



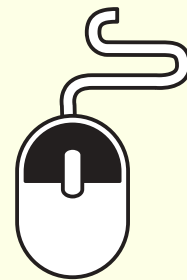
In this issue we will talk about:

- PRC is offering support groups to our child care providers
- Navigating working from home with children
- Activities for all ages

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

**DON'T MISS OUR
WEBINARS!**

Check out the calendar at the end of our
newsletter and call 301.290.0040 or visit
thepromisecenter.org/register
to register today!



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!



NOW OFFERING SUPPORT GROUPS FOR OUR CHILD CARE PROVIDERS

Interested in receiving email notifications for weekly support meetings? Call 301.290.0040 or send an email to info@thepromisecenter.org requesting to be added to the appropriate group email list!



COVID-19 DIRECTOR'S ROUNDTABLE

Every Wednesday @ 1pm

Center Directors, join us every Wednesday at 1pm on Zoom for our COVID-19 Director Roundtable to discuss challenges, successes and ask questions!

COVID-19 FAMILY PROVIDER CHILD CARE NETWORKING, SUPPORT, AND LEARNING COMMUNITY

Every Monday @ 1pm

Family Providers, join us every Monday at 1pm on Zoom for discussion with other family providers and PRC staff. Come prepared with your questions, concerns and ideas!



NAVIGATING WORKING FROM HOME WITH CHILDREN

BY ANDREA RUSSELL

I have recognized during the time that I've been teleworking that my two-year-old goes through periods in which he turns into a wrecking ball. He will be playing appropriately, then the toys start crashing and flying as he is wrestling or bouncing off objects. I have had to step back to determine the need or intention of the behavior because it can be excessive and disruptive at times. I know his world has been flipped since staying home with me full-time. He has grieved the loss of friendships and caregivers in his own toddler way, causing behavioral changes. When the behavior arises, I also ask myself whether he is tired or is there an emotional need I have not been able to provide him because my time is split.

I have discovered that usually the lower his proprioceptive input is throughout the day, the more I see him seeking that input. The results are rough play, crashing into things, and an increase in defiance and dysregulation. My kid needs activity in which he is pulling, pushing, squeezing, stomping, running, and jumping throughout the day. We cannot be outside all the time because I am attempting to maintain my work schedule, so I have been experimenting with activities that can be done inside that is less likely to result in destruction or injury. I am still trying to find the right balance of alternating quality time with him, providing the sensory outlets he needs, and completing work throughout the day. Like adults, children's social/emotional/sensory needs can vary day to day. Incorporating sensory activities throughout the day has made him calmer and overall, just a happier kid. He can do some activities independently, allowing me to get work done during that time. I also find that if I can give anywhere from 5-30 minutes of quality time with him periodically throughout the day, I see a decrease in him using negative behaviors to try to engage me. During those quality time moments, I usually incorporate an activity that is sensory related. On the days I am less available due to my schedule, I expect to see an increase in some challenging behaviors. I tend to try to provide more independent sensory input activities on those days.

Kinetic sand has been a miracle for my toddler. It often provides the sensory input he needs in the morning, resulting in a much calmer child throughout the day. He can squeeze, pound, and push it. He enjoys dinosaurs and trucks, so we have been using those in the sand as well. I have offered pipe cleaners and beads for him to put in the sand as well. He will string the beads on the pipe cleaner to make snakes and trees to put in his sand tray. We will label colors, shapes, and letters in the sand while we play. If I want to add an educational component. Naturally, the activity also helps with fine motor skills. We have used shovels, spoons, cups, and tweezers to manipulate the sand or pick up objects. This activity can be done independently or with the caregiver. Everyone's sensory needs are different, so sand may not be every kid's cup of tea. Here is a link of other fillers that can be used if you don't have kinetic sand or it's not suitable for your child <https://littlebinsforlittlehands.com/our-favorite-sensory-bin-fillers/>.



ACTIVITIES FOR ALL AGES

HIDDEN MESSAGE ART

You will need:

- White Paper
- White Crayon
- Watercolor Paints
- Cup of Water

Write out your message or drawing with your white crayon. Use the paints to reveal your hidden masterpiece!



IMAGINATION PLAY MAIL ROOM

You will need:

- Paper
- Markers/Pens
- Sorting Bins

Practice writing letters to friends and mailing items! You can use this time for imaginative play with younger children and work with older children to write letters to friends they are missing!

All items other than the above can be made from recycled items.

NATURE RUBBINGS

You will need:

- Paper
- Crayons
- Nature

Collect items in nature to make nature rubbings! Place items under the paper and color over them to reveal the texture of each piece.



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 now 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. You may call with a credit card to pay over the phone. Payment for a class will also be accepted online at thepromisecenter.org/register. 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.

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.

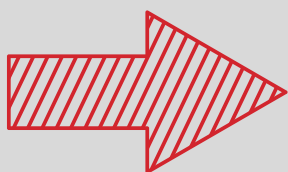
Visit thepromisecenter.org/register or call 301-290-0040 to register for membership today!



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 _____

WEBINARS

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17 Basic Health and Safety 6:00-9:00pm Instructor: Sarah Sutherland Webinar \$20/\$25	18	19	20
21	22	23	24	25	26	27
28	29	30 Working with Mixed Age Groups 6:00-9:00pm Instructor: Stacey Heidt Webinar \$20/\$25	31			

JUNE

Basic Health and Safety

June 17, 2020 | 6:00-9:00pm

Instructor: Sarah Sutherland

Webinar

\$20 for members or \$25 for non-members

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

Working with Mixed Age Groups

June 30, 2020 | 6:00-9:00pm

Instructor: Stacey Heidt

Webinar; COK: 2 hours of child development and 1 hour of curriculum

\$20 for members or \$25 for non-members

This workshop presents ideas and practices that will allow a caregiver of a mixed age group to effectively meet the needs of all children through understanding the benefits caring for a mixed age group. Participants will consider the challenges that a mixed age group presents, as well as the opportunities that arise from those challenges. This workshop conveys the idea that in a mixed age group, children learn to share and to care for each other.

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!

JUNE

WEBINARS

WEBINARS

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
05	06	07	08	09 Redesign Your Circle Time 12:30-2:00pm Instructor: Sarah Sutherland Webinar \$20/\$25	10 CONTINUED Redesign Your Circle Time 12:30-2:00pm Instructor: Sarah Sutherland Webinar	11
12	13	14 SIDS, SUID and Other Sleep Related Infant Deaths 6:00-8:00pm Instructor: Stacey Heidt Webinar \$15/\$20	15	16	17	18
19	20	21	22 Developmentally Appropriate Supervision 7:00-8:30pm Instructor: Sarah Sutherland Webinar \$20/\$25	23 CONTINUED Developmentally Appropriate Supervision 7:30-8:30pm Instructor: Sarah Sutherland Webinar	24	25
26	27	28 Traumatic Events: Helping Children Cope 6:30-8:00pm Instructor: Stacey Heidt Webinar \$20/\$25	29 CONTINUED Traumatic Events: Helping Children Cope 6:30-8:00pm Instructor: Stacey Heidt Webinar	30	31	

JULY



Redesign Your Circle Time *TWO SEGMENT CLASS*

July 9&10, 2020 | 12:30-2:00pm

Instructor: Sarah Sutherland

Webinar | COK: 2 hours Curriculum and 1 hour Special Needs
\$20 for members or \$25 for non-members

Through engaging discussions, hands-on activities, and thoughtful self-reflection, participants will explore developmentally appropriate best practices regarding Circle Time. How can you shift your focus to social/emotional development? Do children have to sit criss-cross applesauce in order to learn? Do you have to do weather and calendar during Circle Time? Find out these answers and more!

SIDS, SUID and Other Infant Related Deaths

July 14, 2020 | 6:30-8:30pm

Instructor: Stacey Heidt

Webinar | COK: 2 hours Health, Safety and Nutrition
\$15 for members or \$20 for non-members

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.

Developmentally Appropriate Supervision *TWO SEGMENT CLASS*

July 22&23, 2020 | 7:00-8:30pm

Instructor: Sarah Sutherland

Webinar | COK: 3 hours of Child Development
\$20 for members or \$25 for non-members

Gain greater understanding of how to appropriately and effectively supervise children of all ages. Explore techniques for indoor and outdoor supervision. Ensure children's safety through active monitoring to enable children to maximize their learning opportunities.

Traumatic Events: Helping Children Cope *TWO SEGMENT CLASS*

July 28&29, 2020 | 6:30-8:00pm

Instructor: Stacey Heidt

Webinar | COK: 2 hours Health, Safety and Nutrition and 1 hour of Special Needs
\$20 for members or \$25 for non-members

When a disaster or traumatic event occurs, such as a natural disaster or violent act, whether accidental or intentional, it can be stressful for people of all ages. Children tend to react to disaster and traumatic events based on their past experiences and what they know of the current situation. Participants will learn how to help children cope with trauma and how to respond to children who have experienced trauma.

PRC NOW OFFERING TWO SEGMENT CLASSES

We are beginning two segment classes this July! Two segment classes are full three hour classes broken down over two days. These classes will be an hour and a half at a time. In order to receive your certificate for the registered training, you must attend both segments during the specified time. PRC's Cancellation Policy still applies if you miss one or both segments. When you secure your registration, please plan accordingly to attend both sessions.

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!