

#### APRIL NEWSLETTER AND CALENDAR

#### IN THIS ISSUE WE WILL TALK ABOUT:

- Training Opportunities
- April Training Highlight: Planning the Day for Infants and Toddlers
- Ask the Expert!
- Staff Accomplishments!
- April Showers Activity
- 2022 Drive-in Sponsorship, Vendor, and Exhibitor info



Max enjoying our new Family Support Center gym area!

#### MEMBER SPOTLIGHT

Welcome to our new and returning members!

- Franescia Thompson
- Carolyn Ward
- Pamela Ridgell



October 7, 2022
The Promise Resource Center's 6th annual
Drive-in Movie Event and Fall Family
Festival! Look inside for sponsorship and
vendor opportunities!



The Promise Resource Center, 8395 Old Leonardtown Rd. Hughesville, MD 20637 www.thepromisecenter.org - Hours of Operation: M - F, 8:30am - 5:00pm

Phone: 301.290.0040 - Fax: 301.290.0050 Email: info@thepromisecenter.org











#### APRIL TRAINING OPPORTUNITIES



#### **CPR and First Aid**

@ The Promise Resource Center

April 2, 2022 | 9:00am-3:00pm

Instructor: Steve Mandragos

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

\*\*Please pack a "brown bag" lunch to bring with you to class. Class size is limited and will be filled on a first come, first serve basis.\*\*

#### Planning the Day for Infants and Toddlers



April 5, 2022 | 6:00pm-9:00pm

Instructor: Joi Lowe

Webinar | COK: 3-hrs. Curriculum

\$30/35

An infant and toddler's day is full of routines and experiences. In this session. we will discuss how to implement these routines and experiences review and find resources to assist them in planning developmentally appropriate activities

#### **Medications Administration**

\*Hybrid Training\* \*MUST ATTEND BOTH DAYS\*

April 7, 2022 | 6:00pm-10:00pm WEBINAR and April 9, 9:00am-11:00am @PRC Instructor: Pat Jennings

IHybrid Training | 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.



#### Cross-Cultural Support for Grieving Children and Families

\*Webinar\*

April 13, 2022 | 6:00pm-9:00pm

Instructor: Sarah Sutherland

Webinar | COK: 3-hrs. Child Development

\$30/35

Supporting someone as they struggle through loss and grief can be incredibly difficult, especially when the bereaved individual is a child. Through this interactive and informative workshop. participants will learn what children understand about death at different ages and what their grief might look like. We will also cover practical information about supportive things to say and do for children and adults who are grieving. Please note: This workshop may be emotionally triggering for some. If you have recently experienced a loss, you may want to consider attending an alternative workshop

#### SIDS, SUID and Other Sleep-Related Infant Deaths

\*Webinar\*

April 21, 2022 | 6:30pm-8:30pm

Instructor: Joi Lowe

Webinar | COK: 2-hrs Health, Safety, and Nutrition

\$25/30

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 appropriately. Participants will also have an opportunity to explore and analyze sleep-related death. Participants will review what is SIDS and sleep-related death, daily schedules and lesson plan formats for infants and toddlers. They will also 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.

#### Making Meaningful Connections: Building the Foundation of the Young Brain

\*Webinar\*

April 25, 2022 | 6:00pm-9:00pm

Instructor: Joi Lowe

Webinar | COK: 1-hr Child Development, 1-hr. Professionalism, and 1-hr. Special

Needs

\$25/30

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.

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.

#### IN-PERSON LEARNING COVID-19 REQUIREMENTS AND PROCEDURES:

Effective August 2, 2021 -- All people attending trainings or meetings at PRC can wear masks if they feel it's necessary. Sanitizer stations continue to be provided in the lobby and training reception area outside of the training room. All provided items such as pens, table tops, and chairs also continue to be sanitized prior to participant arrival.

#### Planning the Day for Infants and Toddlers

"Love and trust, in the space between what's said and what's heard in our life, can make all the difference in the world."

— Fred Rogers (Mr. Rogers)

Infants and toddlers learn about their world and the people around them through daily routines.

Nurturing and responsive care for the child's body and mind is the key to supporting healthy brain development. Positive or negative experiences shape a child's development and may have lifelong effects.

Routines are the consistent, daily experiences such as, diapering, feeding, greetings, and sleeping.

Predictable schedules help provide a framework and direction for caregivers. In turn, infants and toddlers feel secure when schedules and routines are dependable; this tells them that they can trust caregivers to provide for their needs. Join us as we will discuss how to implement these routines and experiences appropriately

April 5, 2022 6:00pm-9:00pm

To register go to thepromisecenter.org/register or call 301.290.0040

#### **Activity: Creating Transition Songs for Infants and Toddlers**

Transitions are movements from one activity to another.

These movements occur often throughout the day for infants and toddlers, caregivers should be mindful of the children and environment during these times. To provide smooth transitions try creating songs based on popular nursey rhymes. Take a look below!

#### **Hand Washing Song**

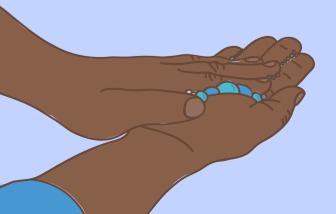
To the tune of Row, Row, Row Your Boat

Wash, wash, wash your hands,

Soap will make them clean

Scrub the germs til they fall off

Germs go down the drain



#### How Hard did it Rain?: An April Showers Investigation



Put your detective hats on! Lets find out how hard it has rained!

#### What you'll need:

A rainy day
Construction paper
Writing utensil
Rain coat/ other rain gear (optional)



**How to**: (Can be done with each individual child, or with the whole class together)

Set a timer for 2 minutes and have the children run and set their piece of paper outside in the rain. After all the papers are down on the ground, start the timer! When the timer is up, bring the papers back inside. When you bring the paper back inside, circle all of the rain drops. When the paper is dry you can count the circled rain drops! Discuss with your student(s) if they think this is a little bit of rain or a lot of rain and why!

#### **ASK THE EXPERT!**

Send in a question to any of our Early Childhood experts to chutter@thepromisecenter.org and your questions will be answered Fridays on our Facebook page!

#### **Our Experts:**



My name is **Kayla Woehlke**. My area of expertise is helping families and childcare providers with children (from birth to 5 years old) who have behavioral concerns in the classroom setting. I provide coaching, resources, and tools to help support children in both their home and classroom settings.



My name is **Eva Simon.** I am the Family Service Interventionist for PRC. My area of expertise is Parenting/ Co-Parenting Coaching, In-Home Behavioral Management and Supervised Visitations.



My name is **Sara Spahr**. My background is in Early Childhood education. My areas of expertise are developmental goals, daily routines, and planning engaging activities for children.



Hello, my name is **Dionna Rivera.** I have been with the Family Support Center of Southern Maryland for 6 months. My area of expertise is finding useful resources, case management, and counseling families in need of support.



My name is **Joi Lowe**. I am the Infant Toddler Coach at the Promise Resource Center. I hold Infant/Toddler certifications. I have 6 years' experience as Lead Infant/Toddler teacher. My expertise is Infant and Toddler education, environment preparation and sustainability.

#### LITTLE TREASURES PLAYGROUP AT THE FAMILY SUPPORT CENTER OF SOUTHERN MARYLAND



Come visit our new Child Development
Program for children newborn through
age three! We will explore the classroom
through engaging activities while you
learn about classes and programs
offered by the Family Support Center.
April 6, 2022 10am-12pm
April 13, 2022 10am-12pm

April 20, 2022 10am-12pm

April 27, 2022 10am-12pm

STAFE A C.COMPLISHMENTS!



**Joi Lowe,** completed her first training for PRC, Storytime with Infants and Toddlers. She is now branching out and doing more on her own as this is her 2nd month with PRC.

Caitlin Hutter completed the Fundraising and Sustainability Program offered by the Charles County Charitable Trust.

**Sara Sphar, Jordyn Valesquez,** and **Katherine Gough** completed the "Caring for Infants & Toddlers" training





#### 6TH ANNUAL DRIVE-IN FAMILY EVENT

Our mission is to provide a unique event that brings families and community together. This year, our Family Event will be on October 7, 2022 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 make this event bigger than ever!





#### WHAT DOES THE DRIVE-IN SUPPORT?



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

## Hollywood: \$5,000 (1 available)

# Exclusive Title Sponsor of Event! You will receive recognition as the Title Sponsor on event logo, website and social media sites.

- (1) video ad for event recognizing company as title sponsor on social media
- (1) 1-hour on-site expert training for up to 30 associates on early childhood behavior or positive
- Logo/name on 3 event road signs placed prominently around St. Mary's County
  - · Company signs placed prominently at Event (please provide)
    - Logo/Name with link to website on social sites
- · Logo in event booklet
- 20 sponsored outreach tickets with company logo placed on tickets (to be given away by PRC on behalf of Hollywood Sponsor)

## Blockbuster: \$2,500

- 5 Vehicle Passes to event
- 30-second commercial spot to be played prior to film showing
- · Company logo and recognition placed on event website and social media sites
  - · Company signs placed at event (please provide)
    - · Logo/Name with link to website on social sites
      - · Logo in event booklet
- 15 sponsored outreach tickets with go company logo placed on tickets (to be given away by PRC on behalf of Sponsor)

## Silver Screen: \$1,000

- 3 Vehicle Passes to event
- 30-second commercial spot to be played prior to film showing
- · Company logo and recognition placed on event website and social media sites
- · Company signs placed at event (please provide)
- · Logo/Name with link to website on social
- · Logo in event booklet
- $\cdot$  10 sponsored outreach tickets with company logo placed on tickets (to be given away by PRC on behalf of Sponsor)

#### Studio: \$500

- · 2 Vehicle Passes to event
- Company logo and recognition placed on event website and social media sites
  - · Logo/Name with link to website on social sites
- · Logo in event booklet
- $\cdot$  5 sponsored outreach tickets with company logo placed on tickets (to be given away by PRC on behalf of Sponsor)

### Cinema: \$250

- · Company logo and recognition placed on event website and social media sites
- · Logo in event booklet

### Silent Film: \$100

· Name or logo in event booklet

## I WOULD LIKE TO BE A 2022 DRIVE-IN SPONSOR!

Name of Company, Organization or Individual

	State				Cinema	Silent Film
				Please Select One)		Studio
Contact PersonAddress	City	Phone	Email	Sponsorship Level: (Please Select One)	Hollywood	Blockbuster
				人		

## Payment Information: (Please Select One)

Check Enclosed (made payable to The Promise Resource Center)



Please complete, scan and email this page to: Caitlin Hutter chutter@thepromisecenter.org. If you would like to mail a check and this form together, please mail to: The Promise Resource Center

The Promise Resource Center Attn: Caitlin Hutter 8395 Old Leonardtown Rd Hughesville, MD 20637

### Friday, October 7, 2022 5:00pm-9:00pm

## St. Mary's County Fairgrounds

(Check one)

# 2022 Vendor / Exhibitor Application

#### xhibitors

Exhibitors are considered entities which have a non-profit or civic status, and will not be selling products or services at the Event. Exhibitors will be provided one table and two chairs at the event.

## Non-Food Vendors

Non-Food Vendors are considered entities which will be selling products or services at the event. Only 1 consultant from each direct sale organization will be accepted. Non-food vendors will be provided one table and two chairs at the event.

### **Food Vendors**

Food vendors are considered entities which will be selling food and/or drink items at the event. Food vendors will receive space in our outdoor concessions area. Water hook-ups and electric are provided on a first-come, first-served basis. Sale of alcohol and tobacco products is prohibited.

Space is limited! The Promise Resource Center reserves the right to decline applications.



Applications can be emailed to: Caitlin Hutter chutter@thepromisecenter.org

## Applications can be mailed to:



The Promise Resource Center Attn: Caitlin Hutter 8395 Old Leonardtown Rd. Hughesville, MD 20637

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	Exhibitor (Non-profit or government agency) Cost: Free Please provide a description of service or resource provided:
	Non-Food Vendor
ect	Cost: \$25 per table Please provide a description of items or services for sale:
5 ) 5	Food Vendor
, o	Cost: 15% of total sales Please provide a description of types of food for sale:
to	Contact Name:
	Business Name:
	Address:
	Phone Number:
	Email Address:

#### RESOURCE ROOM UPDATES!

We are updating the prices on some of our Resource Room materials.

Single Sheet Construction Paper: \$0.10

Single Sheet Construction Paper (Long):

\$0.20

Pack of Construction Paper: \$3.00

Pack of Construction Paper (long): \$5.00

Board Maker: \$.50/page

Lamination: \$1.50/foot

Book Binding: \$2.50/book

Black and White Copies:

White Paper: \$.10/page

Colored Paper: \$.20/page

Cardstock: \$.25/page

Colored Toner Copies:

White Paper: \$.20/page

Colored Paper: \$.30/page

Cardstock: \$.35/page

#### 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 (<a href="https://marylandfamilynetwork.org/for-providers/findyour-child-care-resource-center">https://marylandfamilynetwork.org/for-providers/findyour-child-care-resource-center</a>). 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 <a href="mailto:MCCRNinfo@marylandfamilynetwork.org">MCCRNinfo@marylandfamilynetwork.org</a>. 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!



#### **Membership Application**

### Become a member today!

Complete and mail this form + payment to:

The Promise Resource Center 8395 Old Leonardtown Rd. Hughesville, MD 20637



Name:				
Addres	S:			
City: _			Zip:	
Phone:				
Email:				_
		Membersh	пір Туре	
	Renewel		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 <a href="mailto:thepromisecenter.org/register">thepromisecenter.org/register</a>. 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

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.







CPR and First Aid The Promise Resource Center 9:00-am-3:00pm \$85	Medication Administration The Promise Resource Center 9:00-am-11:00am			
	Medication Administration Webinar 6:00-9:00pm		SIDS, SUID and Other Sleep-Related Infant Deaths Webinar 6:30-8:30 \$25/30	
		Cross-Cultural Support for Grieving Children and Families Webinar 6:00-9:00pm \$30/35		
	Planning the Day for Infants and Toddlers Webinar 6:00-9:00pm	12 450/55		
				Making Meaningful Connections: Building the Foundation of the Young Brain Webinar 6:00-9:00pm \$30/35

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The Promise Resource Center

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Instructor: Steve Mandragos In-Person Learning | OCC Requirement

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Instructor: Joi Lowe

Webinar | COK: 3-hrs. Curriculum

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Instructor: Joi Lowe

Webinar | COK: 2-hrs Health, Safety, and Nutrition

75/30

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# Making Meaningful Connections: Building the Foundation of the Young Brain

**'Webinar**\*

April 25, 2022 | 6:00pm-9:00pm

Instructor: Joi Lowe

Webinar | COK: 1-hr Child Development, 1-hr. Professionalism, and 1-hr. Special Needs

\$30/35

This interactive training will build participants' knowledge around how a young child's brain develops between the ages of birth through five. Participants will actively engage in "building a brain", explore the importance of developing their own capacity, and learn specific strategies and interactions that grow healthy brains. After engaging with the content of this training, participants will have a better understanding of the core components used to support the growth of all learners.

		CPR and First Aid 9:00am-3:00pm © The Promise Resource Center \$85			
FRI					
				Bottoms Up! Tummy Time F:00pm-9:00pm Instructor: Jol Lowe WEBINAR \$30/35	
		Infants and Toddlers Developing a Sense of 6:00pm-9:00pm Instructor: Joi Lowe WEBINAR \$30/35	Creating a Stress Reducing Environment for Children of All Ages (500pm-9:00pm Instructor: Sardh WEBINAR \$30/35		
				Ants in Their Pants: Taching Children Who Must Move to Learn 6:00pm-9:00pm Instructor: TBD WEBINAR \$30/35	
	Working with Mixed Age Groups 6:00pm-9:00pm Instructor: Sarah Sutherland WEBINAR \$30/35				



## Working with Mixed Age Groups

#### \*Webinar\*

## May 2, 2022 | 6:00pm-9:00pm

Instructor: Sarah Sutherland

Webinar | COK: 2-hrs. Child Development and 1-hr. Curriculum

\$30/35

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.

## infants and Toddlers Developing a Sense of Self

#### \*Webinar

## May 11, 2022 | 6:00pm-9:00pm

Instructor: Joi Lowe

Webinar | 1-hr. Child Development, 1-hr. Community, and 1-hr. Professionalism \$30/35 Infants and Toddlers Developing a Sense of Self: As infant and toddler caregivers, our values and practices shape our responses to the children we care for and children quickly become sophisticated in interpreting our behaviors and responses. Infants take these adult responses to heart and incorporate them into their sense of self. It is our responsibility to respond in ways that keep infants rooted in their culture and firmly attached to their family. This interactive training will explore how children develop a sense of self though interaction with and how caregivers can support these interactions with specific "Caregiving Gifts" that help support a healthy social identity and sense of belonging.

### **CPR** and First Aid

## @ The Promise Resource Center

## May 14, 2022 | 9:00am-3:00pm

Instructor: Steve Mandragos

Inc. Person Learning | OCC Requirement

\$85 for members and non-members

\$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.

\*\*Please pack a "brown bag" lunch to bring with you to class. Class size is limited and will be filled on a first come, first serve basis.\*\*

# Creating a Stress Reducing Environment for Children of All Ages \*Webinar\*

## May 18, 2022 | 6:00pm-9:00pm

instructor: Sarah Sutherland

Nebinar | COK: 1-hr. Child Development, 1-hr. Curriculum, & 1-hr. Health, Safety, & Nutrition

\$30/35

Stressors in children, ages 2 through 12; what the stressors are; how these stressors can be addressed. The purpose of this training is to look at the increasing level of stress found in children ages 2 through 12, and what can be done to help these children cope with their stress and anxiety. The areas that will be presented include: what causes stress, how young children exhibit stress, what techniques child-care providers can use to help lessen that stress, and how to establish collaboration between providers and parents to reduce the impact of stressors on young children.

# Ants in Their Pants: Teaching Children Who Must Move to Learn "Webinar\*

## May 24, 2022 | 6:00pm-9:00pm

Instructor: TBD

Webinar | COK: 3-hrs Curriculum

\$30/35

Kinesthetic learners are naturally active and have a lot of energy to expend. The ideas and strategies in this workshop will help the child care professional work with and meet the needs of all the children in their care, especially the kinesthetic learner.

## **Bottoms Up! Tummy Time Fun**

#### :Webinar\*

## May 26, 2022 | 6:00pm-9:00pm

nstructor: Joi Lowe

Webinar | COK: 3-hrs. Child Development

\$30/35

Tummy time is easy to implement in any child care setting and is critically important to supporting healthy infant development and preventing a number of infant disorders. Knowing about the importance of tummy time and how it can be implemented throughout the day, teachers can incorporate prone positioning in their classrooms and conversations with parents which in turn will help with the growth and development of infants.

SAT	CPR and First Aid The Promise Resource Center 9:00-am-3:00pm \$885	Disaster Disaster Preparedness The Promise Resource Center 9:00-am-11:00am \$50	18	25	
FRI	03	01	71	24	
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TUE	0	7	15	1 22	
Σ O Σ		Including All Children and the Americans with Disabilities Act Webinar 9:00-am-11:00am \$35/30	13 14	20 21	27 28
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### **CPR** and First Aid

@ The Promise Resource Center

June 4, 2022 | 9:00am-3:00pm

Instructor: Steve Mandragos

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.

\*\*Please pack a "brown bag" lunch to bring with you to class. Class size is limited and will be filled on a first come, first serve basis.\*\*

# Basic Health & Safety Training with Supporting Breastfeeding in Child Care

**\*Webinar\*** 

June 29, 2022 | 6:00 pm- 9:00pm

Instructor: Sarah Sutherland

ebinar | COK: 3-hrs. Health, Safety, and Nutrition

\$30/35

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

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

highly interactive and informative.

# Including All Children and the Americans with Disabilities Act

\*Webinar\*

June 6, 2022 | 6:00pm-9:00pm

Instructor: Sarah Sutherland

Webinar | COK: 3-hrs. Health, Safety, & Nutrition

\$30/35

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

## **Emergency and Disaster Preparedness**

\*Webinar\*

June 11, 2022 | 9:00am-4:00pm

Instructor: Sarah Sutherland

Webinar | COK: 3-hrs. Health, Safety, & Nutrition

3-hrs. 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.