

IN THIS ISSUE WE
WILL TALK ABOUT:

- Virtual Office Hours
- Training Opportunities
- Early Childhood
Development and Learning



NOW OFFERING VIRTUAL OFFICE HOURS!

EVERY TUESDAY ON ZOOM

OPEN OFFICE HOURS

1:00 - 2:30 PM

MEMBER SPOTLIGHT

Welcome to our new and
returning members!

- Solomons Daycare
Center
- Brenda Young
- Tammy Edelen
- Samantha Dalrymple
- Sabrina Trombley

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!

Join us on Tuesday's from 1:00-2:30PM on Zoom

<https://zoom.us/j/93724819957>

Dial in: 301-715-8592 Meeting ID: 937 2481 9957



NOW OFFERING VIRTUAL OFFICE HOURS!

EVERY TUESDAY ON ZOOM

OPEN OFFICE HOURS

1:00 - 2:30 PM

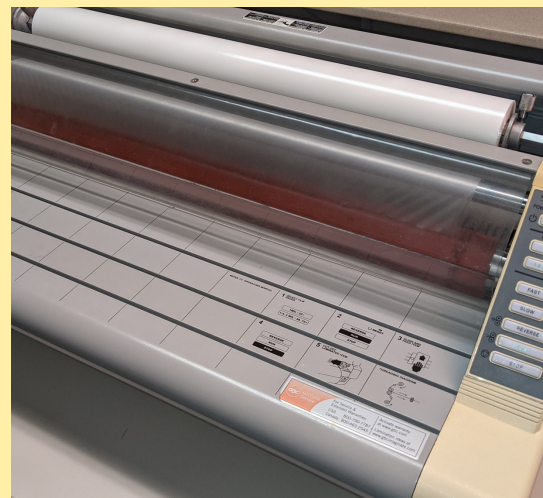
Beginning March 2, from 1:00-2:30PM every Tuesday, join us on Zoom for open office hours to chat about general behavior/mental health questions, COVID related questions, credentialing questions, curriculum and more! Pop-in to say hi and chat with one of our staff members about your questions any time during virtual office hours. Join us using the link below or call in using the number provided. We look forward to helping you with all of your questions!

Join Zoom Meeting:

<https://zoom.us/j/93724819957>

Dial by your location: 301-715-8592

Meeting ID: 937 2481 9957



ARE YOU IN NEED OF ITEMS IN OUR RESOURCE ROOM?

We can help you! Per our COVID-19 Policy, if you are in need of items to be made using the accu-cut rollers, laminated or copies, give us a call and we will schedule a drop-off and pick-up time with you at no additional charge! Standard rate applies for materials The Promise Center provides. For more information about what we offer in our Resource Room and cost, call 301.290.0040 or visit our website at <http://thepromisecenter.org/programs/resource-room/>.

MARCH TRAINING HIGHLIGHTS

Basic Health and Safety with Supporting Breastfeeding in Child Care

Webinar

March 15, 2021 | 6:00pm-9:00pm

Instructor: Sarah Sutherland

Webinar | COK: 3 hours of Health, Safety, and Nutrition CTU: .5 hours

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

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

Satisfies the Supporting Breastfeeding in Child Care training. This is a required course for all directors, infant and toddler staff, and family providers.

SIDS, SUID and Other Sleep Related Infant Deaths

Webinar

March 23, 2021 | 6:30pm-8:30pm

Instructor: Stacey Heidt

Webinar | COK: 2 hours of Health, Safety, and Nutrition

\$25 for members or \$30 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.

Including All Children and the Americans with Disabilities Act

Webinar

March 31, 2021 | 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.

IN-PERSON LEARNING

Fun with Found Materials

@The Promise Resource Center

March 20, 2021 | 9:00am-12:00pm

Instructor: Stacey Heidt

In-person Learning | COK: 3 hours of Curriculum

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

Do you have a collection of "stuff" that you are not sure what you could create with it? In this workshop, we will explore how to use found materials in a creative way and engage young children in the process.

Working Together: The Importance of Community Helpers in Our Daily Lives

@The Promise Resource Center

March 20, 2021 | 1:00pm-3:00pm

Instructor: Mary Hodson

In-person Learning | COK: 2 hours of Curriculum

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

This training explores the importance of community helpers in the lives of young children and how recognizing these people helps to build a community of caring.

IN-PERSON LEARNING COVID-19 REQUIREMENTS AND PROCEDURES:

- All desks, chairs and pens provided will be sanitized prior to class beginning
- All attendees and trainers must wear face masks at all times
- Class sizes are limited to account for social distancing protocol
- Sanitizer stations are available in the lobby and by the training room
- Trainer will ask each attendee health screening questions prior to entering the training room and temperature will be taken upon arrival
- Visitors must use restroom in the lobby



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.

PRESENTED BY

[**Abilities** Network®]

SEEING ABILITIES NOT DISABILITIES.

Encouraging Healthy Social Emotional Development

0-3 years

Only \$5 for 4 COKs!

**A TRAINING AND TECHNICAL ASSISTANCE
OPPORTUNITY PROVIDED IN PARTNERSHIP
WITH**



All training sessions will be held online

March 23rd, 6:30–8:30pm

April 6th, 6:30–7:30pm

April 20th, 6:30–7:30pm

Register at www.thepromisecenter.org

This publication was produced as a work for hire for the benefit of and with funds from the Maryland State Department of Education.

CRITICAL COMPETENCIES

*Zero to Three: Critical
Competencies for
Infant-Toddler Educators*

Courses beginning April 8
and will take place every
Monday and Thursday
evening through May 27.

*Registration Deadline
April 1, 2021*

Register by Calling The Promise Resource Center at
301.290.0040 or online at thepromisecenter.org/register

\$250



Vouchers accepted!

***This 45-hour Critical
Competencies training will:***

- Support educators who work in child care centers and family child care homes with infants, toddlers, or both.
- Focus on pedagogy—the method and practice of teaching.
- Detail essential and observational skill sets that effective early educators use to optimize babies' and toddlers' social-emotional, cognitive, and language and literacy development.
- Feature considerations for supporting high-needs populations and multi-language learners.

Training provided by:

the
PROMISE
—RESOURCE CENTER—



The Promise Resource Center and Apples for Children Inc. are members of the Maryland Child Care Resource Network with funding provided from the Maryland State Department of Education, through Maryland Family Network.



Development and Learning

Birth to Three Years



The Young Infants Physical Development

Infant Toddler Training Opportunities

SIDS, SUID, and Other Sleep Related Infant Deaths

March 23, 2021
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/>

TUMMY TIME! An infants first exercise routine.

Daily tummy time is encouraged by health professionals to support an infant's physical development and it has many benefits in this area. Tummy time activities are a time for caregivers to engage in interaction with infants. Adults should always be right there with infants as they explore, develop, learn and grow. It is also a time to bond and connect. Tummy time strengthens muscles in the infant's core, neck, shoulders and back as they work to support the infant's head and body movement. It also supports vision and hand-eye coordination as the child focuses on objects and reaches for toys. It's a time for inspiring play, independent movement, and eventually crawling across the floor.

Tummy time progresses as the child builds strength.

It begins in the caregivers arms and on their lap, then progresses to floor time.

Get down on the floor at baby's eye level. Baby loves your face and voice!

At 2 months:

-Spending at least one minute in Tummy Time several times a day without becoming upset

-Doing the majority of Tummy Time exercises on the floor

-Possibly tilting their head to one side

At 3 months:

-Beginning to put weight on arms, with elbows behind their shoulders at a 45 degree angle

-Gaining head control and is able to lift head between 45 to 90 degrees, without tilting head to either side

-Spending a total of 1 hour each day in Tummy Time

-Starting to visually track toys or rattles you move around during Tummy Time

At 4 months:

-Lifting head up 90 degrees and keeping their head centered

-Pushing up on forearms and brings chest off floor. Elbows will be under their

shoulders at a 90 degree angle or in front of shoulders.

-Lifting head and moving neck to track toys, voices, and faces during Tummy Time

Do baby push-ups. Place hands under baby's chest and tummy, and use gentle lifting cues to get baby to push up on hands for brief periods

At 6 months+:

-Self-directing Tummy Time

-Reaching and grabbing toys of different sizes while on tummy

-Able to pivot in a circle while on stomach

-Rolling from back to tummy and tummy to back

-Starting to prefer being on their stomach. Being on their tummy allows them to play, move, and explore more easily.

OUR 5TH ANNUAL DRIVE-IN FAMILY EVENT 2.0 IS BACK!



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



Our mission is to provide a unique event that brings families and community together. We missed out putting on a big 5th Annual Drive-In Family Event this past year. To make up for all that was missed, we are hosting a 5th Annual Drive-In Family Event 2.0! This year, our event will be on July 30, 2021 at the St. Mary's County Fairgrounds! In addition to the showing of a popular children's movie on a giant inflatable movie screen, our guests will be able to experience drive-in style parking, face paintings, concessions, local vendors, and more! Help us celebrate this milestone by making this event bigger than ever! Sponsorship and volunteer opportunities now available.

Email Elizabeth Ocker at eocker@thepromisecenter.org for more information about these opportunities!

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.

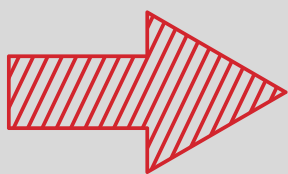
Visit thepromisecenter.org/register or call 301-290-0040 to register for membership today!



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.

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.

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02 Working with Mixed Age Groups 6:00pm-9:00pm Instructor: Sarah Sutherland WEBINAR \$30/\$35	03	04	05	06 CPR and First Aid 9:00am-1:00pm Instructor: Jay Hyde @ The Promise Resource Center \$85
07	08	09	10	11	12	13
14	15 Basic Health and Safety with Supporting Breastfeeding in Child Care 6:00pm-9:00pm Instructor: Sarah Sutherland WEBINAR \$30/\$35	16	17	18	19	20 @ The Promise Resource Center Fun with Found Materials 9:00am-12:00pm Instructor: Stacey Heidt \$30/\$35 <hr/> Working Together: The Importance of Community Helpers in Our Daily Lives 1:00pm-3:00pm Instructor: Mary Hodson \$25/\$30
21	22	23 SIDS, SUID, and Other Sleep Related Infant Deaths 6:30pm-8:30pm Instructor: Stacey Heidt WEBINAR \$25/\$30 <hr/> Encouraging Healthy Social Emotional Development 0-3 Years 6:30pm-8:30pm WEBINAR - SERIES \$5	24	25	26	27
28	29	30	31 Including All Children and The Americans with Disabilities Act 6:00pm-9:00pm Instructor: Sarah Sutherland WEBINAR \$30/\$35			

TRAINING

Working with Mixed Age Groups***Webinar*****March 2, 2021 | 6:00pm-9:00pm***Instructor:**Webinar | COK: 2 hours of Child Development and 1 hour of Curriculum**\$30 for members or \$35 for non-members*

Working with a group of children who are different ages presents child care providers with unique challenges and opportunities. Learn strategies to overcome challenges, create daily schedules and meet the needs of each child.

Basic Health and Safety with Supporting Breastfeeding in Child Care***Webinar*****March 15, 2021 | 6:00pm-9:00pm***Instructor: Sarah Sutherland**Webinar | COK: 3 hours of Health, Safety, and Nutrition CTU: .5 hours**\$30 for members or \$35 for non-members*

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

Satisfies the Supporting Breastfeeding in Child Care training. This is a required course for all directors, infant and toddler staff, and family providers.

Fun with Found Materials**@The Promise Resource Center****March 20, 2021 | 9:00am-12:00pm***Instructor: Stacey Heidt**In-person Learning | COK: 3 hours of Curriculum**\$30 for members or \$35 for non-members*

Do you have a collection of "stuff" that you are not sure what you could create with it? In this workshop, we will explore how to use found materials in a creative way and engage young children in the process.

Working Together: The Importance of Community Helpers in Our Daily Lives**@The Promise Resource Center****March 20, 2021 | 1:00pm-3:00pm***Instructor: Mary Hodson**In-person Learning | COK: 2 hours of Curriculum**\$25 for members or \$30 for non-members*

This training explores the importance of community helpers in the lives of young children and how recognizing these people helps to build a community of caring.

SIDS, SUID and Other Sleep Related Infant Deaths***Webinar*****March 23, 2021 | 6:30pm-8:30pm***Instructor: Stacey Heidt**Webinar | COK: 2 hours of Health, Safety, and Nutrition**\$25 for members or \$30 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.

Including All Children and the Americans with Disabilities Act***Webinar*****March 31, 2021 | 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.

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

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
04	05	06 CONTINUED Encouraging Healthy Social Emotional Development 0-3 Years 6:30pm-8:30pm WEBINAR - SERIES	07	08	09	10 Medication Administration 9:00am-1:00pm Instructor: Patricia Jennings WEBINAR \$75
11	12	13	14	15	16	17 CONTINUED Medication Administration 12:00pm-2:00pm Instructor: Patricia Jennings @ The Promise Resource Center
18	19 Autism Spectrum Disorder: A Child's Perspective 6:00pm-9:00pm Instructor: Mary Hodson WEBINAR \$30/\$35	20 CONTINUED Encouraging Healthy Social Emotional Development 0-3 Years 6:30pm-8:30pm WEBINAR - SERIES	21	22	23	24 Emergency and Disaster Preparedness 9:00am-4:00pm Instructor: Sarah Sutherland @ The Promise Resource Center \$50
25	26 How to Develop Critical Thinking Skills in Children 6:00pm-9:00pm Instructor: Stacey Heidt WEBINAR \$30/\$35	27	28	29 A Sense of Place: Human Geography in the Early Childhood Classroom 6:30pm-8:30pm Instructor: Stacey Heidt WEBINAR \$25/\$30	30	

TRAINING

Medication Administration**@ HYBRID Webinar and The Promise Resource Center****April 10 & 17, 2021 | 9:00am-1:00pm & 12:00pm-2:00pm***Instructor: Patricia Jennings**Hybrid Learning | OCC Requirement**\$75 for members and non-members*

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, and preschoolers.

Autism Spectrum Disorder: A Child's Perspective**Webinar****April 19, 2021 | 6:00pm-9:00pm***Instructor: Mary Hodson**Webinar | 3 hours of Special Needs**\$30 for members or \$35 for non-members*

This workshop will explore the world of autism as seen through the eyes of a child with a focus on the range and variance of symptoms as a spectrum disorder

Emergency and Disaster Preparedness**@ The Promise Resource Center****April 24, 2021 | 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.

How to Develop Critical Thinking Skills in Children Webinar**April 26, 2021 | 6:00pm-9:00pm***Instructor: Stacey Heidt**Webinar | COK: 1.5 hours of Curriculum and 1.5 hours of Child Development**\$30 for members or \$35 for non-members*

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.

A Sense of Place: Human Geography in the Early Childhood Classroom***Webinar*****April 29, 2021 | 6:30pm-8:30pm***Instructor: Stacey Heidt**Webinar | COK: 2 hours of Curriculum**\$25 for members or \$30 for non-members*

Developing a sense of place through geographic experiences helps build the social and emotional foundation children need and will one day use as adults.

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- \$5 off select trainings
- 1 free training for every 5 trainings completed
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