



APRIL IS THE MONTH OF THE YOUNG CHILD!

Check out this webinar for activities you can do with your young child!

Thursday, April 16, 2020 | 2:00pm-2:45pm ET
Week of the Young Child (WOYC) Celebration
Presented by Nefertiti B. Poyner, Ed.D., & 5-year-old daughter Madison

Many of us may not feel too much like celebrating, but we are hoping to put a few smiles on your faces, as well as on the child(ren) in your lives! DCRC invites you to join Nefertiti Poyner and her 5-year-old daughter Madison, as we celebrate the Week of the Young Child together. Get ready for a fun-filled time!

Who's Invited: You and your child(ren) - under age 8 is the most appropriate

What It's About: During this live, 45-minute webinar, you and your child(ren) will learn about social-emotional activities that are easy to do, full of fun and designed to promote children's resilience.

Why You Should Attend: The little ones in our lives are worth celebrating! And right now, we all need a reason to celebrate and smile.

REGISTER HERE!

<https://www.surveymonkey.com/r/6KN9XWK>

In this issue we will talk about:

- Planning activities for all age groups
- PRC is working toward online training
- Maintaining your mental and physical health during COVID-19



PLEASE NOTE OUR UPDATED REGISTRATION
POLICY THAT NOW INCLUDES
WEBINAR INFORMATION.

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!



PLANNING ACTIVITIES FOR MIXED AGE GROUPS

Daily Scheduling:

- Whole group activities should be short
- Allow children to leave activities when their interest wanes
- If weather permits, go outside everyday ~ 1-3 hours per day
- Involve children in a variety of play experiences
 - Active and quiet play
 - Indoor and outdoor play
 - Structured and unstructured play
- Be flexible to meet the different needs of all children
- Allow large blocks of "free play" for individual and small group activities
- Changes in activities are handled smoothly with a minimum of rigid control
- Naps are scheduled to meet the needs of the child. Quiet activities are available for those who don't sleep or wake up early
- Meals/snacks provide nourishment in a relaxed social experience
- Diapering/Toileting routines are handled in an unrushed, pleasant manner with time to meet the needs of the child.

- **Grow some beans and check in everyday to learn about the growth process!**



- **Create sensory dough using corn starch and hair conditioner!**



- **Challenge children to create an outdoor game everyone can play!**



PRC IS WORKING TOWARD WEBINARS!

Locally and nationally, we have entered into uncertain times because of COVID-19. Like many businesses, we are teleworking in compliance with our Governor's regulations. To help you keep up with training, PRC is working to create a webinar training schedule for you.

This schedule has not been finalized yet. We will email you with updates as we have them. If you are not registered to receive emails from PRC about our calendar, please contact Elizabeth McCurdy at emccurdy@thepromisecenter.org and she will add your email to the Newsletter and Calendar contact list. In the meantime, please review the following Zoom training graphic to help you get connected with us!

ZOOM CHEAT SHEET

ZOOM is a platform where we can interact online.


Do you want to allow this page to open "zoom.us"?

Cancel Allow

We will send you a link with the date and time for our ZOOM sessions. Allow and join with audio.

Access from a desktop, laptop, iPad, or from a phone. If accessing from a phone, you must have the ZOOM app.

SPEAKER VIEW




Speaker view allows you to only see the speaker. Gallery view allows you to see the whole class. (If on mobile, you swipe to the right to see the gallery view). Gallery View is suggested.

Participant box. You can control your volume and camera as well as see who is there.

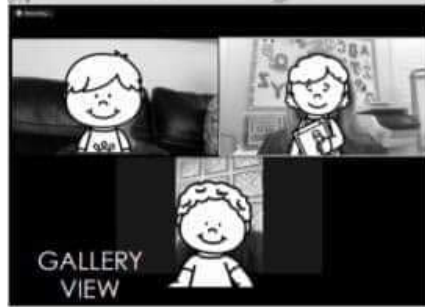
Chat box. You can chat here. Make sure it is set to everyone. (Mobile it's on the bottom menu).

Use the bar at the bottom to control your sound and video. You can also click to view the chat box and participant box.

To change your name, hit the three dots on your video.

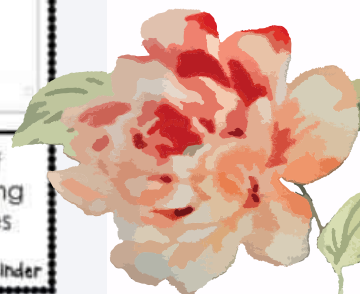


GALLERY VIEW



ZOOM TIPS & ETIQUETTE: consider having headphones - please mute yourself when you are not talking - when participating remember your video is streaming to others - please help keep students on task and not being silly - headphones can help with feedback / noise

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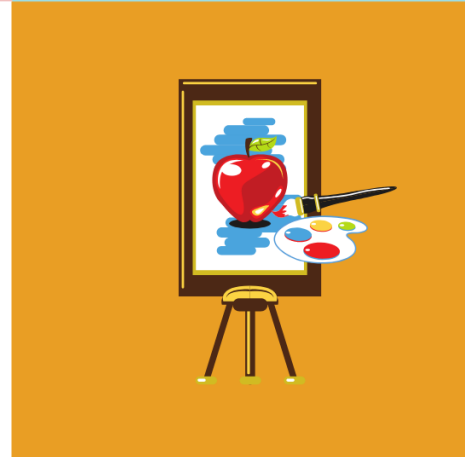
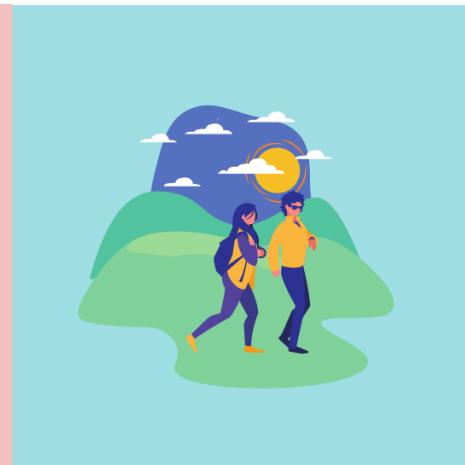
MAINTAINING MENTAL AND PHYSICAL HEALTH DURING A CRISIS



Social distancing is hard! Many of us are confined to our homes for the majority of our time and only get out for the necessities. We are trying to work, take care of our family, and still maintain our own sanity. This, no doubt, has a big impact on our mental and physical health. In fact, many are experiencing higher stress levels, anxiety and depression.

To help you combat these mental and physical hurdles, we comprised a list of simple exercises for you to practice at home. Check out the list below!

1. Get into a routine/schedule your day
2. Meditate and stretch daily
3. Explore your backyard
4. Get back into your hobbies
5. Call a friend or family member
6. Host a family dance party
7. Enjoy a good book
8. Color
9. Bake a cake together
10. Take your dog for a walk
11. Spring clean and open the windows
12. Build a fort out of blankets and have a movie night



Whatever you choose to do, take time to enjoy yourself! Remember, this is only temporary and before you know it, we will back into our work and school routines.

REGISTRATION POLICY

Here at PRC, we have a passion for education and are excited to have you join us in the pursuit of knowledge!

We are working toward offering webinars to our clients. Webinars will be announced on our training calendar and posted on our website.

Currently, we are not accepting cash, checks, money orders or credit cards over the phone. If you are required to pay for a class, you must pay online. Please note that classes must be paid for in advance, so please pay promptly to secure your spot.

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.

For our webinars, class participation is required. You must have video and microphone capabilities. Participation in chats, class discussion and polls are required to receive your certificate. We ask that you eliminate as many distractions as possible when attending the class. Certificates will be mailed upon completion of the assessment.

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. Our cancellation policy includes webinar registration.

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.

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.

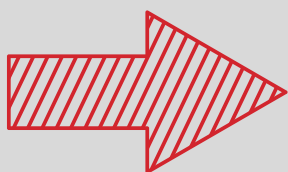
Visit thepromisecenter.org/register or call 301-290-0040 to register for membership today!



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 _____