



Are you prepared for winter weather?



In this issue we will talk about:

- The dangers of car seats & coats
- Winter STEM activities

happiest

NEW YEAR!

Happy new year from the PRC Staff! We hope that you had an excellent holiday season and are looking forward to the new year! Here at PRC, we are busy gearing up for a winter season full of **BRAND NEW** trainings, Pop-Up Trainings, and more that will benefit providers and families in southern Maryland! We hope that you will join us as we head into 2019 with new ideas and plans to help us better serve you!

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's Featured Trainings

1/28-Capturing Child Development Through Portfolios

Portfolios are an important tool for providers and parents to track the progress and achievements of a child. In this training, we will discuss what a portfolio is, the many purposes of a portfolio, and how to create an appropriate and informative portfolio.

***Participants will go home with sample portfolios to use in their home or center!**

Time: 6:00pm-9:00pm, \$30/members, \$35/non-members



1/31- Classroom Schedules and Transitions: Tricks and Tips to Help Your Day Run Smoothly

Do you ever feel like your arsenal of transitions is running out? Or that your schedules are becoming boring or cluttered? Join us on Thursday, January 31 for this great training on planning and organization! We will talk about ways to maximize your time through scheduling and work on transitions that will get children on track and ready for the next activity!

***Participants will go home with a mini Tricks and Tips Booklet!**

Time: 6:00pm-9:00pm, \$30/members, \$35/non-members



What's Ahead in February?

2/25- What Happened to the World? Helping Children Cope

Our children are growing up in a very different world than children who grew up even in the last decade! With ever advancing technology, new research in child development, new laws, and even new best practices, it can be hard for parents and child care providers to keep up! In this training we will discuss coping skills and building resilience to help children deal with the rapid evolution of the world they live in.

***NEW TIME*: 6:00pm-8:00pm, \$25/members, \$30/non-members**

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.



Inclement 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 visit www.csmd.edu.

THE DANGERS OF CAR SEATS & COATS

Winter brings cold weather and potentially slick roads, but families still need to travel every day. We bundle up our children to help them brave the elements, but a bulky coat and a car seat can be a dangerous combination. The bulk from the coat can keep the harness too loose to safely protect the child in the event of an impact or accident.

There are ways to safely transport children in child car seats while still keeping them warm. Here are some tips for providers and parents to follow from the experts at Consumer Report's Auto Test Center:

Step 1: Put the coat on your child, sit him or her in the car seat and fasten the harness. Tighten the harness until you can no longer pinch any of the webbing with your thumb and forefinger.

Step 2: Without loosening the harness at all, unhook it and remove your child from the car seat. Take the coat off, put your child back in the car seat, and buckle the harness straps, which should be adjusted just as they were when the child was wearing the coat.

If you can pinch the webbing between your thumb and forefinger now, then the coat is too bulky to be worn under the harness.



If you find that the coat can't be safely worn under the harness, here are a couple of things you can do:

For smaller children, put a blanket over them to keep them warm.

Only use aftermarket covers, essentially fitted blankets, designed to give additional warmth that are approved by the car-seat manufacturer for your specific car seat. Such covers have been tested with the seat and won't compromise your child's safety.

For a bigger child, after securing him or her in the car seat, turn the coat around and put it on backward (with arms through the armholes), so the back of the coat serves as a blanket resting on top of the harness.

Winter STEM Activities

To keep kids engaged while staying indoors and out of the cold!

Growing Ice Experiment

Place unopened bottles of water in your freezer and leave them there for about 2 hours and 45 minutes.

While you wait for your water bottles to cool, prep a work station with a container of ice.

After the 2 hours and 45 minutes, your water should not be frozen. Gently carry the water to your work station. DO not shake, bump, or disturb the water as it will freeze.



Slowly pour the water onto the ice in the container. The ice should freeze the water on impact and create "growing ice"!

Arctic Blubber Experiment

Have children put their bare hands in a bowl of icy water for as long as they can (up to 30 sec.).

Once their hand is dry, put a rubber glove on their hand and make a fist.

Layer the fist with lots of canned shortening.

Place plastic wrap over the hand and shortening to create a seal.

Have child put their hand back in the water and feel the temperature difference.


Explain that arctic animals have a layer of blubber that keep them warm in icy conditions.




Looking for more STEM activities?



Join us on January 23 at our
FIRST Pop-Up Training for
more information on STEM
and activities that children
will love!



POP-UP TRAINING



The Promise Resource Center is partnering with centers and organizations throughout Charles, St. Mary's, and Calvert counties to provide new, convenient locations for trainings. These trainings will be one-time only at each location and unless otherwise noted, all other trainings will remain at The Promise Resource Center. Keep an eye out over the next few months, a training may "pop up" near you!

Upcoming:


GROWING STEM MINDS


January 23, 2019 • 10am-1pm

HOLLYWOOD RECREATION CENTER
24400 MERVEL DEAN RD, HOLLYWOOD, MD 20636

\$30 for members, \$35 for non-members
3 COK hours of curriculum

Learn about the importance of STEM education in early childhood. Join us for a fun day of exploring activities and resources that can be used when incorporating science, technology, engineering, and mathematics into an early childhood curriculum. Hands on STEM activities will also be utilized.





Call 301-290-0040 or visit
www.thepromisecenter.org/register

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

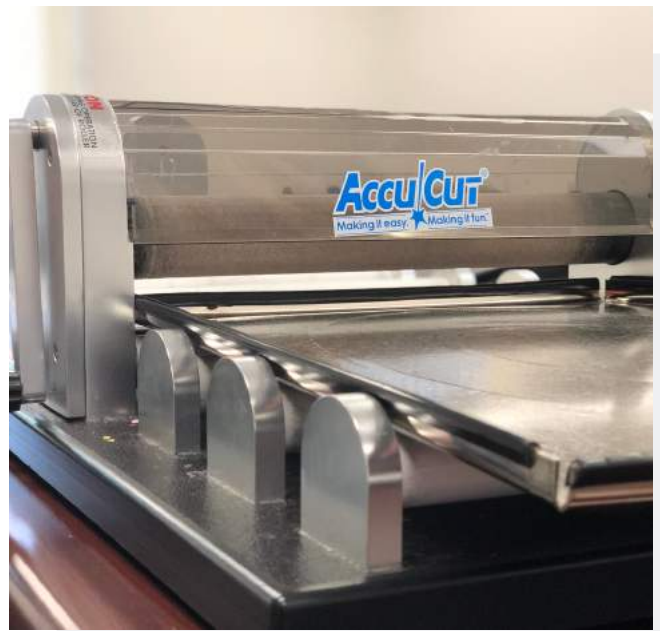
Apply a thin coating of wax to paper or laminated materials to make them removable! Purchase our paper or bring your own!

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.

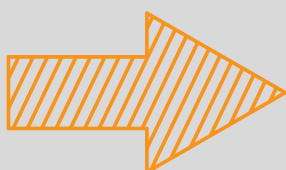
Visit thepromisecenter.org/register or call 301-290-0040 to register for membership today!



Become a member today!

Complete and mail this form + payment to:

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



Membership Application

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

Membership Type

Renewal _____ New _____

Center/Group _____ Individual _____

LOCATE: CHILD CARE



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.



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



MARYLAND CHILD CARE
RESOURCE NETWORK

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The Promise Resource Center is a member agency of the Maryland Childcare Resource Network with funding provided by Maryland Family Network.

JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 Autism Spectrum Disorder: A Child's Perspective 6:00pm-9:00pm Instructor: Erica Love	9	10	11	12 Achieving Quality Standards in Early Education 9:30am-12:30pm @ Charlotte Hall Library + Lunch & Workgroup CPR & First Aid 9:00am-1:00pm Instructor: Jay Hyde
13	14	15	16 Becoming Aware of Cultural Issues 6:30pm-8:30pm Instructor: Diane Stearns	17	18	19
20	21	22	23 Growing STEM Minds @ Hollywood Recs and Parks 10:00am-1:00pm Instructor: Lindsay Edwards *POP-UP TRAINING* See Reverse Side for Details	24	25	26 Medication Administration 9:00am-4:00pm Instructor: Pat Jennings
27	28 Capturing Child Development Through Portfolios 6:00pm-9:00pm Instructor: Melissa Campbell	29	30	31 Classroom Schedules and Transitions: Tricks and Tips to Help Your Day Run Smoothly 6:00pm-9:00pm Instructor: Julie Lowthert		

JANUARY 2019

Training Descriptions:

1/12—Achieving Quality Standards in Early Education

@ Charlotte Hall Library

All programs have the opportunity to contribute and commit to a common goal that all children should be provided with the best care and education possible. Join us and explore the Maryland quality initiatives we can all be part of.

Time: 9:30am-12:30pm, COK: 3 hours of professionalism

Fee: \$35 for members or \$40 for non-members

Includes Lunch, Workgroup focused on Accreditation, MD EXCELS, & Credentialing, & Lots of MD EXCELS Swag!

1/12—CPR & First Aid—OCC Requirement

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

Fee: \$75 for members and non-members

1/16—Becoming Aware of Cultural Issues

Having a deeper understanding of culture helps child care providers to become more aware of differences among children in their program, as such, they are better enabled to create learning environments that are sensitive to the values and beliefs of each child's family.

Time: 6:30pm-8:30pm, COK: 1 hour of community and 1 hour of professionalism

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

1/23—Growing STEM Minds *POP-UP TRAINING*

@ Hollywood Recreation Center

24400 Mervel Dean Rd, Hollywood, MD 20636

Learn about the importance of STEM education in early childhood. Join us for a fun night of exploring activities and resources that can be used when incorporating science, technology, engineering, and mathematics into an early childhood curriculum. Hands on STEM activities will also be utilized.

Time: 10:00am-1:00pm, COK: 3 hours of curriculum

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

1/26—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 and school aged children in child care centers and homes. You must pass a pre/post test for successful completion. You may bring a bag lunch or go to a fast food restaurant in the area.

Time: 9:00am-4:00pm, COK: 6 hours of health, safety, and nutrition

Fee: \$65 for members and non-members

1/28—Capturing Child Development Through Portfolios

Participants will gain an in-depth introduction to what a portfolio is and the purpose it serves for educators. Participants will examine samples of what comprises a portfolio, how to appropriately collect samples and record observations, and resources available to assist with planning based on observations. Participants will gain a greater understanding of the connection between compiling a portfolio and understanding a child's individual development throughout the course of a year.

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

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

1/31—Classroom Schedules and Transitions: Tricks and Tips to Help Your Day Run Smoothly

Having a great schedule that considers the needs and capabilities of your infants/toddlers/preschoolers can make the difference between great days and not-so-good days. The training empowers teachers to create schedules that will get the most out of their day and the most out of the children in their care.

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!

What is a Pop-Up Training?

The Promise Resource Center is partnering with centers and organizations throughout Charles, St. Mary's, and Calvert counties to provide new, convenient locations for trainings. These trainings will be one-time only at each location and unless otherwise noted, all other trainings will remain at The Promise Resource Center. Keep an eye out over the next few months, a training may "pop up" near you!

FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Conflict Resolution Strategies 9:30am-12:30pm @ Leonardtown Library Instructor: Beth Hancock *Free for St. Mary's Residents through funding received from the St. Mary's County Department of Economic Development
3	4	5 Basic Health and Safety Training 6:00pm-9:00pm Instructor: Diane Stearns	6 Including All Children and the Americans with Disabilities Act @Carter's Webb Learning Center (formally Noah's Ark) 6:00pm-9:00pm Instructor: Erica Love Pop-Up Training See Reverse for Details	7	8	9 CPR & First Aid 9:00am-1:00pm Instructor: Jay Hyde
10	11	12	13 Maryland Child Care Credential Program Overview 6:30pm-8:30pm Instructor: Thea Quible	14	15	16
17	18 PRC Office Closed	19	20	21 Enhancing Rituals and Routines 6:00pm-9:00pm Instructor: Julie Lowther	22	23
24	25 What Happened to the World? Helping Children Cope 6:00pm-8:00pm Instructor: Patricia Carruth NEW TIME!!	26	27 Character Development in Preschool 6:00pm-9:00pm Instructor: Lindsay Edwards	28		

FEBRUARY 2019

Training Descriptions:

2/2—Conflict Resolution Strategies

@ Leonardtown Library

When conflicts arise in child care, it's important to know how to professionally and appropriately address the situation. Come examine what causes conflict, how to prevent conflict, strategies for handling a conflict, and ways to build and maintain positive relationships with coworkers, families, and friends.

Time: 9:30am-12:30pm, COK: 3 hours of professionalism

Fee: Free for St. Mary's County Providers through funding received from the St. Mary's County Department of Economic Development

Calvert and Charles County Fee: \$30 for members, \$35 for non-members

2/5—Basic Health & Safety Training—OCC Requirement

This workshop will satisfy the pending regulation requiring all child care providers, including all center staff and family providers, to complete this workshop. This workshop was developed in partnership with the National Center for Early Childhood Health and Wellness, Child Care Aware of America, the American Academy of Pediatrics, and Maryland Family Network, with support from the Maryland State Child Care Association.

Time: 6:00pm-9:00pm, COK: 3 hours of health, safety, and nutrition

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

2/6—Including All Children and The Americans with Disabilities Act—OCC Requirement *POP-UP TRAINING*

@ Carter's Webb Learning Center (formerly Noah's Ark)

4214 Old Town Rd, Huntingtown, MD 20639

This training will go over the requirements of the ADA, 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

2/9—CPR & First Aid—OCC Requirement

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

Fee: \$75 for members and non-members

2/13—Maryland Child Care Credential Program Overview

Are you interested in learning how to apply for the Maryland Credential but are overwhelmed with the process and paper shuffle? This is the workshop for you! Come make sense of the Maryland Credential and start taking advantage of the many benefits.

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

Fee: \$15 for members and non-members

2/21—Enhancing Rituals and Routines

This workshop focuses on why rituals and routines are important and shares new ideas for enhancing or extending what educators do to encourage children's growth and development, connect with families, and highlight the unique aspects of their program. Participants will have opportunities to share ideas, try strategies, and learn new techniques for helping children with separations and transitions, enriching group times, providing adaptations for children who need assistance, and transforming everyday routines into learning opportunities.

2/25—What Happened to the World? Helping Children Cope

Adults largely set the emotional landscape for children. Children depend on us to be strong, to know what is happening and to guide them through turbulent times. Learn ideas and language for responding to children's questions and reactions during these times.

***New* Time: 6:00pm-8:00pm, COK: 2 hours of community**

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

2/27—Character Development in Preschool

Find out who said, "Character is like a tree and reputation like its shadow." The shadow is what we think of it; the tree is the real thing. Explore effective practices and activities that help to develop positive character traits - honesty, empathy, citizenship - in preschool-aged children.

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

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

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