



In this issue we will talk about:

- Training Opportunities
- Early Childhood Development and Learning
- Embracing Big Emotions

**OUR WEBINARS ARE
TAKING OFF!**

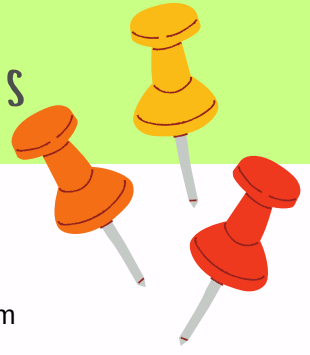
I have found the webinars that PRC has hosted have been very informative and useful in my daily life as a childcare provider. The instructors have been very knowledgeable with the areas they are teaching and are always ready for questions and willing to help in anyway they can. I appreciate the PRC for stepping up in our COVID world and working with us to build our knowledge and maintain our training hours virtually.

~ Kristin Brotherton

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!



SEPTEMBER TRAINING OPPORTUNITIES



Emergency and Disaster Preparedness

@ The Promise Resource Center

September 12, 2020 | 9:00am-4:00pm

Instructor: Sarah Sutherland

In-Person Learning | COK: 3 hours of Health, Safety and Nutrition and 3 hours of Professionalism

\$50 for members and non-members

This six hour workshop meets the OCC requirements for Emergency Preparedness training. Participants will complete an approved emergency preparedness plan in the workshop. Please bring a bag lunch.

All Children are Gifted

Webinar

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

Instructor: Sarah Sutherland

Webinar | COK: 2 hours of Special Needs

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

Understanding the special needs of children prepares child development professionals to create environments and programs for the children in their care.

Combining Living and Learning

Webinar

September 22&23, 2020 | 6:30-8:00pm

Instructor: Sarah Sutherland

Webinar | COK: 3 hours of Curriculum

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

Participants will learn ways to create a quality child care environment in their home. The mixed aged group workshop will include space planning, organizational ideas, and ways to encourage independent hands on learning using everyday materials and activities.

Providers are encouraged to bring photos of their child care environment to the training.

Caring as Curriculum: Using Caregiving Time to Build Executive Function Skills in Infants and Toddlers

Webinar

September 29, 2020 | 6:30-8:30pm

Instructor: Stacey Heidt

Webinar | COK: 2 hours of Curriculum

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

This workshop will provide participants with insight into the caregiving time for infants and toddlers.

Participants will gain an understanding of the importance of routines and predictability in the infant and toddler world and how executive function skills are developed.



THE PROMISE RESOURCE CENTER HAS RE-OPENED!

We are so excited to re-open to the public! In-person classes are resuming slowly as we move into the fall. For the class schedule, visit thepromisecenter.org/register or give us a call. A calendar is available at the end of this document.

Our updated policies include, but are not limited to the following:

- Trainings will continue over Zoom as an alternative to in-person training.
- PRC has begun resuming face-to-face trainings on a limited basis, Saturday trainings only.
- PRC will follow all recommendations from MSDE for face-to-face trainings which may include but are not limited to decrease in size of classes, wearing masks, access to hand sanitizer, cleaning/disinfecting training area
- Face masks are required entering our building and must be worn in all common areas
- If you are in need of items from our resource room, you must call 301.290.0040 in advance and we will be happy to create your items as needed. Drop-off and pick-up times are available for larger projects. Standard rates for lamination and use of PRC construction paper do apply.

These policies are subject to change based on updated guidelines from the CDC, MSDE, and the state governor. The Promise Resource Center is making every effort to support you and offer a safe, clean environment. If you have any questions about the above information, please call 301.290.0040.



Early Childhood Development and Learning

Birth to Three Years



September 2020

Infant/Toddler Caregiving = Learning

Infant Toddler Training Opportunities

Caregiving as Curriculum: Using Caregiving Time to Build Executive Function Skills in Infants and Toddlers

September 29, 2020
6:30-8:30 pm

Technical Assistance and Coaching to support and enrich your care and teaching practices such as:

- Planning the day for infants and toddlers
- Activities and materials that support infant and toddler development, learning
- Responsive Caregiving
- Infant and toddler environments for learning and development

Please feel free to contact me for more information:

Stacey Heidt
Infant and Toddler Specialist

301-290-0040 x 20
sheidt@thepromisecenter.org

Sign up for any of our events or follow us to stay up-to-date through our website or social media pages!

[http://
thepromisecenter.org/](http://thepromisecenter.org/)

For young children, learning takes place in the contexts of relationships. The very young infant needs a caring adult by their side to meet their basic needs; mobile infants need that same adult nearby to guide them as they begin exploring the world in a new way; toddlers need those trusted adults to engage them in play; and older toddlers will reach out to “their person” when they begin to navigate the social world with other children. Each and every waking moment in a child’s day is an opportunity for learning. Whether it’s a conversation during a diaper change, or active play time with a ball,

children’s optimal learning and development takes place within a warm, loving, interactive caregiving relationship.

Support Development and Learning Throughout the Day

Infants: Responsive caregiving routines are carried out in a consistent, gentle, and timely way. This is how young children begin to gain basic trust in the world. They learn that their needs will be met and come to anticipate their caregivers response to their messages. Watch for cues such as smiling or reaching for something, (an invitation to interaction), turning their head, arching their back, (an indication they

need a break from the interaction), or rubbing their eyes, (a time for rest). As infants become more mobile, give them space to move freely on the floor, engage them in interactions, and provide guidance and interesting materials to engage with. Encourage them to keep developing those skill.

Toddlers: As children move through infancy and get closer to the age of three, they will move back and forth between wanting independence and needing you for support. They have developed the ability to move freely in the world, so be understanding when they resist that diaper change, and give them opportunities to practice those new found abilities. Spills and messes will happen, be gentle, this is also an opportunity for them to learn to they can wipe up those messes as well. Engage them in conversation during routine times and ask them to come up with ideas, “What should we do next?” This is where language development begins. Talk, listen, be present during this amazing time of learning.

More Ways to Engage Little Ones

- Hold back and forth conversations by talking to your little one, waiting for them to respond, and then respond!
- Talk to your children during routines like diaper changing or meal times.
- Lay on your belly and look face-to-face with the infant while they’re doing tummy time.

Now Offering Technical Assistance for Webinars!

Hi there! My name is Elizabeth and I am here to help with any technical issues you may experience while connecting to one of our webinars. Webinars can be intimidating, but with my help you will be an expert in no time!

Have any questions or concerns about connecting? I can help you through the whole process of registration, getting connected, and how to fill out our post webinar forms.

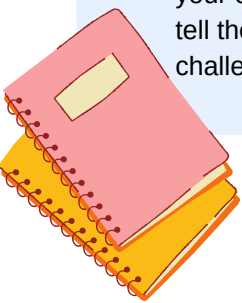
Give me a call at 301.290.0040 or email me at emccurdy@thepromisecenter.org and I will be happy to assist you!



EMBRACING BIG EMOTIONS

WRITTEN BY MARY HODSON, IECMH BEHAVIORAL SPECIALIST II

During early childhood, children begin to learn all about emotions and how to cope with those emotions. When I was teaching, the most common situation I encountered in my classroom was teaching children to cope with big emotions. Big emotions are feelings that swell up and burst in a nanosecond, like an old cartoon water hose with a kink in it. Big emotions can happen when children are struggling with self-regulation, showing intense feelings of anger, frustration, sadness, or anxiety. How can we support children in learning to cope with these emotions? Often times, we may find ourselves wanting to fix everything for the child. We feel bad that they are upset and we want to help them feel better. Doing this can make it harder for the child to develop self-regulation and coping skills. Before teaching your child how to identify and work through big emotions, make sure you check in with yourself. Practicing and modeling self-regulation is a great way to teach children this skill. You can talk through self-regulation with your child and show them that you have emotions too, let's work through it together. If you observe your child developing a big emotion, help them identify what they're feeling. Support your child by saying phrases like "I know this is hard and I'm here for you" and "I see you're feeling sad (or bored, or disappointed, etc.) and it's going to be okay." This is a good opportunity to show your child how to work through this emotion. For example, your child may be frustrated at the grocery store because they want a snack and maybe you told them no. If you have helped your child identify they are frustrated, give them appropriate strategies to work through the emotion. You can tell them what is and is not appropriate. This will help them develop self-regulation. Big emotions can be challenging but they provide a great teachable moment for developing self-regulation.



MARYLAND CHILD CARE RESOURCE NETWORK COMPLAINT POLICY

Every member agency of the Maryland Child Care Resource Network strives to provide high quality service to the child care programs and families in their jurisdiction and throughout Maryland. It is our mission to ensure that every interaction with staff at the Child Care Resource Centers is positive and professional.

If you have concerns about an incident or some aspect of service at a Child Care Resource Center, please contact the director/manager directly. Contact information for these individuals can be found here (<https://marylandfamilynetwork.org/for-providers/findyour-child-care-resource-center>). If you are not satisfied with the way your concern is handled by the director/manager at the Child Care Resource Center, please contact Maryland Family Network at 410-659-7701 or at MCCRNinfo@marylandfamilynetwork.org. As the Statewide Coordinating Entity of the Maryland Child Care Resource Network, MFN will investigate the complaint or concern regarding services and take appropriate action.

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, or 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.

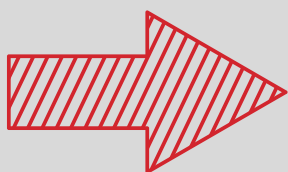
Visit thepromisecenter.org/register or call 301-290-0040 to register for membership today!



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 _____

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.

SEPTEMBER

TRAINING

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
06	07 LABOR DAY PRC Office Closed	08	09	10	11	12 Emergency and Disaster Preparedness 9:00a-4:00pm Instructor: Sarah Sutherland IN PERSON @ PRC \$50
13	14 All Children are Gifted 6:30-8:30pm Instructor: Sarah Sutherland Webinar \$25/\$30	15	16	17	18	19
20	21	22 Combining Living and Learning 6:30-8:00pm Instructor: Sarah Sutherland Webinar \$30/\$35	23 CONTINUED Combining Living and Learning 6:30-8:00pm Instructor: Sarah Sutherland Webinar \$30/\$35	24	25	26
27	28	29 Caring as Curriculum 6:30-8:30pm Instructor: Stacey Heidt Webinar \$25/\$30	30			

SEPTEMBER

Emergency and Disaster Preparedness *@ The Promise Resource Center*

September 12, 2020 | 9:00am-4:00pm

Instructor: Sarah Sutherland

In-Person Learning | COK: 3 hours of Health, Safety and Nutrition and 3 hours of Professionalism
\$50 for members and non-members

This six hour workshop meets the OCC requirements for Emergency Preparedness training. Participants will complete an approved emergency preparedness plan in the workshop. Please bring a bag lunch.

All Children are Gifted *Webinar*

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

Instructor: Sarah Sutherland

Webinar | COK: 2 hours of Special Needs
\$25 for members or \$30 for non-members

Understanding the special needs of children prepares child development professionals to create environments and programs for the children in their care.

Combining Living and Learning *Two Part Webinar*

September 22&23, 2020 | 6:30-8:00pm

Instructor: Sarah Sutherland

Webinar | COK: 3 hours of Curriculum
\$30 for members or \$35 for non-members

Participants will learn ways to create a quality child care environment in their home. The mixed aged group workshop will include space planning, organizational ideas, and ways to encourage independent hands on learning using everyday materials and activities. Providers are encouraged to bring photos of their child care environment to the training.

Caring as Curriculum: Using Caregiving Time to Build Executive Function Skills in Infants and Toddlers *Webinar*

September 29, 2020 | 6:30-8:30pm

Instructor: Stacey Heidt

Webinar | COK: 2 hours of Curriculum
\$25 for members or \$30 for non-members

This workshop will provide participants with insight into the caregiving time for infants and toddlers. Participants will gain an understanding of the importance of routines and predictability in the infant and toddler world and how executive function skills are developed.

Location of class indicated by RED text.

We have several class options available at this time. Please be aware that each training opportunity has the location indicated in red under each class name.

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!

TRAINING

SAT

FRI

THU

WED

TUE

MON

SUN

		01	02	03		
04	05	06	07	08	09	10
11	12 Including All Children and The Americans with Disabilities Act 6:00pm-9:00pm Instructor: Sarah Sutherland WEBINAR \$30/\$35	13	14	15	16	17 SUPER SATURDAY Details coming soon!
18	19	20	21 Understanding Linguistic and Cultural Diversity and Language Acquisition 6:00pm-9:00pm Instructor: Sarah Sutherland WEBINAR \$25/\$30	22	23	24
25	26	27 Character Development in Preschool 6:30pm-8:30pm Instructor: Mary Hodson WEBINAR \$25/\$30	28	29	30	31

OCTOBER

TRAINING

Including All Children and the Americans with Disabilities Act (ADA) **Webinar**

October 12, 2020 | 6:00pm-9:00pm

Instructor: Sarah Sutherland

Webinar | COK: 3 hours of Special Needs
\$30 for members or \$35 for non-members

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.

Understanding Linguistic and Cultural Diversity and Language Acquisition **Webinar**

October 21, 2020 | 6:30pm-8:30pm

Instructor: Sarah Sutherland

Webinar | COK: 1 hour of Child Development and 1 hour of Special Needs

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

This training explores best practices for working with children who are English Language Learners to help them be successful participants in their preschool setting, while supporting their ability to learn English. Participants will learn the stages of second language acquisition and ways to help support children as they move through each phase.

Participants will also learn a variety of strategies for supporting children in the classroom and working with families to create a successful learning environment.

Character Development in Preschool **Webinar**

October 27, 2020 | 6:30-8:30pm

Instructor: Mary Hodson

Webinar | COK: 2 hours of Child Development
\$25 for members or \$30 for non-members

Find out who said, "Character is like a tree and reputation like its shadow." The shadow is what we think of it; the tree is the real thing. Explore effective practices and activities that help to develop positive character traits - honesty, empathy, citizenship - in preschool-aged children.

Location of class indicated by RED text.

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OCTOBER