the PROMISE —RESOURCE CENTER—

MARCH NEWSLETTER & CALENDAR

MARCH IS NUTRITION MONTH!

Check out our featured training -- Healthy Children through Nutrition and Physical Activity -- to learn more about the importance of your role in the nutrition and physical activity of young 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!

PRC'S SPRING CONFERENCE IS HERE!

LITTLE PEOPLE,

BIG CHALLENGES

APRIL 18, 2020 | 9:15AM - 5:00PM
SOUTHERN COMMUNITY CENTER (LUSBY)

See inside for more details!

In this issue we will talk about:

- **Upcoming Training**
- **PRC's Spring Conference is Here!**
- **Spring Safety**

The Promise Resource Center, 8395 Old Leonardtown Rd. Hughesville, MD 20637
www.thepromisecenter.org - Hours of Operation: M - F, 8:30am - 5:00pm - Phone: 301.290.0040 - Fax: 301.290.0050
Email: info@thepromisecenter.org

March Training Highlights

MAR 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.
1-hour CD, 1-hour Com, 1-hour Cur.

MAR 17 — Healthy Children through Nutrition and Physical Activity

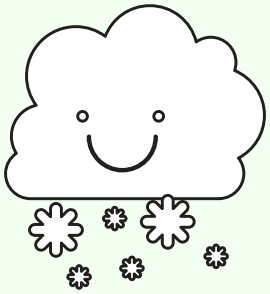
Our nations' children are at risk for being the first generation that may have a shorter life span than their parents due to poor nutrition and lack of physical activity. This training will help the childcare teachers be better informed about the food choices, how to prepare a balanced, healthy menu, 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.
3-hours HSN

MAR 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 abilities to cope through this infant phase and other challenging times of child development.
3-hours CD

MAR 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.
3-hours Cur.



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 call 301-290-0040 or visit our facebook page for updates.

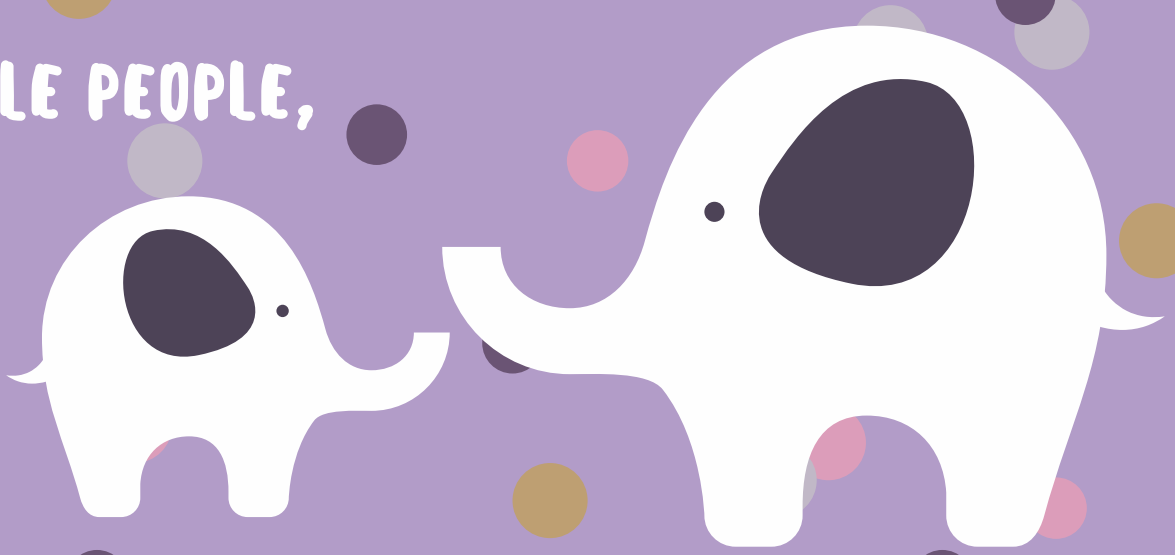
In April

APR 8 — Working Together: Community and Its Helpers All Around Town

APR 18 — PRC's Spring Conference: Little People, Big Challenges

APR 25 — Super Saturday!: Making Meaningful Connections: Building the Foundation of the Young Brain

STEAM File Folder Games: Math and Science for Early Childhood



LITTLE PEOPLE,

BIG CHALLENGES

PRC'S SPRING CONFERENCE

APRIL 18, 2020 | 9:15AM TO 5:00PM

SOUTHERN COMMUNITY CENTER (LUSBY)

Featuring Keynote speaker Kelly Hutter, The Promise Resource Center's Executive Director, who will be presenting an overview of Adverse Childhood Experiences (ACEs) and how it impacts the young children we serve in our programs.

$50 MEMBERS | $55 NON-MEMBERS

INCLUDES:

- 1 PAU
- 2 COK hours of health, safety and nutrition; 2 hours of special needs, 1 hour of child development and 1 hour of professionalism
- Coping Ideas for Young Children & Make-and-Take
- Giveaways & Prizes
- Continental Breakfast & Lunch*

FEATURED TRAININGS:

MORNING SESSION: *Identifying and Reporting Child Abuse* featuring a panel of experts who will answer questions regarding child abuse, reporting, and the role of the Department of Social Services

AFTERNOON SESSION: *Coping Skills for Children* This session will explore the impact of trauma in children, especially those who have been abused, and how to assist these children with learning coping skills. The presentation will also touch on becoming a trauma informed center.

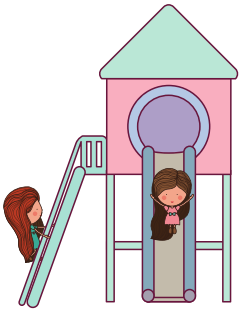
SPACE IS LIMITED! REGISTER BY CALLING 301.290.0040
OR VISIT THEPROMISECENTER.ORG/REGISTER

LUNCH WILL BE PROVIDED, PLEASE INFORM PRC OF ANY DIETARY RESTRICTIONS UPON REGISTRATION

The Weather is Warming up! Check Out These Spring Time Safety Tips!

There should be one to three inches of space between you when you stand on your foot pedals and the top bar of your bike. Always wear a helmet, and replace it every three to five years or after a major impact.

Spring is in the air, and so are allergies, which can cause your child to have a clear runny or stuffy nose, itchy and watery eyes, and a cough, especially when he or she has spent a lot of time outside. Keeping your windows closed and running the air conditioner can help reduce pollen counts indoors and make breathing a little easier.



Teach your child playground safety rules like waiting their turn, going down the slide feet first, holding onto railings, and sitting down on swings or slides to prevent injuries. Before your child uses the playground, touch the play structures to check for hot surfaces that may cause burn injuries. Remove helmets, scarves, drawstrings, and other loose items that may be choking hazards.

Source: https://uichildrens.org/health-library/spring-safety-tips

the Promise Center's

DRIVE-IN FAMILY EVENT

JULY 31, 2020 | 6PM
ST. MARY'S COUNTY FAIRGROUNDS

For information about sponsoring or volunteering for this Event, please contact Elizabeth McCurdy -- emccurdy@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!

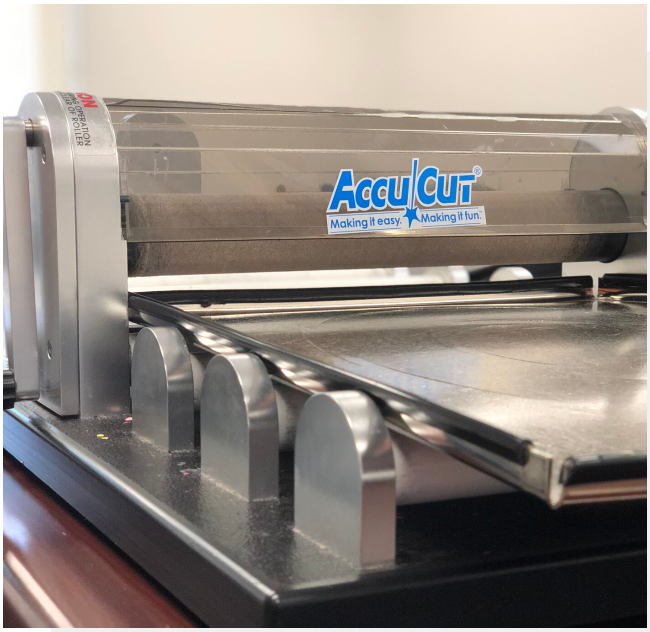
Boardmaker
Create communication boards, visual lists and schedules, borders, & more!

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 $.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!

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

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 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 STATE DEPARTMENT OF EDUCATION
EQUITY AND EXCELLENCE

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.

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	**2** Basic Health and Safety 6:00pm-9:00pm Instructor: Sarah Sutherland $30/$35	**3**	**4**	**5** 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**	**10** Supporting Young English Learners 6:00pm-9:00pm Instructor: Sarah Sutherland $30/$35	**11**	**12**	**13**	**14**
15	**16**	**17** Healthy Children through Nutrition and Physical Activity 6:00pm-9:00pm Instructor: Patricia Carruth $30/$35	**18**	**19** PURPLE Tears: Adults Impact on Infant Emotional Intelligence 6:00pm-9:00pm Instructor: Lindsay Edwards $30/$35	**20**	**21** CPR and First Aid 9:00am-1:00pm Instructor: Jay Hyde $75
22	**23** Including All Children and The Americans with Disabilities Act 6:00pm-9:00pm Instructor: Sarah Sutherland $30/$35	**24**	**25** Lively Arts for Preschoolers 6:00pm-9:00pm Instructor: Patricia Carruth $30/$35	**26**	**27**	**28**
29	**30**	**31**				

March 2020

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!

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Hands-On Art for Twos 6:00pm-9:00pm Instructor: Lindsay Edwards $30/$35	3	4 Medication Administration 9:00am-4:00pm Instructor: Pat Jennings $65
5	6	7	8 Working Together: Community and It's Helpers All Around Town 6:00pm-9:00pm Instructor: Patricia Carruth $30/$35	9	10	11
12 Easter	13	14	15	16	17	18 PRC's Spring Conference: Little People, Big Challenges 9:15am-5:00pm $50/$55 Southern Community Center Lusby, MD
19	20	21 CPR and First Aid 6:00pm-10:00pm Instructor: Jay Hyde $75	22	23 Capturing Child Development through Portfolios 6:00pm-9:00pm Instructor: Patricia Carruth $30/$35	24	25 SUPER SATURDAY Making Meaningful Connections: Building the Foundation of the Young Brain 9:00am-12:00pm Instructor: Stacey Heidt $30/$35 STEAM File Folder Games: Math and Science for Early Childhood 1:00pm-4:00pm Instructor: Stacey Heidt $30/$35
26	27	28 Understanding Playground Safety 6:00pm-9:00pm Instructor: Patricia Carruth $30/$35	29	30		

April 2020

4/2—Hands-On Art for Twos
Art exploration with open ended materials provides countless opportunities for children to develop fine motor skills, social emotional skills, emerging perceptual-motor skills as well as pre-reading and writing skills. This workshop explores a variety of open-ended art experiences which are age and developmentally appropriate for the young child.
Time: 6:00pm-9:00pm, COK: 3 hours of curriculum
Fee: $30 for members or $35 for non-members

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

4/8—Working Together: Community and It's Helpers All Around Town
This course is designed to introduce childcare providers to Community/Social Studies through community helper in Early Childhood Education for children birth through 8 years of age.
Time: 6:00pm-9:00pm, COK: 3 hours of community
Fee: $30 for members or $35 for 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

4/23—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

4/25— SUPER SATURDAY — Making Meaningful Connections: Building the Foundation of the Young Brain
This interactive training will build participants' knowledge around how a young child's brain develops between the ages of birth through five. Participants will actively engage in "building a brain", explore the importance of developing their own capacity, and learn specific strategies and interactions that grow healthy brains. After engaging with the content of this training, participants will have a better understanding of the core components used to support the growth of all learners.
Time: 9:00am-12:00pm, COK: 1 hour of child development, 1 hour of professionalism, 1 hour of special needs
Fee: $30 for members or $35 for non-members

4/25— SUPER SATURDAY — STEAM File Folder Games: Math and Science for Early Childhood
This course is designed for childcare providers who work with preschool children, 3-5 years. Topics and activities will focus on math and science skills, building a STEM rich environment, lesson planning and the creation of math and science materials for the classroom environment.
Time: 1:00pm-4:00pm, COK: 3 hours of curriculum
Fee: $30 for members or $35 for non-members

4/28— Understanding Playground Safety
This course is designed to assist childcare providers in becoming more prepared for a fun and safe playground. Learn the role of the childcare provider in supervising and implementing safety procedures, from age appropriate and accessible playground equipment to appropriate supervision, and safety checks.
Time: 6:00pm-9:00pm, COK: 3 hours of health, safety and nutrition
Fee: $30 for members or $35 for non-members

Membership:

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For only $10 a year, individual membership will earn you :

- *1 PAU*
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Visit thepromisecenter.org/register or call 301-

May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Including All Children and The Americans With Disabilities Act 6:00pm-9:00pm Instructor: Sarah Sutherland $30/$35	5	6	7 Supporting Breast Feeding 6:00pm-6:30pm $10/$15 SIDs, SUID and Other Infant Related Deaths 6:30pm-8:30pm $25/$30	8	9
10 **Mother's Day**	11	12	13	14	15	16
17	18	19	20	21	22	23 CPR and First Aid 9:00am-1:00pm Instructor: Jay Hyde $75
24	25 **Memorial Day** **PRC Closed**	26	27	28	29	30

May 2020

5/4—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

5/7—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, CTU: .5 hours
Fee: $10 for members or $15 for non-members

5/7—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

5/23—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

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