

# The Child Care Chat



Eastern Shore Child Care  
Resource Center  
at Salisbury University

Published by the Eastern Shore Child Care Resource Center

WINTER 2022

*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

**H**ello to all new child care programs across the peninsula! I am writing from the main office of the newly established Eastern Shore Child Care Resource Center at Salisbury University, thinking about all the news to share and wondering where to begin.

First, I welcome the child care programs of Caroline, Dorchester, Kent, Queen Anne's and Talbot counties to our expanded region. We have worked with many of you in the past, and we are looking forward to providing training opportunities and coaching and mentoring services to all of you. Besides me, the Eastern Shore Child Care Resource Center (ESCCRC) team is made up of three coaches, two family resource specialists and an academic program specialist. There will be two offices: one at SU and another at the Eastern Shore Higher Education Center on Chesapeake College's campus. Right now, if you have questions, please contact us at the SU office, 410-543-6650. We will keep you updated on all the news related to the ESCCRC by email. Be sure to check out (and "like") our two Facebook pages: Eastern Shore Infant and Toddler Support Group and Eastern Shore Child Care Resource Center.

Other changes include a revision of the website. In early January, our new website address will be [www.easternshoreccrc.org](http://www.easternshoreccrc.org) where you can find information about the ESCCRC and a link to register for trainings. For at least the next three months, workshops will be virtual webinars, except CPR & First Aid and Medication Administration, which are scheduled every other month in each location. Check the training pages

for times and addresses. We also will come to you, so if your program would like to arrange an on-site training, please get in touch with me at [lasinclair@salisbury.edu](mailto:lasinclair@salisbury.edu).

The ESCCRC will continue to offer on-site and remote coaching. If you have questions or concerns about any aspect of your early childhood program, please reach out to our office. The best number to reach a technical assistant at this time is 410-543-6650.

I look forward to meeting each of you and am planning to make a trip north in early January. Of course, it will take a few days to visit everyone. I will be in touch before that time to confirm that you are available for a short meet-and-greet.

One more thing! The Eastern Shore Child Care Resource Center is hiring four new staff. If you have been in the field for three-five years and have a

bachelor's degree in early childhood education or a closely related field, AND you are interested in working with us, please watch for the advertisement on the Salisbury University website – [www.salisbury.edu](http://www.salisbury.edu), search for "employment opportunities." Your professionalism is valuable to us!

The ESCCRC is grateful to have worked with our Lower Shore programs for almost 20 years now. We will continue to provide the service you expect and look forward to offering even more varied training and conference opportunities in the future. Stay tuned for more exciting news as things progress.

Lastly, we wish you and your families a joyous and prosperous New Year – Happy 2022!

*Leslie Sinclair*



# TRAINING CALENDAR

Most trainings will continue virtually until further notice except for *CPR & First Aid* and *Medication Administration*, unless otherwise noted. Please pay attention to the location information given with workshop details. We maintain social distancing and MASKS ARE REQUIRED.

## JANUARY TRAINING

*Virtual OR Stepping Stones Learning Academy, 102 South Camden Ave., Fruitland  
OR Eastern Shore Higher Education Center, Chesapeake College*

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Thursday, January 6 6-9 p.m. Virtual	No Fee	<b>Strengthening Business Practices, Module 1 of 3</b> <i>Providers must attend all three.</i> Strengthening Business Practices is a series of training that will strengthen family child care providers with foundational knowledge in fiscal planning and reporting, marketing, and business concepts and terms. The training will provide tips, resources and best practices to support sustainable business practices.	3 P	Dianna Aguirre
Saturday, January 8 9 a.m.-Noon Virtual	No Fee	<b>Block Party No. 1: Building Language - Talking Is Teaching</b> <b>WICOMICO PROVIDERS ONLY</b> Learn how to boost early brain and vocabulary development through simple everyday actions.	3 CD	WCBOE
Saturday, January 8 9 a.m.-Noon Virtual	\$30	<b>The Child Care Provider as a Professional</b> Gain a greater understanding of child care initiatives, resources and professional organizations that can assist you in your business. Discuss what it means to be a professional in child care. Plus, examine the NAEYC child care code of ethics and discuss how it can assist you with your program.	3P	Rose Merryweather
Saturday, January 8 9 a.m.-Noon <b>ESHEC • Room 110</b>	\$85	<b>CPR &amp; First Aid</b> This is a certification course by the American Health and Safety Institute. Certification is valid for two years. <b>Next class is March 2022.</b>	N/A	Jay Hyde
Saturday, January 8 3-6 p.m. <b>Stepping Stones</b>	\$85	<b>CPR &amp; First Aid</b> This is a certification course by the American Health and Safety Institute. Certification is valid for two years. <b>Next class is March 2022.</b>	N/A	Jay Hyde
Tuesday, January 11 6-9 p.m. Virtual	\$30	<b>Universal Design for Learning for Infants &amp; Toddlers</b> UDL is used to meet the needs of diverse learners. In this training, participants will gain an understanding of how UDL applies to our youngest learners. They will learn strategies to purposefully plan for and include all infants and toddlers.	1.5 CUR 1.5 SN	Cheryl Willis



Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Thursday, January 13 6-9 p.m. Virtual	\$30	<b>Basic Health &amp; Safety Training with Supporting Breastfeeding in Child Care</b> 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. <b>Next class is March 2022.</b>	3 HSN	Leslie Sinclair
Tuesday, January 18 6-9 p.m. Virtual	\$30	<b>Capturing Child Development Through Portfolios</b> Participants will gain an in-depth introduction to what a portfolio is and the purpose it serves for educators. Participants will examine samples of what comprises a portfolio, how to appropriately collect samples and record observations, and resources available to assist with planning based on observations. Participants will gain a greater understanding of the connection between compiling a portfolio and understanding a child's individual development throughout the course of a year.	3 CD	Trina Tilghman-Dix
Thursday, January 20 6-9 p.m. Virtual	No Fee	<b>Strengthening Business Practices, Module 2 of 3</b> <i>Providers must attend all three.</i> Strengthening Business Practices is a series of training that will strengthen family child care providers with foundational knowledge in fiscal planning and reporting, marketing, and business concepts and terms. The training will provide tips, resources and best practices to support sustainable business practices.	3 P	Dianna Aguirre
Saturday, January 22 9 a.m.-Noon & 1-4 p.m. Virtual	\$45	<b>Super Saturday</b> <b>TR#1 So What Are PAUs &amp; 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. <b>TR#2 The Changing Face of Child Care</b> As changes in the daily operations in Child Care continue to evolve, we will review the ways that Child Care has had to adapt to the world around us. We have had to adapt to the ongoing changes that offering Child Care including our daily routines, how we socialize using social distancing and cohorts and how we engage with parents.	2 COM  2 HSN	Cheryl Willis  Leslie Sinclair
Saturday, January 22 9 a.m.-4 p.m. ESHEC • Room 115	\$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. <b>Next class is March 2022.</b>	6 HSN	Melanie Long, RN



# TRAINING CALENDAR

## FEBRUARY TRAINING

*Virtual OR Stepping Stones Learning Academy, 102 South Camden Ave., Fruitland*

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Tuesday February 1 6-9 p.m. Virtual	\$30	<b>Beyond Management: How To Be an Effective Leader</b> In this workshop, participants will recognize differences between leadership and management and identify specific characteristics of people whom they consider to be effective leaders.	3 P	Trina Tilghman-Dix
Thursday, February 3 6-9 p.m. Virtual	No Fee	<b>Strengthening Business Practices, Module 3 of 3</b> <i>Providers must attend all three.</i> Strengthening Business Practices is a series of training that will strengthen family child care providers with foundational knowledge in fiscal planning and reporting, marketing, and business concepts and terms. The training will provide tips, resources and best practices to support sustainable business practices.	3 P	Dianna Aguirre
Tuesday, February 8 6-9 p.m. Virtual	\$30	<b>Math &amp; Science for Infants &amp; Toddlers</b> Math and science are appropriate for infants and toddlers, but it may look very different from what we do with preschoolers. In this presentation, we will review developmental milestones for these domains and plan activities for your program. You will learn about teachable moments and how to utilize those to help our youngest ones learn about math and science concepts. You will also review appropriate materials and vocabulary words to introduce.	1 CD 2 CUR	Cheryl Willis
Thursday, February 10 6-9 p.m. Virtual	\$30	<b>Including All Children &amp; 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. <b>Next class is April 2022.</b>	3 SN	Leslie Sinclair
Tuesday February 15 6-9 p.m. Virtual	\$30 BOGO	<b>Effective Teaching: Resources That Guide Daily Planning</b> What guides your daily planning? This workshop will help you recognize a framework, guideline, curriculum, standard and lesson plan. You will also learn how to use each resource to support your instruction and children's development. <b>Second class is March 15.</b>	3 CUR	Katie Klein
Saturday, February 19 10 a.m.-Noon Virtual	\$26	<b>Achieving Quality Standards in Early Education</b> All caregivers have the opportunity to contribute and commit to a common goal that all children should experience the best care and learning experiences. Childcare providers working towards high quality care and learning through their professional development guarantees young children and their families will have the best experiences. This workshop introduces various professional development programs that can help childcare providers achieve high quality.	2 P	Cheryl Willis
Tuesday, February 22 6:30-8:30 p.m. Virtual	No Fee	<b>Diving into Domains</b> This training identifies each of the MSDE/Maryland EXCELS learning domains, gives interactive opportunities for participants to differentiate those domains and provides practice incorporating them into a lesson plan.	2 CURR	Dianna Aguirre

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Saturday, February 26 9 a.m.-Noon & 1-3 p.m. Virtual	\$45	<b>Super Saturday</b> <b>TR#1 Positive Words for Positive Actions</b> Learn how to make your child care environment more positive. Using positive language when talking to children gives them an understanding of the expectations we have. Learn how easy it is to reword your directions and other guidance techniques you can use in your child care. <b>TR#2 Unplug &amp; Think Outside the Box</b> With the never-ending advances in technology, screen time is all around us and not just the use of the television. Children are now exposed to TV, computers, tablets, phones, video games and more! Nap time for younger kids may put us in a bind as school age kids have to stay inside and in small spaces, but don't rush to screen time when it does. This workshop will give you many exciting and enriching alternate activities that can be added to programs to encourage imagination, exploration and good old fun!	3 CD  2 CUR	Karen Price  Katie Klein
Saturday, February 26 9 a.m.-4 p.m. Stepping Stones	\$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. <b>Next class is April 2022.</b>	6 HSN	Denise Conklin, RN

## 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 LSCCRC'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 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 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 receive funding as your CCRC and training hub.
- 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 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.

## EASTERN SHORE HIGHER EDUCATION CENTER (ESHEC) OPEN OFFICE HOURS

We are working to staff the northern office as quickly as we can. Searching for and hiring qualified early childhood professionals are our main priorities at this time. You are welcome to contact the Salisbury University office with any questions. Register for virtual classes and those that are scheduled at ESHEC throughout this quarter by calling 410-543-6650.



# TRAINING CALENDAR

## MARCH TRAINING

*Virtual OR Stepping Stones Learning Academy, 102 South Camden Ave., Fruitland  
OR Eastern Shore Higher Education Center, Chesapeake College*

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Thursday, March 3 6:30- 8:30 p.m. Virtual	No Fee	<b>Moving Up to Quality Rating 3</b> Using the Maryland EXCELS Standards, participants will explore the requirements and benefits of increasing a program's Maryland EXCELS quality rating to quality rating 3. Participants should be published at Quality Rating 1 or 2 in Maryland EXCELS in order to take the training.	2 P	Dianna Aguirre
Saturday, March 5 9 a.m.-Noon & 1-4 p.m. Virtual	\$45	<b>Super Saturday</b> <b>TR #1 Who's Coming to Your Program</b> Communities are increasingly more diverse, and the needs of the families representing that diversity must be recognized and supported. This training will define diversity and identify program planning considerations and family engagement strategies to help child care providers offer well-rounded and responsive care and education. Children experience optimal growth, learning and development when their child care providers are responsive and supportive of their backgrounds and families' values. <b>TR #2 Building Your Resilience</b> 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.	3 COM  3 P	Cheryl Willis  Leslie Sinclair
Tuesday, March 8 6-9 p.m. Virtual	\$30	<b>Branches of Inclusion: Developing Supportive Systems for Inclusive Practice</b> Intentional systems of support are key to sustaining inclusive practices. During this module, we will explore how to plan for meaningful professional development that supports your vision for inclusion and get the most out of trainings and workshops. We will discuss how to utilize coaching and mentoring strategies to continually support the implementation of critical practices.	2 P 1 SN	Patti Adkins
Thursday, March 10 6-9 p.m. Virtual	\$30	<b>Basic Health &amp; Safety Training with Supporting Breastfeeding in Child Care</b> 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. <b>Next class is May 2022.</b>	3 HSN	Leslie Sinclair
Saturday, March 12 9 a.m.-Noon Virtual	No Fee	<b>Block Party #2: Building Infant &amp; Toddler Centers</b> <b>WICOMICO PROVIDERS ONLY</b> Learn strategies to use with infants and toddler and enhance the materials in child-led play centers.	3 CD	WCBOE
Tuesday March 15 6:30-8:30 p.m. Virtual	2nd in BOGO	<b>Effective Teaching: How to Create a Meaningful Lesson Plan</b> 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. <b>First class is February 15.</b>	2 CUR	Katie Klein

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Saturday, March 19 9 a.m.-Noon <b>ESHEC • Room 201</b>	\$85	<b>CPR &amp; First Aid</b> This is a certification course by the American Health and Safety Institute. Certification is valid for two years. <b>Next class is May 2022.</b>	N/A	Jay Hyde
Saturday, March 19 3-6 p.m. <b>Stepping Stones</b>	\$85	<b>CPR &amp; First Aid</b> This is a certification course by the American Health and Safety Institute. Certification is valid for two years. <b>Next class is May 2022.</b>	N/A	Jay Hyde
Tuesday, March 22 6-9 p.m. Virtual	\$30	<b>Understanding Temperament: Implications for Working with Young Children</b> In this training, participants will learn the definition of temperament and its nine traits, the three main types of temperament, and the term "goodness of fit." Through partner discussions, chart activities and case scenarios, participants will actively investigate the best ways to create an environment that will allow for differences in temperament. Temperament as it relates to children with special needs will be explored along with strategies to encourage peer-modeling and the building of social skills.	2 CD 1 CUR	Cheryl Willis
Saturday, March 26 9 a.m.-4 p.m. <b>ESHEC • Room 201</b>	\$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. <b>Next class is May 2022.</b>	6 HSN	Melanie Long, RN



## UP-TO-DATE INFORMATION 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!

## OPEN OFFICE HOURS ON ZOOM

Cheryl Willis is available by Zoom 1:30-2:30 p.m. every Tuesday and Thursday. Of course, you can call or email her at any time. Zoom link: <https://salisbury.zoom.us/j/92862645809>



## 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](https://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/providers/update-your-record](https://www.marylandfamilynetwork.org/providers/update-your-record)

## 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!

## 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/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.







## TRAINING VOUCHER AND REIMBURSEMENT PROGRAM

All Training Voucher and Reimbursement applications must be submitted using the online application form: <https://earlychildhood.marylandpublicschools.org/node/510> and the online voucher form: <https://earlychildhood.marylandpublicschools.org/node/511>

## DON'T FORGET: RESOURCE ROOM CURBSIDE SERVICE

Resource Room services are available. We are open weekdays 9 a.m.-5 p.m. Let us know when you arrive and come back to pick up your finished materials. What could be easier?



Eastern Shore Child Care  
Resource Center  
*at Salisbury University*

## WINTER 2022

*Published by the Eastern Shore  
Child Care Resource Center*

Suite 500 East Campus Complex  
Salisbury, MD 21801

410-543-6650

LOCATE: Child Care

1-877-261-0060

[www.lowershoreccrc.org](http://www.lowershoreccrc.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



MARYLAND  
FAMILY  
NETWORK  
*Leading Maryland's  
Child Care Resource Centers*



MARYLAND CHILD CARE  
RESOURCE NETWORK

## HOW TO GET YOUR TRAINING HOURS

**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.**



## QUESTIONS ABOUT THE CORONAVIRUS?

The Centers for Disease Control (CDC) is an excellent source for Coronavirus/COVID-19 information and updates. Check out this website and stay informed: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>

To learn more about COVID-19 and Child Care in Maryland, visit the MSDE Coronavirus website: [marylandpublicschools.org](http://marylandpublicschools.org)

### HOW TO RECEIVE YOUR CERTIFICATE

- **Check out the Training Policy on page 5.**
- **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 receive funding as your CCRC and training hub.
- **ESCCRC will record responses and generate your certificate.**

## FIVE ESSENTIALS TO MEANINGFUL PLAY

### *From the Infant & Toddler Scene*

When you think back on your childhood, what happy play memories come to mind? Adults today tend to think back on their childhood play memories with nostalgia and often call them the “good old days.” Memories of joyful and meaningful play experiences help bind families together emotionally, even long after children are grown. Are our children experiencing the same kind of joy, meaning and family bonding in their play?

Here are five elements essential for meaningful play that will create those rich memories we treasure:

1. Children make their own decisions. When children choose how to play, they experience freedom in making those choices and they begin to see connections between the choice, the consequences and/or the results of that choice.
2. Children are intrinsically motivated. This impulse to play comes naturally based on them wanting to understand the world. It is this motivation that allows them to regulate their feelings and desires in order to keep playing.
3. Children become immersed in the moment. In that risk-free environment, children have the security and safety to experiment, try new ideas and investigate the laws of nature. Children are fully engaged that they lose awareness of their surroundings, time and space.
4. Play is spontaneous, not scripted. Play is totally unplanned, but play can be planned as well. This sense of the unknown gives children opportunities to develop flexibility in their thinking and decision making, which is a vital skill.
5. Play is enjoyable. Play has an emotional response attached to it, and without that connection, the experience is simply an activity. Enjoyment is the direct result of engaging in play. It is FUN!

Nell, M. L., & Drew, W. F. (n.d.). *Five Essentials to Meaningful Play*. National Association for the Education of Young Children. Retrieved November 30, 2021, from <https://www.naeyc.org/our-work/families/five-essentials-meaningful-play>.

The background of the entire page is dark gray with several stylized, light gray fireworks exploding in various directions. The fireworks are composed of many thin, curved lines radiating from a central point.

# HAPPY

# 2022

# NEW YEAR



Eastern Shore Child Care  
Resource Center  
*at Salisbury University*





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

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U.S. POSTAGE  
**PAID**  
SALISBURY, MD  
PERMIT NO. 65



MARYLAND CHILD CARE  
RESOURCE NETWORK

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 \_\_\_\_\_