

# The Child Care



Eastern Shore Child Care  
Resource Center  
at Salisbury University

# Chat

Published by the Eastern Shore Child Care Resource Center

SPRING 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

### **Hello Everyone,**

Here we are again, another spring. Another chance to spend the next few months enjoying the beautiful weather characteristic of the Eastern Shore! Another opportunity to take that curriculum outdoors and take in the wonder of springtime's sights and smells. We plan to offer workshops on maximizing your outside play time.

Outside play is so necessary for young children. Besides the active movement, creative interpretation, interaction with nature and good old vitamin D, outdoor play maximizes children's mental health. Physical activity also boosts positive feelings, which increases endorphins and fosters higher self-esteem.

According to the World Health Organization (WHO), during the pandemic there has been a 25% increase in depression and anxiety worldwide including young children. The Centers for Disease Control and Prevention (CDC), over a similar period, also reported that mental health-related emergency department visits increased 24% for elementary-aged children. The American Psychological Association (APA)

considers this a children's mental health crisis. It has been a difficult few years for everyone.

A first step solution is to get outside. Physiological changes take place when interacting outdoors that lower blood pressure and heart rate, reduce stress, improve sleep quality, increase creativity, and better learning and relationship-building. Giving children a chance to run and play outdoors enhances emotional well-being.

If you believe more help is needed, the next step in your program is to contact the Eastern Shore Child Care Resource Center (ESCCRC). We can observe your classroom and make suggestions that may improve your mental health environment. If the situation is more than environmental, we can put you in touch with the Infant and Early Childhood Mental Health Consultation Program (IECMH) based in the Wye Mills and Salisbury areas. Assistance from the ESCCRC and the IECMH programs are a part of the coaching services offered to center and home-based programs.

There are some exciting things happening at ESCCRC. Keep an eye out

for the emails you receive about twice a month. If you do not receive emails from us, it may be that we have an incorrect address or no address at all. Call us at 410-543-6650 to let us know – better yet, become a member of the ESCCRC. It meets the requirements for one (1) PAU.

Since the last *Child Care Chat*, new staff have joined the ESCCRC. We have a new office administrative assistant. Her name is Jenn Hogan, and you may know her from the child care field. She has six years' experience working with children, managing the office, CCS and family interactions. Jen has an associate degree and is working on her bachelor's in early childhood education as she tries to keep us organized!

Andrea Clymire joined the ESCCRC in January as an early childhood and infant/toddler coach. She works out of the Wye Mills office and serves Caroline and Dorchester counties while also training in person and virtually. Andrea also comes from the child care community, most recently from Worcester County. She has a master's degree and handles our social media presence.

As the coordinator of our Growing Opportunities for Family Child Care (GOFCC) program, Carolyn Frisby joined us in mid-December. Carolyn comes from Salisbury University's Office of Diversity and Inclusion, and she has an extensive career in early childhood education and special education. She has a bachelor's degree in human growth and development. You can find her in our East Campus location.

Thank you for all you do for our youngest learners. Your contribution to families and the community is greatly appreciated.

*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.

## APRIL TRAINING

**ESCCRC, Lower Shore:** SU Office, 500 East Campus Complex, Power & Wayne Streets

**ESHEC, Upper Shore:** Eastern Shore Higher Education Center located on the Chesapeake College campus

(\*Please check the easel at the bottom of the stairs for room updates)

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Saturday, April 1 9 a.m.-4 p.m. Wye Mills - ESHEC Room 213*	\$52	<b>Medication Administration</b> Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria.	6 HSN	M. Long
Thursday, April 6 6-9 p.m. Wye Mills - ESHEC Room 212*	\$20	<b>PURPLE Tears: Adults' Impact on Infant Emotional Intelligence (IT)</b> This workshop explores the period of PURPLE crying to identify child care and family caregivers' impact on infant emotional development and competence. Participants will consider and develop strategies to support families' ability to cope through this infant phase and other challenging times of child development.	3 CD	L. Doeler
Tuesday, April 11 6-9 p.m. Salisbury - ESCCRC	\$20	<b>Understanding Autism Spectrum Disorder in the Preschool Program</b> 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	P. Adkins
Tuesday, April 18 6-9 p.m. VIRTUAL	\$20	<b>Including All Children and the Americans with Disabilities Act (ADA)</b> How does the Americans with Disabilities Act affect child care providers? How do you make sure that a child with special needs is included in every activity in your child care? 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.	3 SN	L. Sinclair
Thursday, April 20 6-9 p.m. VIRTUAL	\$20	<b>Supporting Children with Disabilities, Delays and Special Health Care Needs</b> Providers will identify programs, terms and resources to support children with special needs; their role in IEP/IFSP process; how to support families and children; strategies for ensuring access for all children regardless of ability; and how to select materials and make modifications and adaptations to enhance learning and motivation for all children.	3 SN	C. Stampone
Tuesday, April 25 6-9 p.m. VIRTUAL	\$20	<b>Working with Mixed Age Groups</b> 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.	2 CD 1 CUR	M. Spencer

### Credential Support Virtual Open Office Hours

Second and Fourth Tuesday of Every Month • 1-2 p.m.

Email [rdmerryweather@salisbury.edu](mailto:rdmerryweather@salisbury.edu) or [arclymire@salisbury.edu](mailto:arclymire@salisbury.edu)  
for Zoom link

### News to Know

Congratulations to **Samantha Boyd** for earning the Family Child Care CDA from the Council for Professional Recognition.

## MAY TRAINING

**ESCCRC, Lower Shore:** SU Office, 500 East Campus Complex, Power & Wayne Streets

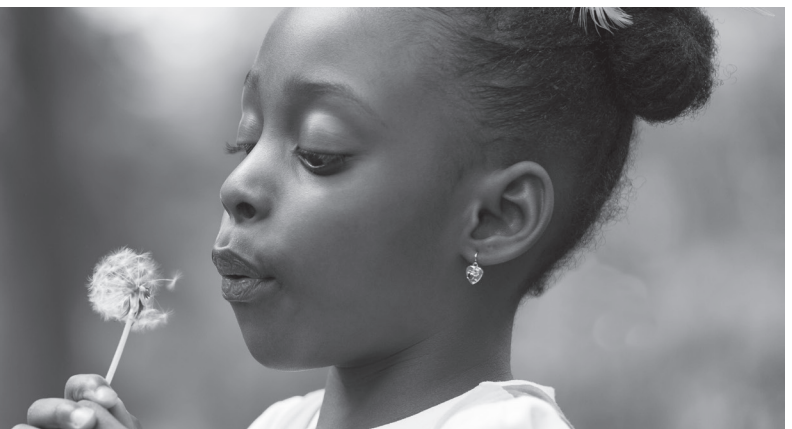
**ESHEC, Upper Shore:** Eastern Shore Higher Education Center located on the Chesapeake College campus

(\*Please check the easel at the bottom of the stairs for room updates)

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Tuesday, May 2 6-9 p.m. VIRTUAL	\$20	<b>Little Boy Blues</b> This training reviews current statistics on the struggles boys are experiencing in the United States and recent research on why boys are not doing as well as girls. Participants will be given a review of current research on gender differences in the development of boys, cultural expectations and the impact of the academic focus of preschool and child care programs. In addition, strategies to address the findings are also presented.	2 CD 1 CUR	K. Klein
Thursday, May 11 6-9 p.m. VIRTUAL	\$20	<b>You Can Do This! Accommodating All Children in Your Program</b> This workshop session provides an overview of the characteristics of inclusive child care and ways caregivers can support different needs for different children. Participants will discuss and develop ideas for identifying program modifications and accommodations for children who have special needs or disabilities. This workshop does not satisfy any training required by OCC regulations.	3 P	J. Brestensky
Saturday, May 13 9 a.m.-4 p.m. Salisbury - ESCCRC	\$52	<b>Medication Administration</b> Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria.	6 HSN	D. Conklin
Saturday, May 13 10 a.m.-Noon VIRTUAL	\$10	<b>So, What Are PAUs and How Do I Get Them?</b> Participation in activities that contribute to the professional growth and career development are important to maintain a high level of professionalism. In this workshop, we will take a look at professional activities and how they can be applied to the Maryland Child Care Credentialing Program.	2 COM	R. Merryweather
Thursday, May 18 6:30-8:30 p.m. Wye Mills - ESHEC Room 212*	\$10	<b>Story Stretchers for Infants and Toddlers (IT)</b> Infants and toddlers are naturally curious about the world around them; children's literature is a great tool to enhance this curiosity. In this workshop, we will look at various children's books and extension activities to help our youngest learners gain a better understanding of the story.	2 CUR	A. Clymire
Tuesday, May 23 6-9 p.m. VIRTUAL	\$20	<b>Basic Health and Safety Training with Supporting Breastfeeding in Child Care</b> This training will satisfy the CCDF Health and Safety Requirements as well as the requirement for the Breastfeeding Workshop. This training is meant to be highly interactive and is based on the research-based concept of "learning disfluency," which challenges the learner to: 1. Think about what they know; 2. Through discussion and research confirm or expand their knowledge base; and 3. Share their experience with others.	3 HSN	L. Sinclair

"LEARN CONTINUALLY –  
THERE'S ALWAYS  
"ONE MORE THING"  
TO LEARN."

– Steve Jobs



# TRAINING CALENDAR

## JUNE TRAINING

**ESCCRC, Lower Shore:** SU Office, 500 East Campus Complex, Power & Wayne Streets

**ESHEC, Upper Shore:** Eastern Shore Higher Education Center located on the Chesapeake College campus

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Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Thursday, June 1 6:30-8:30 p.m. ESCCRC-Salisbury	\$10	<b>Respecting All Family Structures</b> Family structures have moved away from the traditional nuclear family. Identify different family structures that you may encounter in your program. Explore ways to make all children and their families welcome in your program.	2 COM	R. Merryweather
Saturday, June 3 9 a.m.-4 p.m. Wye Mills - ESHEC Room 212*	\$52	<b>Medication Administration</b> Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria.	6 HSN	S. Laque
Saturday, June 3 10 a.m. - Noon Wye Mills - ESHEC Room 201*	\$10	<b>Why Play Matters</b> This interactive training will seek to build participants knowledge and understanding of the importance of play in the physical, cognitive and social development of children. This training will discuss the various aspects of play and the roles that each type plays in the growth and development in children. This training will conclude with discussing strategies for integrating developmentally appropriate practices into curriculum and daily activities to meet the individual needs of children.	2 CD	L. Doeler
Thursday, June 15 6-9 p.m. VIRTUAL	\$20	<b>Including All Children and the Americans with Disabilities Act (ADA)</b> How does the Americans with Disabilities Act affect child care providers? How do you make sure that a child with special needs is included in every activity in your child care? 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.	3 SN	R. Merryweather
Tuesday, June 20 6:30-8:30 p.m. Wye Mills - ESHEC Room 212*	\$10	<b>Summer Science Activities for Preschool Children</b> Summer is an ideal time to explore many science concepts. Flowers are in bloom, bees are gathering nectar and animals have awoken from their sleep. This workshop explores the importance of science in the preschool classroom and looks at science activities that are related to summer.	2 CUR	L. Doeler
Tuesday, June 27 6:30-8:30 p.m. VIRTUAL	\$10	<b>Introduction to the Maryland Credential</b> The Maryland Child Care Credential Program recognizes individual child care providers who increase their qualifications beyond the requirements of state licensing and registration regulations. The program is voluntary. Registered family child care providers and child care center staff are encouraged to participate. If you would like more information on the how to participate in the Maryland Child Care Credential, this workshop is for you!	2 P	A. Clymire

### NORTHERN NOTES

We thank all the people who came out for our Wye Mills location meet and greet on February 24. It was so great to meet some of you in person.

Our next free event is our Expo 10 a.m.-noon Saturday, April 22, at the Eastern Shore Higher Education Center, located on the campus of Chesapeake College in Wye Mills.

We will have vendors available with products and services geared for child care teachers as well as lots of door prizes. Light refreshments will be available.

Please check your email and social media for more details.

As always, please share with us any ideas for trainings and coaching needs.







## 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](http://www.prosolutionstraining.com/md) (English portal) and [www.prosolutionstraining.com/md-espanol](http://www.prosolutionstraining.com/md-espanol) (Spanish portal)

**Think about it, choose what best suits you, and contact Leslie Sinclair at [lasinclair@salisbury.edu](mailto: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](http://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/for-providers/update-your-record](http://www.marylandfamilynetwork.org/for-providers/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](mailto: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.

## Find the Hidden Note and Win – Open to new participants!

If you are an upper shore educator, find the hidden note (📄) in this quarter's Chat and be one of the first five to email [lsdoeler@salisbury.edu](mailto:lsdoeler@salisbury.edu) describing where it is hidden (page number and section) to win a Kaplan gift card.

### Congratulations, to our previous winners:

- Mid-Shore Early Learning Center
- Manor Discovery Center
- A. Citron

## 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](http://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 or the full price of the training will be charged to your account.
- 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 cancellation.
- 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:** 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 cancellations 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.



### TASTES AND TEXTURES AND YOUR INFANT & TODDLER

*From the Infant & Toddler Scene*

Giving your child foods with a variety of different tastes and textures can help them:

- Develop fine motor skills (like pinching and picking food up with her fingers).
- Develop chewing skills.
- Learn to accept and like a variety of foods.
- You can let your child try a variety of textures, including:
  - Smooth (strained or pureed).
  - Mashed or lumpy.
  - Finely chopped or ground.

Your child may start out with smooth or mashed foods first and then begin to eat finely chopped or ground foods as he or she gets older. Encourage your child to pinch or pick up food as they develop these skills. By nine months, most babies can pick up foods like small, cut-up pieces of fruit.

<https://www.cdc.gov/nutrition/InfantandToddlerNutrition/foods-and-drinks/tastes-and-textures.html>

## 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://earlychildhoodmarylandpublicschools.org/child-care-providers/office-child-care/credentialingbranch/training-vouchers-and-reimbursements>



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### SPRING 2023

*Published by the Eastern Shore  
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Suite 500 East Campus Complex  
Salisbury, MD 21801  
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1-877-261-0060

[www.easternshoreccrc.org](http://www.easternshoreccrc.org)

The Eastern Shore Child Care 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 and Salisbury University.

**Salisbury**  
UNIVERSITY

Make Tomorrow Yours



MARYLAND  
FAMILY  
NETWORK

*Leading Maryland's  
Child Care Resource Centers*



**EDUCATION**  
EQUITY AND EXCELLENCE



MARYLAND CHILD CARE  
RESOURCE NETWORK





NON-PROFIT ORG.  
U.S. POSTAGE  
**PAID**  
SALISBURY, MD  
PERMIT NO. 65

EASTERN SHORE CHILD CARE RESOURCE CENTER  
Suite 500  
East Campus Complex  
Salisbury, MD 21801



ADDRESS SERVICE REQUESTED



**Visit Us on the World Wide Web**

Just log onto [www.easternshoreccrc.org](http://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 \_\_\_\_\_

Center (if applicable) \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_  
Street City State Zip Area Code

Email Address \_\_\_\_\_

**Make personal check or money order for FULL AMOUNT payable to: Salisbury University**  
**Mailing Address: C/O Eastern Shore Child Care Resource Center, Suite 500, East Campus Complex,**  
**Salisbury University, Salisbury, MD 21801. Phone Number: 410-543-6650**

Course Title	Date	Fee

Credit card: Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ Name on card \_\_\_\_\_

Account Number \_\_\_\_\_ Expiration Date \_\_\_\_\_