



In this issue we will talk about:

- February Training Highlights
- PRC's Spring Conference
- Valentine's Day Activities
- Teaching Preschoolers about Emotions

♥ HAPPY *Valentine's* DAY ♥

Love means caring deeply and having affection for others. This month, we encourage you to find more ways to show love to the children you care for.

Did you? KNOW?

Science supports the idea that warmth and affection expressed by parents and caregivers to their children results in life-long positive outcomes for those children.

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!



February's Featured Trainings

2/21-Enhancing Rituals and Routines

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 routines into learning opportunities.



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

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



What's Ahead in March?

3/ 26-What's In Their Backpack: The Impact of Trauma



This engaging workshop discusses the effects and impact that trauma can have on the brain. It not only affects children in the moment, but throughout life if gone untreated. By understanding the effects of trauma on the brain, we can gain insight into children's behavior.

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

**Earn 6 COK
Hours
+
1 PAU!**



THE MISUNDERSTOOD CHILD: UNDERSTANDING SENSORY NEEDS

PRC'S SPRING CONFERENCE

Featuring **Kathy Moore**, Director of Rehabilitation Services at CalvertHealth Medical Center, who will be speaking on the importance of understanding hypo- and hyper-sensitive children.

Emily Phipps, Occupational Therapist at CalvertHealth Medical Center, will continue the discussion with how therapists are working with children who are sensory sensitive.

An afternoon session with **Erica Love** and **Kim Welch**, Behavior Consultants from The Promise Resource Center, will include strategies for having a sensory friendly classroom and how to support children who may need accommodations in the classroom due to sensory sensitivities.

Participants will also leave the conference with materials and supplies to begin making their space sensory friendly upon return to the classroom.

Cost: \$50 for members

\$55 for non-members

Includes:

- 1 PAU
- 3 COK hours of special needs, 2 hours of child development and 1 hour of professionalism
- Sensory Friendly Materials & Supplies
- Giveaways & Prizes
- Behavior Management Tips
- Continental Breakfast & Lunch*

**MARCH 30, 2019, 9:30AM-4:45PM
WALDORF WEST LIBRARY**

Please call 301-290-0040 to register or visit us online at www.thepromisecenter.org/register
SPACE IS LIMITED!! Register Early!

Lunch will be provided, please inform PRC of any dietary restrictions upon registration

Upcoming Community Events



Parent Chat & Chew

Join us in a conversation about supporting your child's mental health and development

Dear Parent,
We invite you to a conversation about understanding how clinicians make decisions about assessing and diagnosing young children under the age of five and how you can best support and advocate for your child's needs throughout this process.

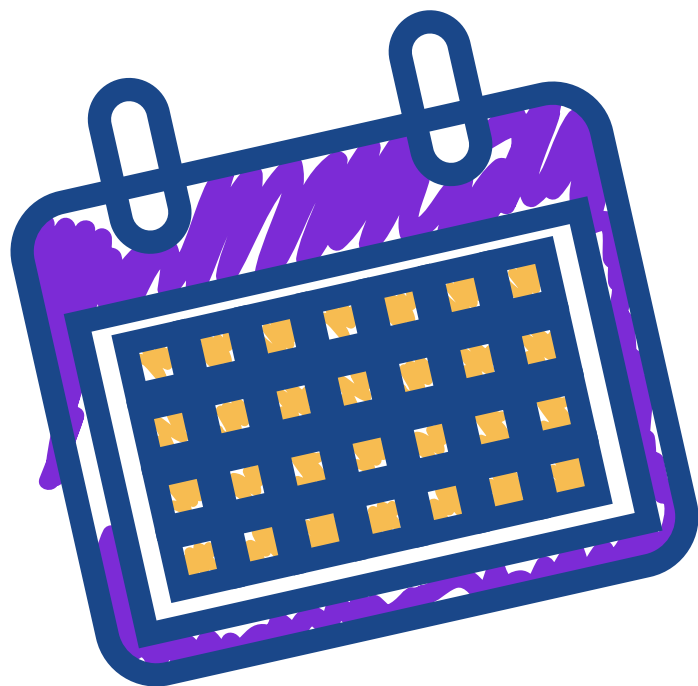
DATE & TIME:
Tuesday, February 12th, 2019
6:30pm to 8:00pm

LOCATION:
Promise Resource Center,
29958 Killpeck Creek Ct.
Charlotte Hall, MD 20622

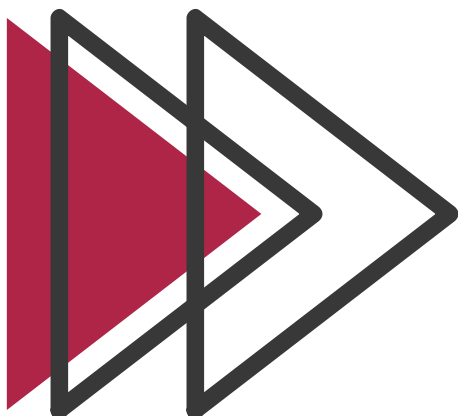
PLEASE RSVP BY PHONE, TEXT OR EMAIL TO ANGELA MCRAE AT:
amcrae@mdcoalition.org
443.546.0617

THIS EVENT IS FREE OF CHARGE. LIGHT REFRESHMENTS AND STIPENDS FOR TRAVEL AND CHILDCARE WILL BE OFFERED.

MCF



Free Training!



SAVE THE DATE!

Thursday, February 28, 2019!



St. Mary's County Public Schools'
Conscious Discipline Free Workshop

Executive Function-Social Emotional Learning
Presented By Amy Speidel

We want to give you the tools to change your world and shape your child's behavior. Childcare & ECE advocates, and other primary caregivers of children are invited to participate in a FREE Social-Emotional Learning Workshop. Conscious Discipline strategies work with the most challenging behaviors at home or out in the community while making your child feel safe, connected, and empowered to problem solve.

Please join us.

When: Thursday, February 28, 2019

Where: Lexington Park Library
(21677 Franklin Roosevelt Blvd, Lexington Park, MD 20653)

Time: 8:30 a.m. to 4:00 p.m.

MSDE CORE OF KNOWLEDGE HOURS WILL BE AVAILABLE FOR PARTICIPANTS!

FUNDED BY: STRIVING READERS GRANT

*** More information to follow**



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.



Teaching Children About Emotions

Just like adults, children need to develop strategies for managing their emotions, so that they can build social-emotional skills. When children are more socially and emotionally aware and skilled, they can more effectively navigate relationships, calm down and problem solve when challenges arise.

But unlike many adults, it can be difficult for children to recognize and understand emotions in themselves and others without adult support. The process of calming down when upset and using words to describe feelings and address challenges requires a lot of practice. It also requires a lot of adult support. When adults provide support and explanations, it helps children understand what they can do to manage their feelings. Children who learn how to understand emotions in themselves and others are better able to regulate their own responses to strong emotions.

Helping children to identify and label emotions is an important first step. Many preschoolers do not yet have the vocabulary to identify feeling words like angry or frustrated, or have the skills to "read" facial cues or to interpret body language. Adults support children's social-emotional development when they label and talk about emotions.

Ways to support children's emotional understanding:

- ▶ Ask children how they feel and notice children's feelings throughout the day. For example, when a child has a concern or problem, ask questions or make comments like, "How are you feeling?" or "It looks like you might be feeling sad about something."
- ▶ Talk with children throughout the day about emotions. For example, when reading books to children, label the characters' emotions and point out the facial expression and body language of the characters in books.
- ▶ Talk about how you are feeling during the day in appropriate ways. For example, "I am feeling happy today because today we are going on our field trip!" or "I am feeling sad today because I had to take my sick dog to the vet." Direct children to look at your facial expressions and body language as you say, "How can you tell I'm feeling happy today?"

Valentine's Day Activities

Easy and affordable activities to teach children about Valentine's Day!

"I Love You to Pieces" Fine Motor Activity

For this activity you will need construction paper, tissue paper, a heart outline on paper, scissors, and glue.

Have each child cut small squares of multi-colored tissue or construction paper. Remind children of proper scissor handling techniques. For smaller children, or those who struggle with scissors, have them tear paper into smaller pieces.

Let children glue the pieces onto the heart outline. The picking up, handling and gluing of such small pieces of paper are great for fine motor development!

Once dry, have children give the craft to parents as an adorable Valentine's Day gift!



Candy Heart Science Experiment

To get things started, find some kind of container. You can use empty water bottles, glass mason jars, plastic bowls, etc.

Next up is deciding on which liquids to use. Since these experiments are meant to be easy, you can use what you have on hand. For example, water, clear soda, dark soda, vinegar, juice, corn syrup, etc.

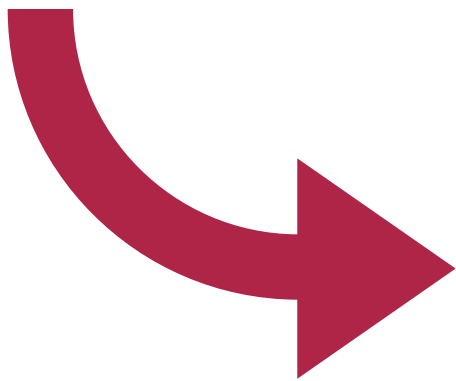
Have children make predictions about how the candy hearts will change in each liquid.

Put candy hearts into liquid and note the instant changes.

Check back in a few minutes to see additional changes/transformations.



Looking for more fun activities?



Visit our website and facebook page for early learning activities, videos, tips, and articles.

Early Learning Articles, Tips and Activities

[All](#) / [Fine Arts](#) / [Health](#) / [Language & Literacy](#) / [Math](#) / [Physical Education](#) / [Science](#) /

[Social / Emotional Foundations](#) / [Social Studies](#)



JANUARY 31, 2019

Valentine's Day Fortune Cookies

Looking for the perfect valentine craft for your children? Look...



JANUARY 31, 2019

Valentine's Day Lacing Cards: Fine Motor Skills



JANUARY 25, 2019

Valentine's Day Heart Bag: Social Foundations



JANUARY 10, 2019

Winter STEM Activities



JANUARY 10, 2019

The Dangers of Coats & Car Seats



OCTOBER 9, 2018

Fall STEM: Sink or Float Activity

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.

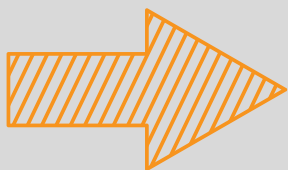
Visit thepromisecenter.org/register or call 301-290-0040 to register for membership today!



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

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

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

FEBRUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Basic Health and Safety Training 6:00pm-9:00pm Instructor: Diane Stearns Fee: \$30/\$35	6 Including All Children and the Americans with Disabilities Act Pop-Up Training! @ Carter's Webb Learning Center 6:00pm-9:00pm Instructor: Erica Love Fee: \$30/\$35	7	8	9 CPR & First Aid 9:00am-1:00pm Instructor: Jay Hyde Fee: \$75
10	11	12	13 Maryland Child Care Credential Program Overview 6:30pm-8:30pm Instructor: Thea Quible Fee: \$15	14	15	16
17	18 PRC Office Closed	19	20	21 Enhancing Rituals and Routines 6:00pm-9:00pm Instructor: Julie Lowthert Fee: \$30/\$35	22 Accreditation Orientation 1:00pm-3:00pm @ Carter's Webb Learning Center FREE for Child Care Center Directors and Staff	23 Conflict Resolution Strategies 9:30am-12:30pm Instructor: Beth Hancock *Free for St. Mary's Providers Fee: \$30/\$35
24	25 What Happened to the World? Helping Children Cope 6:00pm-8:00pm Instructor: Patricia Carruth Fee: \$25/\$30 NEW TIME!!	26	27 Character Development in Preschool 6:00pm-9:00pm Instructor: Lindsay Edwards Fee: \$30/35	28		

Training Descriptions:

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

2/22—Accreditation Orientation

@ Carter's Webb Learning Center
4214 Old Town Road, Huntingtown, MD 20639

Learn about the steps and process of receiving Maryland Accreditation. This class is for Center Directors and Assistant Directors.
Time: 1:00pm-3:00pm, COK: 2 hours of professionalism
Fee: Free for Child Care Center Directors and Staff

2/23—Conflict Resolution Strategies

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 or \$35 for non-members

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

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!

MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Maryland EXCELS: Level 3 The Benefits of Aiming for Higher Quality 6:30pm-8:30pm Instructor: Thea Quible Fee: \$15	5	6	7 Supporting Breastfeeding in Child Care and Reducing the Risk of Sudden Infant Death Syndrome (SIDS) 6:00pm-7:00pm Instructor: Julie Lowthert Fee: \$10/\$15	8	9 CPR & First Aid 9:00am-1:00pm Instructor: Jay Hyde Fee: \$75
10	11	12	13 Marketing for Business Growth 6:00pm-9:00pm Instructor: Beth Hancock Fee: Free for St. Mary's County Providers, \$30/\$35 for Charles and Calvert County Providers	14 Supporting Young English Learners 6:00pm-9:00pm Instructor: Lindsay Edwards Fee: \$30/\$35	15	16
17	18 It's a Simple Story, Tell It! 6:00pm-9:00pm Instructor: Patricia Carruth Fee: \$30/\$35	19	20	21 Autism Spectrum Disorder: A Child's Perspective Pop-Up Training @ Blessed Lambs Preschool Instructor: Erica Love 6:00pm-9:00pm Fee: \$30/\$35 Parents Welcome! Parent Fee: \$25	22	23 Emergency and Disaster Preparedness 9:00am-4:00pm Instructor: Melissa Campbell Fee: \$50
24	25	26 What's In Their Backpack: The Impact of Trauma NEW TIME! 6:30pm-9:30pm Instructor: Diane Stearns Fee: \$30/\$35	27	28	29	30 PRC's Spring Conference 9:30am-4:45pm @ Waldorf West Library Fee: \$50/\$55 Medication Administration 9:00am-4:00pm Instructor: Pat Jennings Fee: \$65

MARCH 2019

Training Descriptions:

3/4—Maryland EXCELS Level 3: The Benefits of Aiming for Higher Quality

We will discuss what it takes to succeed at the third level of the Maryland EXCELS program.

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

Fee: \$15 for members and non-members

3/7—Supporting Breastfeeding in Child Care and Reducing the Risk of Sudden Infant Death Syndrome (SIDS)—OCC Requirement

This combination class meets the requirements for child care providers caring for children under the age of two. OCC Requirement.

Time: 6:00pm-7:00pm, 1 hour of continued education

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

3/9—CPR & First Aid—OCC Requirement

Participants will be trained in CPR for the infant, child and adult. This class meets the OCC requirements for child care facilities.

Time: 9:00am-1:00pm

Fee: \$75 for members and non-members

3/13—Marketing for Business Growth

This sessions provides low cost strategies and tips on how a provider can market their services to the community so that they become the child care of choice.

Time: 6:00pm-9:00pm, 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

\$30 for members or \$35 for non-members from Charles or Calvert Counties

3/14—Supporting Young English Learners

The best time for a child to learn a new language is in the early years of life. While children learn language naturally, there are specific strategies that should be employed to help the child learn English in the preschool classroom. This session gives educators the skills needed to help support the young English language learners in their care.

Time: 6:00pm-9:00pm, COK: 1 hour of child development, 1 hour of community and 1 hour of curriculum

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

3/18—It's a Simple Story, Tell It!

Storytelling is an integral part of our lives. We can enhance communication and encourage language development and social competence by expanding our capacity to tell stories.

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

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

3/21—Autism Spectrum Disorder: A Child's Perspective Pop-Up Training!

@ Blessed Lambs Preschool

3 Port Tobacco Rd, La Plata, MD 20646

This workshop will explore the world of autism as seen through the eyes of a child with a focus on the range and variance of symptoms as a spectrum disorder.

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

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

Parents Welcome! Parent Fee: \$25 + No Tests or Certificates

3/23—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

3/26—What's In Their Backpack: The Impact of Trauma

This engaging workshop discusses the effects and impact that trauma can have on the brain. It not only affects children in the moment, but throughout life if gone untreated. By understanding the effects of trauma on the brain, we can gain insight into children's behavior.

**New Time: 6:30pm-9:30pm, COK: 3 hours of child development*

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

3/30—PRC's Spring Conference

The Misunderstood Child: Understanding Sensory Needs

@ Waldorf West Library

10405 O'Donnell Pl, Waldorf, MD 20603

Featuring Kathy Moore, Director of Rehabilitation Services at CalvertHealth Medical Center, who will be speaking on the importance of understanding hypo- and hyper-sensitive children.

Emily Phipps, Occupational Therapist at CalvertHealth Medical Center, will continue the discussion with how therapists are working with children who are sensory sensitive.

An afternoon session with Erica Love and Kim Welch, Behavior Consultants from The Promise Resource Center, will include strategies for having a sensory friendly classroom and how to support children who may need accommodations in the classroom due to sensory sensitivities.

Participants will also leave the conference with materials and supplies to begin making their space sensory friendly upon return to the classroom.

Continental breakfast and lunch will be provided. Attendees will also receive 1 PAU for attending a local conference.

Time: 9:30am-4:45pm, COK: 3 hours of special needs, 2 hours of child development, and 1 hour of professionalism

Fee: \$50 for members or \$55 for non-members

3/30—Medication Administration—OCC Requirement

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

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!