

IN THIS ISSUE WE
WILL TALK ABOUT:

- Training Opportunities
- Last Chance for BOGO Training
- Early Childhood Development and Learning
- Helping Children Transition Back into School-Year Routines

DON'T MISS THE LAST OF OUR BOGO
ELIGIBLE TRAININGS IN AUGUST!



Buy One, Get One all summer long on all of our 2-hour trainings!

Call our office to register at 301.290.0040!

Hello
August.

MEMBER SPOTLIGHT

Welcome to our new and returning members!

- Creative Beginnings
- Latonya Tate
- Melanie Johnson
- Bertha Bryant
- Allison Pouncey
- Lisamichelle Bradford
- Jennifer Worthy
- Nathera Coates





BOGO IS BACK FOR JUNE, JULY AND AUGUST TRAINING!

Buy One, Get One all summer long on all of our
2-hour trainings!

Call our office to register at 301.290.0040!

COMING UP:

- **August 5 6:30-8:30PM @The Promise Resource Center**
 - What Happened to the World? Helping Children Cope
- **August 11 6:30-8:30PM @ The Promise Resource Center**
 - Caring for Little Ones: Using Sign Language to Communicate
- **August 17 6:30-8:30PM @ The Promise Resource Center**
 - How to Create a Meaningful Lesson Plan
- **August 23 6:30-8:30PM @ The Promise Resource Center**
 - Simple Strategies for Staying Healthy During Trying Times

IN-PERSON LEARNING COVID-19 REQUIREMENTS AND PROCEDURES:

EFFECTIVE IMMEDIATELY -- We have updated our mask policy for visitors to our office building.

Effective immediately, all people attending trainings or meetings at PRC must wear masks inside the building for the duration of the visit. If you do not have a mask with you, please see our front desk and we will provide you with a disposable mask. Sanitizer stations will continue to be provided in the lobby and training reception area outside of the training room. All provided items such as pens and table tops will continue to be sanitized prior to participant arrival.

BOGO deal can only be used with paid registrations for the 2-hour Core of Knowledge courses listed on our calendar. Free class must be complete by August 31, 2021. No cash value or refunds for cancellations.

BOGO offer excludes 3-hour trainings, CPR & First Aid, Medication Administration, onsite trainings. Offer may be used between June 1 -August 31, 2021.

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.



Early Childhood Development and Learning

Birth to Three Years



Aug 2021

Viewing Stress and Trauma Through Infant/Toddler Eyes

Want to learn more about this topic?

Join us for the training:

What Happened to the World? Helping Children Cope

August 5, 2021

6:30-8:30 PM

@The Promise Resource Center
Training Room

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/>

Last year was tough for the child care community, and many have experienced stress in meeting the basic needs for living. Some families and care providers have been experiencing stress in many areas of their lives including work and childcare, getting food on the table, and worrying if they will be able to pay their rent and other bills. Stressful and traumatic events come in different forms, and last year a global pandemic began and is still impacting many of us today.

Infants and toddlers experience trauma and stress in a significant way. This is a time in a child's life that their brains are developing so quickly and the impact of trauma and stress can lead to

continued social and emotional struggles as they grow older.

One important aspect to remember is that children will react differently to stress and trauma.

Trauma is about perspective, reactions to stress and trauma varies depending on temperament, experiences, as well as the emotional support that children have within their environment.

Young children who are experiencing stress and trauma are often misunderstood. What we may see as behavior that is challenging for us as caregivers, is often times a feeling that the child doesn't quite know how to express. This could be fear, confusion, anger or sadness, and it might be

related to what is going on in that child's world.

So What Can We Do?

- *Provide a safe and nurturing environment*
- *Establish responsive relationships with children and families*
- *Provide children with predictable routines*
- *Teach children social, emotional and behavioral emotional skills*
- *Be responsive to the child's needs*
- *Try to understand the message of the child's behavior. What is the child trying to communicate?*
- *Encourage toddlers to use their words to express their feelings*

"Babies and toddlers are directly affected by trauma. They are also affected if their mother, father or main caregiver is suffering consequences of the trauma. If their home and routine becomes unsettled or disrupted as a result of the trauma, babies and toddlers are also vulnerable." ~Better Health Channel

Resource Link:

Trauma and children - newborns to two years

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/trauma-and-children-newborns-to-two-years>

HELPING CHILDREN TRANSITION BACK INTO SCHOOL-YEAR ROUTINES



Validate their feelings!

Remind them that it is okay to feel nervous or apprehensive toward going back to school. We all experience unease when our schedules change and back to school transitions are hard for everyone in the family.



Morning routines that are simple!

Make the morning routine as simple as possible. Review what each morning will look like so you and your child have clear expectations. Consider creating a visual board with pictures and encouraging messages to help aid with motivation for the day.



Dedicated homework times!

Find a homework time that works for your family. Some children feel more motivated to do homework as soon as they come home from school. Others do better with an hour or two break after school before working on homework. Keep them motivated by offering positive feedback, assistance and motivation when needed. This may take some time to adjust. Have patience with each other as you work out the best times for your child.



Separate unwinding from bedtime!

Have clear times set aside for relaxing and bedtime. Children are often used to going to bed and waking up later during the summer months. Transitioning their schedule can be difficult. Consider creating a visual aid such as a calendar or clock with color coded times to match a portion of the nightly routine throughout the school year.

Source: <https://childmind.org/article/helping-kids-back-school-routine/>

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.

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.

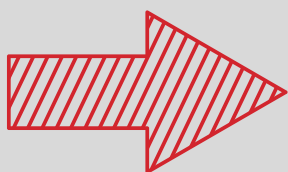
Visit thepromisecenter.org/register or call 301-290-0040 to register for membership today!



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 _____

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.

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.

TRAINING

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05  What Happened to the World? Helping Children Cope 6:30pm-8:30pm Instructor: Stacey Heidt @ The Promise Resource Center \$25/\$30 BOGO Eligible	06	07 CPR and First Aid 9:00am-1:00pm Instructor: Jay Hyde @ The Promise Resource Center \$85
08	09	10	11  Caring for Little Ones: Using Sign Language to Communicate 6:30pm-8:30pm Instructor: Sarah Sutherland @ The Promise Resource Center \$25/\$30 BOGO Eligible	12	13	14 Emergency and Disaster Preparedness 9:00am-4:00pm Instructor: Stacey Heidt @ The Promise Resource Center \$50
15	16	17  How to Create a Meaningful Lesson Plan 6:30pm-8:30pm. Instructor: Stacey Heidt @ The Promise Resource Center \$25/\$30 BOGO Eligible	18	19	20	21 CONTINUED Medication Administration 6:00pm-10:00pm Instructor: Pat Jennings @ The Promise Resource Center
22	23  Simple Strategies for Staying Healthy During Trying Times 6:30pm-8:30pm Instructor: Sarah Sutherland @ The Promise Resource Center \$25/\$30 BOGO Eligible	24	25	26	27	28
29	30	31				

AUGUST



What Happened to the World? Helping Children Cope

@ The Promise Resource Center
BOGO Eligible

August 5, 2021 | 6:30pm-8:30pm

Instructor: Stacey Heidt

In-Person Learning | COK: 2 hours of Community

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

Adults largely set the emotional landscape for children. Children depend on us to be strong, to know what is happening and to guide them through turbulent times. Learn ideas and language for responding to children's questions and reactions during these times.

CPR and First Aid

@ The Promise Resource Center

August 7, 2021 | 9:00am-1:00pm

Instructor: Jay Hyde

In-Person Learning | OCC Requirement

\$85 for members and non-members

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.



Caring for Little Ones: Using Sign Language to Communicate

@ The Promise Resource Center

BOGO Eligible

August 11, 2021 | 6:30pm-8:30pm

Instructor: Sarah Sutherland

Webinar | COK: 2 hours of Child Development

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

This training is designed to introduce infant and toddler teachers to using sign language with children to support communication. Through this highly interactive training, students will learn 8-10 signs for "needs meeting" words such as more, all done, mommy, daddy, stop, etc. Students will also walk away with created hand sign placards and pair them with the spoken words that match the signs.

Emergency and Disaster Preparedness

@ The Promise Resource Center

August 14, 2021 | 9:00am-4:00pm

Instructor: Stacey Heidt

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 Create a Meaningful Lesson Plan

@ The Promise Resource Center
BOGO Eligible

August 17, 2021 | 6:30pm-8:30pm

Instructor: Stacey Heidt

In-Person Learning | COK: 2 hours of Curriculum

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

Lesson plans support the goals and objectives that you set for the children. Writing plans that focus on all areas of the curriculum and changes to the environment will assist in planning and implementing for the group as well as differentiated instruction. The inclusion of assessment on your plans will also help to support documentation of children's growth and development.

Medication Administration

@ HYBRID Webinar and The Promise Resource Center

June 24&26, 2021 | 6:00pm-10:00pm & 9:00am-11:00am

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.

Simple Strategies for Staying Healthy During Trying Times

@ The Promise Resource Center

BOGO Eligible

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

Instructor: Sarah Sutherland

In-Person Learning | COK: 2 hours of Professionalism

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

Lesson plans support the goals and objectives that you set for the children. Writing plans that focus on all areas of the curriculum and changes to the environment will assist in planning and implementing for the group as well as differentiated instruction. The inclusion of assessment on your plans will also help to support documentation of children's growth and development.

Basic Health and Safety with Supporting Breastfeeding in Child Care

Webinar

August 25, 2021 | 6:30pm-8:30pm

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

\$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.

AUGUST

TRAINING



= **BOGO Eligible Training**

SEPTEMBER

TRAINING

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
05	06	07	08	09 Working with Mixed Age Groups 6:00pm-9:00pm Instructor: Sarah Sutherland WEBINAR \$30/\$35	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 SUPER SATURDAY Exploring the Great Outdoors in Autumn 9:00am-12:00pm Instructor: Stacey Heidt @The Promise Resource Center \$30/\$35
26	27	28 Building Your Resilience 6:30pm-8:00pm Instructor: Sarah Sutherland WEBINAR \$30/\$35	29 CONTINUED Building Your Resilience 6:30pm-8:00pm Instructor: Sarah Sutherland WEBINAR	30 Jumping Into Science 1:00pm-3:00pm Instructor: Stacey Heidt @The Promise Resource Center \$25/\$30		

SEPTEMBER

Working with Mixed Age Groups

Webinar

September 9, 2021 | 6:00pm-9:00pm

Instructor: Sarah Sutherland

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.

Exploring the Great Outdoors in Autumn

@ The Promise Resource Center

September 25, 2021 | 9:00am-12:00pm

Instructor: Stacey Heidt

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

The connections we make as children to the nature of the world around us impacts our ability to become attentive, self-confident, respectful, responsible people. Come explore how to incorporate the great outdoors into your program in a meaningful and fun way!

Jumping Into Science

@ The Promise Resource Center

September 25, 2021 | 1:00pm-3:00pm

Instructor: Stacey Heidt

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

Many of the habits of scientific thinking are inherently part of children's play. Participants will explore the importance of developing scientific thinking skills in young children and how they can support those skills with simple materials. Participants will experience using the science materials and will create materials to utilize in their own program.

Building Your Resilience

Webinar

September 28&29, 2021 | 6:30pm-8:00pm

Instructor: Sarah Sutherland

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

In this workshop participants will learn how to improve resilience in their personal and professional lives. By improving resilience factors, they will be able to better cope with or recover from change, loss, adversity, and mistakes, as well as have the skills to bounce back from adverse situations.

TRAINING