

LOOKING FOR FESTIVE CRAFTS?

We have craft time ideas
covering fall, Halloween,
Thanksgiving, and Winter!

Open our pages to find
more!

**In this issue we will talk
about:**

- Upcoming Trainings
- How to teach children
about thankfulness
- Crafts for the rest of the
year!



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!



OCTOBER TRAINING HIGHLIGHTS



Community Helpers

OCT
23

This course celebrates the work people do in our communities- all while learning about Community Helpers all around town. Ideas about collaboration with the community and the concepts of social and emotional development and social studies help the natural curiosity of children learn about other people and to develop a strong sense of identity- inclusive for all early social studies and community learners.
3-hours Curriculum

"I Love You Rituals" and Other Routines for Infants and Toddlers

OCT
24

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 in incorporate rituals and routines into daily activities that contribute to positive cycles of brain development.
2-hours Child Development

COMING IN NOVEMBER

November 7, 2019



SUPPORTING
BREASTFEEDING IN
CHILD CARE

6-6:30PM
\$10/\$15

SIDS, SUID, AND
OTHER SLEEP RELATED
INFANT DEATHS

6:30-8:30PM
\$25/\$30



HOW TO TEACH CHILDREN ABOUT BEING THANKFUL

Fall and Thanksgiving are notorious for gathering together and sharing what we are most thankful for in our lives. It is a time of reflection on ourselves. As adults, we are able to reflect and appreciate, however, children are not quite to this point.

So, how do you teach children about the importance of being thankful? We took a look at Care.com's resources and found some important activities that will help your child develop and reflect on what they are thankful for in their life.

<https://www.care.com/c/stories/3726/8-tips-for-teaching-kids-to-be-thankful/>

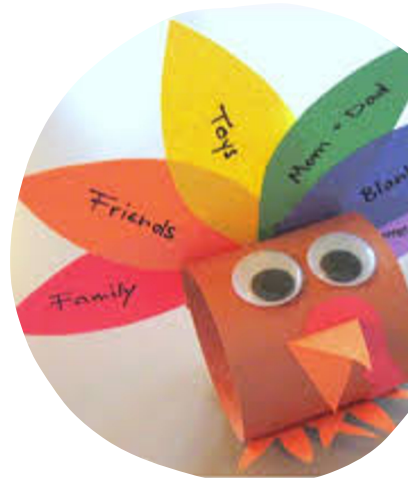
Create a "Thankfulness Jar"



Include a jar at home or in the classroom with a notepad and pen beside it. When someone comes up with what they are thankful for, add the note to the jar. Everyone should participate and include items big and small. Once Thanksgiving comes around, read them around the table or before children leave for Thanksgiving.

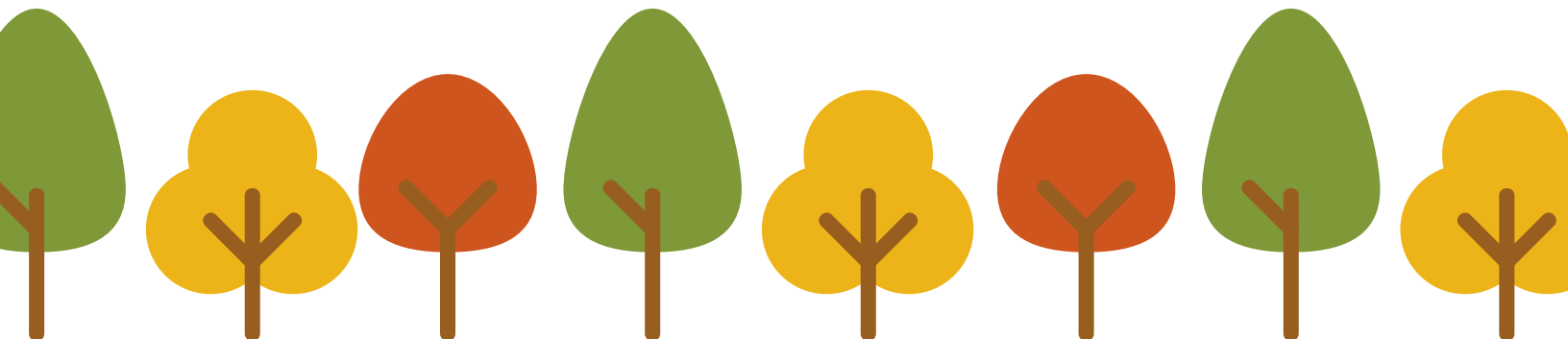
Build a Thankful Turkey

Use a hand turkey or find another template. Help the child write what they are thankful for on each of the turkey's feathers and let them color and decorate the turkey.



Write it out

Starting November 1, have a member of the family or child in your care write one thing they are thankful for. Try not to have repeats and include anything big or small.



"LEAF" IT TO ME: CRAFTS TO GET YOU THROUGH FALL



Pipe Cleaner Fall Decor

Twist together several pipe cleaners and bead them to look like corn or pumpkins! Twist together at the top to secure the ends. This project is great for working on fine motor skills!

Get your free template at <https://artscraftsymom.com/paper-weaving-fall-printables-fine-motor-activity/>. Weave paper strands through cut slits to create patterns!

Fall Weaving



Contact Paper Art

Draw your ghost shape on the non-sticky side of the contact paper. Use painters tape to secure the sheet to a window and have little ones use cotton balls or tissue paper to fill in the empty space!

Winter Wonderland Sensory Bottle

Grab your Voss water bottles and some glitter! These sensory bottles are so easy to make. Add items such as beads, orbies, or fake snow to create your own winter wonderland in a bottle!



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

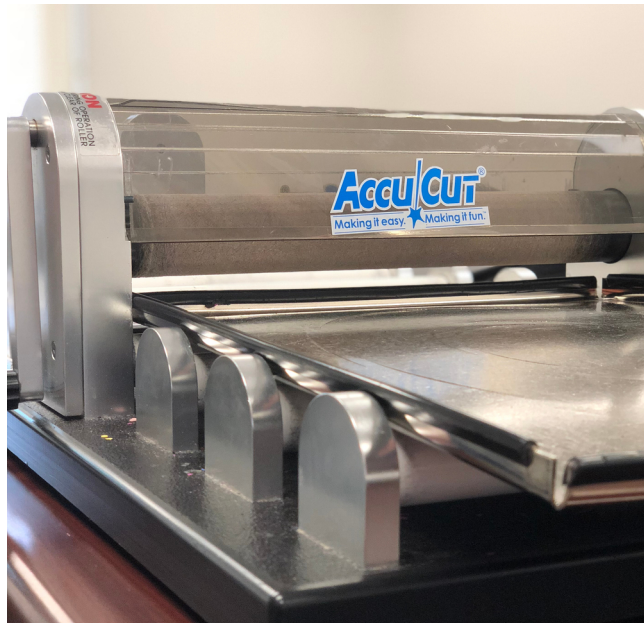
Apply a thin coating of wax to paper or laminated materials to make them removable! Purchase our paper or bring your own!

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.

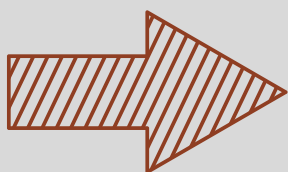
Visit thepromisecenter.org/register or call 301-290-0040 to register for membership today!



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.

OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Medication Administration 9:00am-4:00pm Instructor: Pat Jennings Fee: \$65
6	7 Encouraging Imaginative Play 6:00pm-9:00pm Instructor: Lindsay Edwards Fee: \$30/\$35	8	9	10	11	12
13	14 Columbus Day	15	16	17	18	19 CPR & First Aid 9:00am-1:00pm Instructor: Jay Hyde Fee: \$75
20	21 Basic Health and Safety 6:00pm-9:00pm Instructor: Diane Stearns Fee: \$30/\$35	22	23 Community Helpers 6:00pm-9:00pm Instructor: Beth Hancock Fee: \$30/\$35	24 "I Love You Rituals" and Other Routines for Infants and Toddlers 6:30pm-8:30pm Instructor: Julie Lowthert Fee: \$25/\$30	25	26 Conscious Discipline Professional Development Institute 8:30am-4:00pm CSM Prince Frederick FREE PDI *Lunch optional \$14 *Registration form required
27	28	29	30	31 Halloween		

Training

10/5—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 and post test. You may bring lunch or go to a fast-food restaurant in the area.

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

Fee: \$65 for members and non-members

10/7—Encouraging Imaginative Play

This training is designed to help participants understand the importance of imaginative play in children's development and how providing recycled and open-ended materials opens the doors of imagination and promotes executive function and higher-level thinking skills in young children. Through small and large group activities and discussions participants will identify relevant, responsive, and reflective strategies to spark creativity in the young child's environment.

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

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

10/19—CPR and 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

10/21—Basic Health and Safety

This training will satisfy the CCDF Health and Safety Requirements. This training is highly interactive and informative.

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

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

10/23—Community Helpers

This course celebrates the work people do in our communities- all while learning about Community Helpers all around town. Ideas about collaboration with the community and the concepts of social and emotional development and social studies help the natural curiosity of children learn about other people and to develop a strong sense of identity- inclusive for all early social studies and community learners.

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

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

10/24—“I Love You Rituals” and Other Routines for Infant 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 for non-members

10/26— Conscious Discipline Professional Development Institute

Conscious Discipline is a comprehensive evidence-based, trauma-informed self-regulation program that integrates social-emotional learning and discipline. Children walk through the doors of our schools equipped with the tools they have. For some children, these tools are exactly what the school experience requires. For others, their tool set is just emerging and their school success rests in our ability to add to those tools in a supportive way. By applying the 7 Powers and 7 Skills of Conscious Discipline children are able to build a skill set that will teach them how to self-regulate, build relationships, and solve social problems successfully.

Time: 8:30am-4:00pm, COK: 6 hours of child development

FREE

**Lunch optional—\$14*

CSM PRINCE FREDERICK

**REGISTRATION FORM REQUIRED*

Membership:

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- 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!

**All trainings are held at
PRC's location unless
otherwise stated.**

**8395 Old Leonardtown
Rd.
Hughesville, MD 20637**

NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 Supporting Breast Feeding in Child Care 6:00pm-6:30pm Instructor: Julie Lowthert \$10/\$15 SIDS, SUID and Other Sleep Related Infant Deaths 6:30pm-8:30pm Instructor: Julie Lowthert \$25/\$30	8	9
10	11	12 Why do Toddlers Bite? 6:30pm-8:30pm Instructor: Diane Stearns \$25/\$30	13 CPR and First Aid 6:00pm-10:00pm Instructor: Jay Hyde Fee: \$75	14	15	16
17	18	19 Including All Children and the Americans with Disabilities Act ADA 6:00pm-9:00pm Instructor: Erica Love Fee: \$30/\$35	20	21	22	23
24	25 Using Art to Heal Trauma 6:00pm-9:00pm Instructor: Lindsay Edwards \$30/\$35	26	27	28 Thanksgiving PRC CLOSED	29 PRC CLOSED	30

Training

11/7—Supporting Breast Feeding in Child Care

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

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

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

11/7—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

11/12 — Why do Toddlers Bite?

Why do toddlers bite and how can you control it? Participants will learn how to approach, problem solve and develop strategies for biting in the classroom. Participants will also learn how to communicate with parents during biting situations.

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

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

11/13 — 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: 6:00pm-10:00pm, OCC Requirement

Fee: \$75 for members and non-members

11/19—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

11/25—Using Art to Heal Trauma

Giving children opportunities to express themselves through creative art activities enables them to process experiences that trouble them. Explore the impact of trauma on the developing brain and explore the benefits to children of open art centers and free expressive art.

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

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

**PRC will be closed
November 28-29, 2019**

Membership:

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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!

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otherwise stated.**

**8395 Old Leonardtown
Rd.
Hughesville, MD 20637**

DECEMBER 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2	3 Building Your Resilience 6:00pm-9:00pm Instructor: Patricia Carruth \$30/\$35	4	5	6	7 Medication Administration 9:00am-4:00pm Instructor: Pat Jennings Fee: \$65
8	9 Creating Culturally Rich Environments with Loose Parts 6:00pm-9:00pm \$30/\$35	10	11 CPR and First Aid 6:00pm-10:00pm Instructor: Jay Hyde Fee: \$75	12 Storytime for Infants and Toddlers 6:00pm-9:00pm Instructor: Julie Lowthert \$30/\$35	13	14
15	16	17	18	19	20	21
22	23	24 Christmas Eve PRC CLOSED	25 Christmas Day PRC CLOSED	26 PRC CLOSED	27 PRC CLOSED	28
29	30 PRC CLOSED	31 New Year's Eve PRC CLOSED				

DECEMBER 2019

Training

12/3 — Building Your Resilience

In this workshop participants will learn how to improve resilience in their personal and professional lives. By improving resilience factors, they will be able to better cope with or recover from change, loss, adversity, and mistakes, as well as have the skills to bounce back from adverse situations.

Time: 6:00pm-9:00pm COK: 3 hours of professionalism

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

12/7—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 and post test. You may bring lunch or go to a fast-food restaurant in the area.

Time: 9:00am-4:00pm

Fee: \$65 for members and non-members

12/9 — Creating Culturally Rich Environments with Loose Parts

Young children are naturally curious about the people and places in their world, beginning with their family and local community. Creating an environment filled with loose parts that encourages exploration of their local culture and its people is an important component of early education.

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

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

12/11—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: 6:00pm-10:00pm OCC Requirement

Fee: \$75 for members and non-members

12/12 — Storytime for Infants and Toddlers

Infants and toddlers love being read to! In this session, we will learn about the literacy developmental milestones of our youngest learners. We will also explore how to choose appropriate books and identify strategies for planning and executing story time. We will view different story time techniques through videos and have an opportunity to plan and practice a story time.

Time: 6:00pm-9:00pm COK: 1 hour child development and 2 hours curriculum

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

All trainings are held at PRC's location unless otherwise stated.

**8395 Old Leonardtown Rd.
Hughesville, MD 20637**

**PRC will be closed
December 24, 2019—January 1, 2020**

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