

FEBRUARY NEWSLETTER & CALENDAR

TAKE ADVANTAGE OF OUR BUNDLE DEAL!

Want to join us for "I Love You Rituals" and Other Routines for Infants and Toddlers as well as Emotions Matter?

If you purchase both, you will receive a \$5 discount! Call 301.290.0040 to take advantage of this deal today!

*Must call to receive \$5 off deal. Offer valid only for "I Love You Rituals" and Other Routines for Infants and Toddlers and Emotions Matter.



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!









ENTER FOR YOUR CHANCE TO WIN!

Free Feeling Buddies Kit available to one lucky winner! See inside for details!



In this issue we will talk about:

- Upcoming Training
- 2020 Drive-In Event
- Physical Activity Games for Indoors
- Office Space for Rent

FEBRUARY TRAINING HIGHLIGHTS

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

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

2 hours of child development

F E B Emotions Matter

20

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

3 hours of child development

FEB Family and Community 74 Partnerships

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

3 hours of community

TIME IS RUNNING OUT! ENTER FOR YOUR CHANCE TO WIN!

Free Feeling Buddies Kit available to one lucky winner!

Purchase two trainings throughout the remainder of February and automatically be entered to win a Feeling Buddies Kit! For every two classes purchased, your name will be entered. The more you purchase, the greater your chances.

Winner will be announced March 2, 2020!



LOOKING AHEAD AT MARCH

MAR Basic Health and Safety

2

MAR What's in Their Backpack: The Impact of Trauma MAR Healthy Children through Nutrition and Physical Activity

MAR PURPLE Tears:
Adults' Impact on
Infant Emotional
Intelligence

WINTER WEATHER POLICY



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



POP-UP TRAINING!

CHARLES

UPCOMING:

RECOGNIZING CHILD ABUSE AND PREVENTING BULLYING

February 12, 2020 | 6:00-9:00PM

Blessed Lambs Preschool

3 Port Tobacco Rd, La Plata, MD 20646

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

Did you know that child care providers are mandated by law to report child maltreatment? In this training you will develop a policy for preventing and reporting child abuse as well as the signs and symptoms of bullying behaviors and victims' behaviors. COK hours: 1 Child Development and 2 Health, Safety and Nutrition



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!

SOUTHERN MARYLAND'S ONE AND ONLY DRIVE-IN!

Our mission is to provide a unique event that brings families and community together. We're proud to announce our 5th Annual Drive-In Fundraising Event will be on July 31, 2020 at the St. Mary's County Fairgrounds! In addition to the showing of a popular children's movie on a 60' inflatable movie screen and drive-in style parking, our Drive-In will also feature:





Music

Concessions

Arts and Crafts

Sales Vendors

Exhibits by Local Nonprofits

& More!

If you are interested in sponsoring or volunteering for this event, please contact Elizabeth McCurdy:

emccurdy@thepromisecenter.org

WHAT DOES THE DRIVE-IN SUPPORT?



Helps parents build parenting skills like communication and positive discipline



Promotes family togetherness & bonding through supervised visitation and co-parent coaching



Educates child care providers through professional development courses and in-classroom support

PHYSICAL ACTIVITY GAMES FOR INDOORS!



Cotton Ball Races!

Sit across the table from one another and create an outline with both sets of arms. Place a cotton ball in the middle of the "field" and on your signal, alternate taking turns blowing the cotton ball to each others chests. This is a great game to use when you want to teach about observing results of a game rather than winning and losing.

- · Cotton Ball
- Table



Walk and Stop!

Start saying "You walk and you walk and you walk and...... STOP!" Work on everyone coming to a immediate stop. Try changing up the motions to skipping, jumping, swaying, marching, etc. to get more movement. Change up the timing on your stops as well. This keeps everyone on their toes.

 Room large enough to move freely



Blanket Ball!

Have your child stand opposite of you holding the end of the blanket. Place a ball or balloon in the center of the blanket and on your signal, use the blanket to toss the object in the air and catch it with the blanket. To make it more challenging, agree upon signals such as blinking my eyes means "go" or a signal word such as "book". This challenge helps children work on focusing and listening.

- Blanket
- Ballon or a soft ball



OFFICE SPACE FOR RENT

Are you or do you know someone looking for office space? We are now offering three office spaces available for rent! Our location is spectacular for those seeking to serve the tri-county area. We also offer a spacious waiting area, have ample parking, and upon request, have three conference rooms for use.

Rent includes:

- Electric
- Water
- Kitchen Access
- Trash Service
- Parking

Offices leased individually or in multiple. Shared use of common areas, kitchen and restrooms.







Contact Kelly Hutter at The Promise Resource Center today for more details! 301.290.0040 | khutter@thepromisecenter.org

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!

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.



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

Lamination: \$1.50/Foot Book Binding: \$2.50/Book Boardmaker: \$.50/Sheet

\$.05/Sheet

Pre-Made File Folder Games: \$2.50 +

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



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!



Membership Application

Become a member today!

Complete and mail this form + payment to:

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



Name:			
Addres	S:		
City:			Zip:
Phone:			
Email:			
		Membersh	пір Туре
	Renewel		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 Camplaint Policy was developed and has been in effect since its approval by the Maryland Committee for

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.







February 2020

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							How to Develop Critical Thinking Skills in Children 9:00am-12:00pm Instructor: Stacey Heidt \$30/\$35 Imagineering in the Classroom 1:00pm-4:00pm
	2	3	4	5	Breast Feeding and Child Care 6:00pm-6:30pm Instructor: Stacey Heidt \$10/\$15	7	Instructor: Stacey Heidt \$30/\$35 8 Medication Administration 9:00am-4:00pm Instructor: Pat Jennings \$65
No.					SIDS, SUID, and Other Sleep Related Infant Deaths 6:30pm-8:30pm Instructor: Stacey Heidt \$25/\$30		
	9	10	11	POP-UP! Recognizing Child Abuse and Preventing Bullying 6:00pm-9:00pm \$30/\$35 @ Blessed Lambs Preschool	"I Love You Rituals" and Other Routines for Infants and Toddlers 6:30pm-8:30pm Instructor: Stacey Heidt \$25/\$30	14	15
	16	President's Day PRC Closed	18	19	Emotions Matter 6:00pm-9:00pm Instructor: Stacey Heidt \$30/\$35	21	22
	23	Family and Community Partnerships 6:00pm-9:00pm Instructor: Stacey Heidt \$30/\$35	CPR and First Aid 6:00pm-10:00pm Instructor: Jay Hyde \$75	26	27	28	29



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

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

Time: 9:00am-12:00pm, COK: 1.5 hours of child development and 1.5 hours of curriculum Fee: \$30 for members or \$35 for non-members

2/1—Imagineering in the Classroom

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

Time: 1:00pm-4:00pm, COK: 3 hours of curriculum Fee: \$30 for members or \$35 for non-members

2/6—Breast Feeding and Child Care

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

Time: 6:00pm-6:30pm, CTU: .5 hours Fee: \$10 for members or \$15 for non-members

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

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

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

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

2/8—Medication Administration

This training course is a 6-hour competency-based class approved by MSDE/OCC to train child care providers to safely administer oral, topical and emergency medication to children in a child care setting. Upon successful completion of this course each participant will receive a certificate of completion which will allow the participant to administer MSDE/OCC approved medications to infants, toddlers, preschool.

Time: 9:00am-4:00pm, OCC Requirement Fee: \$65 for members and non-members

2/12—POP-UP! Recognizing Child Abuse and Preventing Bullying

Did you know that child care providers are mandated by law to report child maltreatment? In this training you will develop a policy for preventing and reporting child abuse as well as the signs and symptoms of bullying behaviors and victims' behaviors.

Time: 6:00pm-9:00pm, COK: 1 hour of child development and 2 hours of health, safety and nutrition

Fee: \$30 for members or \$35 non-members @ Blessed Lambs Preschool 3 Port Tobacco Rd, La Plata, MD 20646

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

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

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

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

2/20—Emotions Matter

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

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

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

2/24—Family and Community Partnerships

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

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

community

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

2/25—CPR and First Aid

Participants will be trained in CPR for the infant, child and adult. This class meets the Maryland Child Care Administration's requirements for child care facilities.

Time: 9:00am-1:00pm, OCC Requirement Fee: \$75 for members and non-members

March 2020

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Basic Health and Safety 6:00pm-9:00pm Instructor: Sarah Sutherland \$30/\$35	3	4	What's in Their Backpack: The Impact of Trauma 6:00pm-9:00pm Instructor: Lindsay Edwards \$30/\$35	6	7 Emergency and Disaster Preparedness 9:00am-4:00pm Instructor: Stacey Heidt \$50
8	9	Supporting Young English Learners 6:00pm-9:00pm Instructor: Sarah Sutherland \$30/\$35	11	12	13	14
15	16	Healthy Children through Nutrition and Physical Activity 6:00pm-9:00pm Instructor: Patricia Carruth \$30/\$35	18	PURPLE Tears: Adults Impact on Infant Emotional Intelligence 6:00pm-9:00pm Instructor: Lindsay Edwards \$30/\$35	20	CPR and First Aid 9:00am-1:00pm Instructor: Jay Hyde \$75
22	Including All Children and The Americans with Disabilities Act 6:00pm-9:00pm Instructor: Sarah Sutherland \$30/\$35	24	Lively Arts for Preschoolers 6:00pm-9:00pm Instructor: Patricia Carruth \$30/\$35	26	27	28
29	30	31				



3/2—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 nurtition

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

3/5—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: 6:00pm-9:00pm, COK: 3 hours of child development

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

3/7—Emergency and Disaster Preparedness

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

Time: 9:00am-4:00pm, COK: 3 hours of health, safety and nutrition and 3 hours of professionalism
Fee: \$50 for members and non-members

3/10—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

3/17—Healthy Children through Nutrition and Physical Activity

Our nations' children are at risk for being the first generation that may have a shorter life span than their parents due to poor nutrition and lack of physical activity. This training will help the childcare teachers be better informed about the food choices, how to prepare a balanced, healthy menu, and creative movement activities to do throughout the day to increase the physical fitness levels of children in their care. Appropriate for preschool and school age programs.

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

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

3/19—PURPLE Tears: Adults Impact on Infant Emotional Intelligence

This workshop explores the period of PURPLE crying to identify childcare and family caregivers' impact on infant emotional development and competence. Participants will consider and develop strategies to support families' ability to cope through this infant phase and other challenging times of child development.

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

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

3/21—CPR and First Aid

Participants will be trained in CPR for the infant, child and adult. This class meets the Maryland Child Care Administration's requirements for child care facilities.

Time: 9:00am-1:00pm, OCC Requirement Fee: \$75 for members and non-members

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

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

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

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

3/25—Lively Arts for Preschoolers

The Arts is more than drawing and painting, they are a variety of mediums that enable young children to express themselves in unique ways through dance, movement, singing, drawing, painting and so much more. The Arts offer children whole body experiences enabling them to share their unique self.

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!

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	5	6	7	8	2	3	Medication Administration 9:00am-4:00pm Instructor: Pat Jennings \$65	
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				0	9	10	11	-
	12	13	14	15	16	17	18	
*								
	19	20	CPR and First Aid 6:00pm-10:00pm Instructor: Jay Hyde \$75	22	23	24	25	
	26	27	28	29	30	31		\$ 00 m



4/4—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, priscopput.

Time: 9:00am-4:00pm, OCC Requirement Fee: \$65 for members and non-members

4/21—CPR and First Aid

Participants will be trained in CPR for the infant, child and adult. This class meets the Maryland Child Care Administration's requirements for child care facilities.

Time: 9:00am-1:00pm, OCC Requirement Fee: \$75 for members and non-members

Membership:

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