The Child Care



Eastern Shore Child Care Resource Center at Salisbury University



Published by the Eastern Shore Child Care Resource Center

WINTER 2023

The ESCCRC **elevates** the early childhood profession through cohesive professional learning opportunities, **advocates** for the highest quality learning environments for young children, and **supports** the unique needs of all families.

LETTER FROM THE DIRECTOR

ello everyone! What a fast fall with wonderful weather and many opportunities to impact children and families! I hope that everyone is settled into routines, and the days are running smoothly and that you are pleased with how things are going in your program.

I want to take a moment here to thank you for your trust and patronage. Many of you have taken classes with us, for which we thank you. Others have participated in coaching and mentoring sessions to improve teaching strategies and increase their credential level – we are pleased to have been a part of your journey. The ESCCRC is always available to help you out where you most need it. We hope you will continue to count on us in the new year.

Here is some good news to share with you: All training during the first three months of 2023 is *free*. Yes, you read that correctly. Please register online as you have been doing and *Happy Training!*

The Early Childhood Mental Health Consultation Program is hosting a full day of training on Saturday, January 21 at Salisbury University's Guerrieri Student Union. Participants will earn six Core of Knowledge (6 COK) hours by participating in Finding Your Joy (lessons in a self-care) and Creating a Stress-Reducing Environment for Children of All Ages. Lunch is provided and there will be door prizes. You can register online at www.eventbrite.com/e/ finding-joy-and-creatingcalm-a-teacher-centeredstudent-focused-trainingtickets-464574383487 or by

tickets-464574383487 or by using the QR code. Registration is limited to 60, so register soon.

The Block Parties have returned

The Block Parties have returned! This year, the title is *Building on What We Know*, and there are three sessions planned – Saturdays, January 28,



March 25 and May 13. Registration will open for these individually approximately four weeks prior to the class. You must call the ESCCRC office to register for these trainings. The January session will be virtual, and the others will be decided later. In order to provide the highest quality PD for as many early childhood educators as possible, we are making some adjustments. First, there will be two sessions of each. One session is designated for Wicomico County educators only, and the other is for early childhood educators in any of the other counties on the Shore. All are welcome. Attendance is capped at a maximum of three participants from a program. If there are open slots, they will be advertised closer to the training date by way of social media. We will be able to serve a wider group of educators this way.

Other upcoming events being planned include EXPO! at the Eastern Shore Higher Education Center (ESHEC) building in Wye Mills on Saturday, April 22, and Child Care Educators Appreciation megaevents at both locations – stay tuned for more information on these!

We have an exciting opportunity: The ESCCRC received a grant to recruit and assist educators on the Eastern Shore to open home-based programs. If you or someone you know is interested in finding out about this opportunity to open a small business, please visit www.openchildcaretoday.com. There is training, individualized coaching and incentives to support your new program.

As always, we are here to provide resources that enable you to create highquality environments for children in your care. Use the Resource Room and consult with ESCCRC staff to be sure you are ready for the new year. We have coaching staff in the Salisbury University office in Salisbury and the ESHEC office in Wye Mills who are ready to help you with your program needs. Other services you may want to talk about include CDA binder review, accreditation consulting for homeand center-based programs, credentialing, and other educational advising. We're here to help your reach your goals. Call the SU office at 410-543-6650 or the ESHEC office at 410-827-5734.

For other training concerns, please reach out to Lynne Doeler, our training coordinator, who works in our office at the ESHEC. Lynne plans the training calendar, arranges locations and instructors, and can work with you on your onsite training needs. She can be reached at 410-827-5734.

We want to be sure all members of the child care community receive our flyer and the eblasts we send twice a month. Program directors be sure to share the CHAT with staff. If you are not receiving eblasts, flyers or other communications please update your contact preferences by calling 410-543-6650. It's really the best way to stay on top of all the news related to the ESCCRC. Social media is another outlet we use to share the most current information. Check out (and "like") our two Facebook pages: Eastern Shore Infant and Toddler Group and Eastern Shore Child Care Resource Center.

ESCCRC, at both locations, will be closed December 23-January 2. We look forward to working with you in the new year. Best wishes for a wonderful holiday season and a prosperous 2023!

Leslie

TRAINING CALENDAR

CPR & FIRST AID NOTICE: The Eastern Shore Child Care Resource Center no longer offers CPR and First Aid training. Below are contacts for training:

Jay Hyde: 443-496-2464 • 1stalertcpr@gmail.com | Tessa Doughty: 302-396-1988 • tdoughty43@gmail.com

Please pay attention to the location information given with workshop details. We maintain social distancing.

JANUARY TRAINING

ESCCRC, Southern Area: SU Office, 500 East Campus Complex, Power & Wayne Streets ESHEC, Northern Area: Eastern Shore Higher Education Center @ Chesapeake College

Date, Time & Location	Cost	Training Title & Description		Trainer
Tuesday, January 10 6-9 p.m. ESHEC	FREE	Understanding Autism Spectrum Disorder in the Preschool Program Child Care Providers are key players in creating awareness of autism and can offer support and guidance to families and children with Autism Spectrum Disorder. Participants will hear about recent developments in research, learn to identify early warning signs of autism, as well as learning effective teaching and documentation strategies.	3 SN	L. Doeler
Thursday, January 12 6-9 p.m. Virtual	FREE	Including All Children & the Americans with Disabilities Act (ADA) How does the Americans with Disabilities Act affect childcare providers? How do you make sure that a child with special needs is included in every activity in your childcare? It can be difficult to answer these questions as you work hard to make sure all the needs of children are met in your program. Get practical information on how the ADA affects you and how to include all children in your daily activities. This class meets the MSDE requirement.		L. Sinclair
Saturday, January 14 9 a.m4 p.m. ESCHEC	FREE	Medication Administration Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria.		M. Long
Saturday, January 14 9 a.mNoon ESCHEC	FREE	Teaching Problem Solving Throughout the Day During this interactive training, participants will learn, through group activities and video vignettes, the importance of being intentional when teaching children how to problem solve. This training also will build participants' knowledge base on the process of the problem- solving steps and how to teach these steps to children.		L. Doeler
Thursday, January 19 6:30-8:30 p.m. Virtual	FREE	(IT) I Can Pretend Too! Dramatic Play Experiences for Toddlers & Twos Toddlers and twos engage in dramatic play differently than preschoolers, for toddlers and twos it is all about the objects and materials being offered and how the child imitates how to use the object or material.		R. Merryweather
Saturday, January 21 9 a.mNoon & 1-4 p.m. Salisbury University Guerrieri Student Union, Montgomery Room	FREE	Finding Your Joy Participants explore the characteristics of four different types of stress. Identify the five steps of The Stress Cycle through engaging conversation. Creating a Stress-Reducing Environment for Children of All Ages Explore stressors in children, ages 2 through 12, what the stressors are and how these stressors can be addressed. The purpose of this training is to look at the increasing level of stress found		Teaching Strategies L. Gray
Thursday January 26	FREE	in children ages 2 through 12 and what can be done to help these children cope with their stress and anxiety. Resis Health & Safety Training with Supporting	3 HSN	L. Sinclair
Thursday, January 26 6-9 p.m. Virtual	FREE	Basic Health & Safety Training with Supporting Breastfeeding in Child Care This workshop satisfies the MSDE regulation requiring all child care providers, including all center staff and family providers, to complete this workshop. This three-hour workshop was developed in partnership with the National Center for Early Childhood Health and Wellness, Child Care Aware of America, the American Academy of Pediatrics, and Maryland Family Network, with support from the Maryland State Child Care Association.	o noin	L. SITICIAII

FEBRUARY TRAINING

ESCCRC, Southern Area: SU Office, 500 East Campus Complex, Power & Wayne Streets ESHEC, Northern Area: Eastern Shore Higher Education Center @ Chesapeake College

Date, Time & Location	Cost	Training Title & Description	сок	Trainer
Tuesday, February 7 6-9 p.m. ESCHEC	FREE	Supporting Children with Disabilities, Delays & Special Health Care Needs Providers will identify programs, terms and resources to support children with special needs; and they will learn how to select materials, make modifications, and enhance learning and motivation for all children.	3 SN	L. Doeler
Thursday, February 9 6-9 p.m. ESCCRC	FREE	Achieving Quality Standards in Early Education All programs have the opportunity to contribute and commit to a common goal that all children should be provided with the best care and education possible. Explore the Maryland Quality Rating and Improvement Systems (QRIS), including Maryland EXCELS, Classroom Assessment Scoring Systems, Credential and Accreditation.		R. Merryweather
Thursday, February 16 6:30-8:30 p.m. Virtual	FREE	(IT) Discoveries of Infancy: The What & How of Learning Studies consistently show that babies learn the most and will likely remember what they learn when they can control what's happening. It's all about the experiences they choose (not necessarily those chosen for them) that help them learn fastest and most completely. This workshop explores the discovery of understanding that occurs in six main areas called the "Discovery of Infancy" theory.		K. Kline
Saturday, February 18 9 a.mNoon ESCCRC	FREE	Big Anxiety, Small Child This training will introduce participants to anxiety and how this disorder impacts young children. Participants will learn what normal behavior is and what warrants a referral. Through cooperative learning experiences, a video clip and brainstorming activities, participants will become knowledgeable of what are normal worries for young children and what is atypical. Classroom strategies and resources will be shared to ensure educators leave with a toolkit of ideas and strategies to assist preschool children who may have anxiety.	3 SN	L. Sinclair
Saturday, February 18 9 a.m4 p.m. ESCCRC	FREE	Medication Administration Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria.	6 HSN	D. Conklin
Tuesday, February 21 6-9 p.m. ESHEC	FREE	Vertical Learning: Creative Uses of Classroom Walls With the concentration of children's activities being on flat horizontal surfaces, the vertical surfaces of the classroom are often overlooked as a place for active child engagement and learning that can support child development. This workshop will take a new and fresh look at the ways to use vertical surfaces to enhance a child's learning experience and how these spaces can benefit child development.		L. Doeler



MARCH TRAINING

ESCCRC, Southern Area: SU Office, 500 East Campus Complex, Power & Wayne Streets ESHEC, Northern Area: Eastern Shore Higher Education Center @ Chesapeake College

Date, Time & Location	Cost	Training Title & Description		Trainer
Thursday, March 2 6-9 p.m. ESCCRC	FREE	Basic Health & Safety Training with Supporting Breastfeeding in Child Care This workshop satisfies the MSDE regulation requiring all child care providers, including all center staff and family providers, to complete this workshop. This three-hour workshop was developed in partnership with the National Center for Early Childhood Health and Wellness, Child Care Aware of America, the American Academy of Pediatrics, and Maryland Family Network, with support from the Maryland State Child Care Association.		L. Sinclair
Saturday, March 4 9 a.m4 p.m. ESHEC	FREE	Medication Administration Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria.		M. Long
Saturday, March 4 10 a.mNoon ESHEC	FREE	(IT) Take a Look in a Book: Infant & Toddler In this training, you will learn how language-rich interactions and environments help children develop communication skills, patience, empathy and literacy — all of which are critical to success in school and beyond.		L. Doeler
Tuesday, March 7 6:30-8:30 p.m. Virtual	FREE	It's the Questions Not the Answers Participants will learn how to encourage STEM learning and foster children's innate curiosity by using the Inquiry Teaching Model. Providers will reflect on what they are already doing and how they can increase their language and ability to support children with STEM learning.		E. Sprouls
Thursday, March 9 6-9 p.m. ESHEC	FREE	Improving Transitions in Your Program Moving from place to place and activity to activity is often filled with tears, screaming and tantrums. Learn how you can smooth transitions to make them productive, fun times for children and stress free for adults.	3 CUR	L. Doeler
Tuesday, March 14 6:30-8:30 p.m. ESCCRC	FREE	(IT) Math & Science for Infants and Toddlers In this presentation, we will review developmental milestones, plan activities for your program, and learn about teachable moments and how to utilize them during math and science time.		R. Merryweather

NORTHERN NOTES

Special Notices for Our Upper Shore Educators

Keep your eye out for special announcements via email and social media regarding events in the north area (ESCHEC). Training Coordinator and Coach Lynne Doeler will be hosting a meet and great soon. If we do not already have your email, please call today to be sure you are included. Lynne will also be looking for feedback about training and coaching needs. If you are an Upper Shore educator, find the hidden note (\P) in this quarter's *Chat* and be one of the first five to email Isdoeler@salisbury.edu describing where it is hidden (page number and section) to win a Kaplan gift card.



SU is an Equal Opportunity/AA/Title IX university and provides reasonable accommodation given sufficient notice to the University office or staff sponsoring the event or program. For more information regarding SU's policies and procedures, please visit www.salisbury.edu/equity.



Up-to-Date Info from the ESCCRC

Check your email inbox for the most up-to-date news from the ESCCRC.

Are you on our email list? Frequently we send an update on training or scheduled activities. You will also find links to other sites and opportunities for you to take advantage of up-to-the-minute news important to you. Sometimes there are last-minute changes to office hours or open-late hours announced, PAU opportunities and events coming to the region. If you are not receiving these emails, we probably don't have your correct email address. Get in touch so we can fix that. Call us at 410-543-6650. And, don't forget to check your email!

How to Get Your Training Hours

In Person: At our SU and ESHEC locations ESCCRC: Virtual classroom, networking with others through active discussion Self-Paced: Convenient

Individualized: Training tailored to a group's specific need

Online: Self-paced at your time and your location using ProSolutions at www.prosolutionstraining.com/md (English portal) and www.prosolutionstraining.com/md-espanol (Spanish portal)

Think about it, choose what best suits you, and contact Leslie Sinclair at lasinclair@salisbury.edu or at 410-543-6650.

Update Your LOCATE Information and Enter to Win!

Relying on word of mouth to promote your child care business is no longer enough. This comes from a new Forbes Magazine report that gathered data on over 150,000 child care providers across the United States. As parents become busier and more tech savvy with each passing year, they are looking online to find child care and relying less on talking to their friends for information.

The good news is that when you regularly update your Maryland Family Network LOCATE: Child Care record with complete and current information, parents are better able to find and choose your program. Update your information every month at marylandfamilynetwork. org and tell us when your program has vacancies or changes to hours, fees, etc. Your information will be reviewed and made live in just two business days. Every time you update your record you will be entered into a monthly sweepstakes to win a \$25 Amazon gift card.

The **LOCATE**: **Child Care** annual update questionnaire is also available – follow the links on this page for either the Family Program Questionnaire or the Group Program Questionnaire: www.marylandfamilynetwork.org/forproviders/update-your-record

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 their 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 at: https://marylandfamilynetwork.org/for-providers/find-your-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 (MFN) 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.

NOTABLE QUOTE: "PLAY IS THE HIGHEST FORM OF RESEARCH"

- Albert Einstein



How to Receive Your Certificate

Check out the Training Policy below.

In short, to receive credit for attendance, you must:

- Attend the entire training session
- Submit the assessment
- Complete the evaluation and turn it in

 This allows the ESCCRC to
 maintain funding as your
 CCRC and training hub.
- ESCCRC will record responses and generate your certificate.

Zoom Etiquette

- Face the camera
- Turn off your mic when not speaking
- Participate in class and breakouts
- Observe safe practices

Resource Rooms Open

Resource Rooms are available for your use at both locations. Call to make an appointment between the hours of 9 a.m.-5 p.m. weekdays. You can find us at SU's East Campus and at the ESHEC building on Chesapeake College's campus.

TRAINING POLICY AND EXPECTATIONS FOR IN-PERSON WORKSHOPS

C-Curriculum CD-Child Development COM-Community H-Health, Safety and Nutrition P-Professionalism SN-Special Needs

Thank you for abiding by the following training policy. By doing this, you are helping us maintain our high standards and provide the highest quality training:

- You must pre-register for all classes. Registration forms can be found on ESCCRC's website, in our newsletter or at our office. Training registrations are on a first-come, first-served basis; register early. You are not considered to be registered for a class until payment has been received.
- Payment for a class should be made payable to Salisbury University. We gladly accept cash, check, Visa or MasterCard. There is a \$25 returned check fee. You can now register online with your Visa or MasterCard at www. training.easternshoreccrc.org
- Class registration fees are non-refundable. However, if you are unable to attend a training session, you must notify our office by close of business the day before the training in order to receive credit toward another class.
 In order to ensure that all classes are conducted as scheduled, please register early. If the minimum registration requirement is not met prior to the class, it will be canceled. We will notify all registered students of this cancelation.
- In order to get a certificate for training, an attendee will
 need to be present for the entire training. Complete an
 assessment and evaluation and turn it in This allows the
 ESCCRC to maintain funding as your CCRC and training hub.
 ATTENTION: 1 In order to provide your certificate
 in a reasonable amount of time, you must submit your
 Assessment and Evaluation. No certificate will be
 sent if a completed assessment and evaluation is received
 after one month from training date.
- Please be on time for all trainings, as no one will be admitted late. Leaving a training early or arriving late can distract others from learning. Also, taking only a portion of a training does not allow for a participant to get a full grasp of the subject and takes away training opportunities from other providers who need the full amount of training hours.
- Although we love children at ESCCRC, please do not bring them to class with you.

- Certificates will be awarded to all participants successfully completing all requirements of a class. Please keep these certificates for licensing and credentialing purposes. This is your professional responsibility!
- Please check with local television stations for any possible cancelations due to bad weather. If a training is canceled, it will be rescheduled for a later date. The Resource Center is closed if Salisbury University is closed.
- Please be respectful of the trainer and other class members.
 Save private conversations for break time or after class.
 Cell phones, including texting, can be disruptive to others.
 Please turn your cell phone off at the beginning of class or put it on silent. Disruptive participants will be asked to leave the class and will not be given credit for the class or a refund.

CDA News

If you are not aware of the scholarship for acquiring the Child Development Associate (CDA) credential, please get in touch. The CDA is a nationally recognized credential that is a best first step in professionalism for some child care providers. The State of Maryland has funding for materials and the application process. Our office will support your training and work with you as you compile your resource file. We can also connect you with the CDA Council and help you find a professional development specialist. Contact us at 410-543-6650.

News to Know

Congratulations to **Danyelle Dixon** and **Charlene Collins** for earning the Family Child Care CDA and **Ronata Watson** for earning the Infant and Toddler CDA form the Council for Professional Recognition.



"WHAT'S THE HARM IF I PAINT MY ARM?": A TODDLER'S GUIDE TO SENSORY ACTIVITIES IN THE HOME

From the Infant & Toddler Scene

Infants and toddlers love to explore with their senses. They delight in the process of exploring art materials and other sensory activities even though they are typically unconcerned with the end result. They are also capable of making a tremendous mess, which might make a parent think: "Are they really ready to use art supplies? Shouldn't we wait until they can use the tools the 'right,' way to make pictures that look like something and mold critters out of clay?"

Don't wait! Just as infants and toddlers need experience crawling or scooting to learn to walk and babbling and crying to learn to talk, they need to practice using their hands to control art supplies and practice using their minds to figure out how art supplies work. They need the time and freedom to be curious and creative. They also need permission to freely explore other sensory activities that aren't usually thought of as art, such as water, mud, nontoxic plant materials, and sand.

https://www.naeyc.org/resources/blog/toddlers-guide-sensory-activities-home

WHAT PROFESSIONALS DO

- Take trainings in their specialty area whenever possible
- Network with their colleagues
- Join a professional organization
- Keep records of their professional development
- Take care of themselves!

Training Voucher and Reimbursement Program

All Training Voucher and Reimbursement applications must be submitted using the online application form and the online voucher form:

https://earlychildhoodmarylandpublic schools.org/child-care-providers/officechild-care/credentialingbranch/trainingvouchers-and-reimbursements



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ADDRESS SERVICE REQUESTED



Visit Us on the World Wide Web

Just log onto www.easternshoreccrc.org or scan the code to view a copy of our newsletter, training calendar or just some helpful child care info.



Check us out on Facebook: Eastern Shore Child Care Resource Center and Eastern Shore Infant and Toddler Support Group

Join/renew now for \$25. You will earn one PAU and will receive one free two-hour class per membership year. You may join or renew your membership at any time. Use the form below for membership payment as well as class registration.

REGISTRATION FORM					
Name		Resource Center Member? Yes No			No
Center (if applicable)					
Address				Phone	
Street		State		Area Code	
Email Address					
	ourse Title			Date	Fee
Credit card: Visa MasterCard	Name on card				
Account Number			Expiration	on Date	