for children. * [Make & Take Fall Foliage Mobile](#)

Time: 6:30pm-8:30pm, Instructor: Patricia Carruth

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

9/22-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

9/24- 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

9/28- SIDS (1HSN)

This one-hour workshop will discuss information on how to reduce the risk of SIDS in the child care setting. *Any provider planning on becoming licensed to care for infants needs to complete this workshop.

Time: 6:30pm-7:30pm, Instructor: Julie Lowthert

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

9/29- Science, Technology, Engineering and Math (STEM) in the Early Childhood Program: Discover STEM (2C)

STEM focuses on student's engagement and skills from the earliest grades in science, math and technology to help foster interest for their later school years and careers. The ultimate goal is to grow the proficiency level of students in sciences and mathematics. This workshop introduces participants to STEM and its importance as well as relevance in early childhood programs.

Time: 6:30pm-8:30pm, Instructor: Sara Ott

Fee: \$25 Member, \$30 Non-Member * [Make & Take Foaming Dragons + Free Giveaways](#)

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

October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Fit From the Start 1.5C, 1.5HSN 9:00am-12:00pm Kids in Motion: Music and Movement Activities for the Whole Child 1:00pm-4:00pm 1SN, 1CD, 1C
2	3	4 Multiple Intelligences: Discovering Gifts and Empowering Children 1C, 1SN 6:30pm-8:30pm	5	6	7	8 Medication Administration 6HSN 9:00am-4:00pm
9	10	11	12	13 Supporting Breastfeeding in Child Care 6:30pm-7:30pm	14	15 CPR & First Aid 9:00am-1:00pm
16	17 Including All Children and the Americans With Disabilities Act 3SN 6:00pm-9:00pm	18	19 Understanding Linguistic and Cultural Diversity and Language Acquisition 1CD, 1SN 6:30pm-8:30pm	20	21	22 On Track: All Aboard for Developmental Progress Overview 2CD, 2P 8:00am-12:00pm
23	24 Toilet Training: Catching the Cues of the Potty Dance 2CD 6:30pm-8:30pm	25	26	27	28	29

October 2016

10/1— Fitness Saturday

Join us on the first Saturday in October for Fitness Saturday! This is a 2 part series focusing on healthy behaviors including diet and exercise for children! See descriptions below.

****Register for Parts 1 & 2 and receive a special price of \$50!** (Special pricing is for members only. Non-Member price is \$70).

Part 1: Fit From the Start (1.5C, 1.5HSN)*** NEW!

Take a good hard look at diet and nutrition choices you have been making for the children you care for. Learn about childhood obesity, nutrition mistakes, and healthy recipes to make for breakfast and lunch!

Time: 9:00am-12:00pm, Instructor: Patricia Carruth

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

Part 2: Kids in Motion: Music and Movement Activities for the Whole Child (1SN, 1CD, 1C) ***NEW!

Learn fun techniques to get kids moving and shaking ! This training will examine the effects of music and movement on children and child care. Through hands-on activities, participants will experience effective strategies for incorporating music and movement into their classroom or home!

Time: 1:00pm-4:00pm, Instructor: Diane Stearns

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

10/4— Multiple Intelligences: Discovering Gifts and Empowering Children (1C, 1SN) ***NEW!

Every child learns in a different way. Some children are auditory learners (they learn best from listening), some visual (they learn by seeing), and some learn by doing. This workshop will discuss ways to promote learning environments that meet the needs of all children.

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

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

10/8— 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

10/13— Supporting Breastfeeding in Child Care

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

Time: 6:30pm-7:30pm, Instructor: Julie Lowthert

Fee: \$10 Member, \$15 Non-Member

10/15—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

10/17—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: Kelly Hutter

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

10/19— Understanding Linguistic and Cultural Diversity and Language Acquisition (1CD, 1SN) ***NEW!

Southern Maryland is home to families from all over the world and it shows in the child care setting. Learn how to overcome language and cultural boundaries so that you can give your best care to the children in your center or home.

Time: 6:30pm-8:30pm, Instructor: Patricia Carruth

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

10/22— On Track: All Aboard for Developmental Progress Overview (2CD, 2P)

Participants will learn about the importance of developmental screeners and how they can be a useful tool to child care programs.

Time: 8:00am-12:00pm, Instructor: Sarah Sutherland

Fee: \$35 Member, \$40 Non-Member

10/24— Toilet Training: Catching the Cues of the Potty Dance (2CD) ***NEW!

This workshop is designed to address challenges of toilet training in a child care program. We will discuss developmental readiness of the child vs. the readiness of the adult. Learn sure fire toilet training techniques including celebrating and the power of peer pressure.

Time: 6:30pm-8:30pm, Instructor: Julie Lowthert

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



September is National Childhood Obesity Awareness Month

In observance of National Childhood Obesity Awareness Month, The Promise Resource Center encourages all child care providers to establish a safe and supportive environment that promotes good nutrition and a healthy lifestyle.

What exactly can child care providers do?

Provide Healthy Eating Experiences

- Provide healthy meals and snacks. Use plenty of vegetables, fruits, and whole grains.
- Limit high sugar and fat foods.
- Provide opportunities to help children develop positive attitudes about healthy foods and learn appropriate eating patterns, mealtime behavior, and communication skills.

Promote Physical Activity

- Provide daily outdoor or alternative activities during bad weather.
- Encourage children to keep moving by including active games and play throughout the day, such as music, dance, and make-believe.

Teach Healthy Eating Habits

- Provide daily nutrition activities, lessons, and learning experiences to promote positive attitudes about good nutrition and health.
- Provide parents with information on children's nutrition needs and healthy eating so they can encourage young children to develop healthy eating habits.

- Be a role model. Set a good example for children to follow by demonstrating healthy eating behaviors and an active lifestyle.

Promote a Healthy Body Image

- Be supportive. Help children to accept and feel good about themselves by supporting, accepting, and encouraging them, regardless of their body size or shape.
- Provide opportunities for children to master skills using their bodies. Build self-esteem by praising each child's strengths.

View our courses below for more information.

- **Childhood Obesity**
- **Nutrition**
- **Nutrition: Curriculum Development Tools**
- **Physical Activity**
- **Physical Activity for Children with Disabilities**
- **Promoting Nutrition & Physical Activity in Child Care**



Smart Horizons is accredited by the International Association for Continuing Education and Training (IACET) and is authorized to issue the IACET CEU.

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