

The Child Care Chat



Eastern Shore Child Care
Resource Center
at Salisbury University

Published by the Eastern Shore Child Care Resource Center

SUMMER 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

Greetings to the child care community of the Eastern Shore. It seems like summer is upon us! As I write this, a blue sky is beckoning and a warm sun is calling me outside for a break. The children are enjoying the great weather and now is the time for you to plan for outdoor learning. You can find materials in the Resource Room to use outside – stop by to borrow what you need: a parachute, sensory tables or books that encourage investigations in nature.

As our year ends, I thank each of you for your patronage: those who attended any of our workshops, those who contacted us for assistance, those who stopped in to use the resource room, those who participated in our EXPO! and the Early Childhood Fair. We are honored to serve the child care community in any way we can. We are already working on events for next fiscal year – beginning in September at the Salisbury location and October in Wye Mills.

In collaboration with the Early Childhood Mental Health Consultation Program at SU, we are presenting a full day of training on Saturday, September 17, at SU's Guerrieri Student Union and Saturday, October 1, at the Eastern Shore Higher Education Center (ESHEC) at Chesapeake Campus. Participants earn six Core of Knowledge hours by participating in Finding Joy (lessons in a self-care) and Creating a Stress-Reducing Environment for Children of All Ages. The cost for this professional development is \$40 – a great deal – and is limited to 60 at each location.

We continue to make progress creating a fully functioning Eastern Shore Child Care Resource Center. Jessica Jackson, the family resource specialist at the ESHEC, joined us in April. In June, Rose Merryweather moved into the coaching position at the Salisbury office. In July, we will have two new faces joining us, one in each office. This move has been exciting and challenging. We look forward to serving you in the next year.

If you have questions, suggestions or ideas about trainings or events or anything else, don't hesitate to contact this office. Your creative ideas are welcome! Remember that you can now find us in room 104D at the ESHEC and on SU's East Campus. The contact number for the ESHEC office is 410-822-5400, ext. 2560.

This *Chat* is the first for fiscal year 2023. If you did not receive this by email, it's because we don't have your

address in our system. Let us know you'd like to receive this and all other updates by calling 410-543-6650. We would be glad to add your name to our contact list. Then you will receive the quarterly training flyers, our bi-weekly eblasts and any other communications we send out. 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.

As you can see in the training calendar, the ESCCRC is offering more in-person classes. We look forward to seeing you. Thank you for your dedicated service to children and their families. You are real heroes!

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.

JULY 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 | COK | Trainer |
|---|------|--|-----------------------|--------------------|
| Thursday, July 14 6-9 p.m. @ ESHEC | \$30 | Behavior Guidance for Infants & Toddlers This training outlines the developmentally appropriate, yet sometimes challenging, behaviors of children, birth through age 3. Through the review of developmentally appropriate behaviors and strategies to prevent or redirect sometimes challenging experiences, providers complete the training with new strategies to implement with children in their programs. Participants begin to develop the knowledge and strategies necessary to properly redirect children's negative or challenging behaviors into positive and appropriate behaviors. | 3 CD | J. Jackson |
| Thursday, July 14 6-9 p.m. Virtual - Zoom | \$30 | Center Aid Orientation This workshop satisfies the regulatory requirement for child care center aides. Participants review professionalism, the basic of supervisions and interacting with families. | 3 P | L. Sinclair |
| Saturday, July 23 9 a.m.-Noon @ ESHEC | \$30 | Basic Health and 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. | 3 HSN | L. Sinclair |
| Saturday, July 23 9 a.m.-4 p.m. @ ESHEC | \$52 | Medication Administration Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria. | 6 H | M. Long |
| Tuesday, July 26 6-9 p.m. @ SU | \$30 | (IT) Understanding Temperament: Implications for Working with Young Children In this training, participants 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 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 is explored along with strategies to encourage peer-modeling and the building of social skills. | 2 CD, 1 C | R. Merryweather |
| Tuesday, July 26 6-9 p.m. Virtual - Zoom | \$30 | Successfully Managing Children's Behavior: Connecting in Meaningful Ways A positive social/emotional environment is one in which children are eager to participate. In this training, participants recognize the importance of providing a stable and predictable environment for the children they care for, and gain insight into how to create the sort of classroom that encourages learning and meaningful interactions while also allowing children to gain control of their behaviors. | 3 CD | K. Klein |
| Tuesday, July 26 6-9 p.m. Virtual - Zoom | \$30 | Making Meaningful Connections: Building the Foundation of the Young Brain This interactive training builds participants' knowledge around how a young child's brain develops between the ages of birth through 5. Participants 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 have a better understanding of the core components used to support the growth of all learners. | 1 CD, 1 P, 1 SN | L. Doeler |

AUGUST 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 | COK | Trainer |
|---|------|---|------|-----------------|
| Tuesday, August 2 6-9 p.m. @ SU | \$30 | The Importance of Executive Function and Self-Regulation in Early Childhood Education and Care Executive functioning and self-regulation help children be successful within their environments. Children are born with the capacity to learn and utilize these skills. Participants learn about why these skills are important, what deficits in these areas look like and strategies to help build them. | 3 CD | TBA |
| Tuesday, August 2 6-9 p.m. Virtual - Zoom | \$30 | Successfully Managing Children’s Behavior: Partnering to Make a Difference A positive social/emotional environment is one in which children are eager to participate. In this training, participants recognize the importance of providing a stable and predictable environment for the children they care for, and gain insight into how to create the sort of classroom that encourages learning and meaningful interactions while also allowing children to gain control of their behaviors. | 3 P | K. Klein |
| Saturday, August 13 9 a.m.-Noon @ ESHEC | \$30 | Enhancing Rituals and Routines This workshop focuses on why rituals and routines are important and shares new ideas for enhancing or extending what educators do to encourage children’s growth and development, connect with families, and highlight the unique aspects of their program. Participants have opportunities to share ideas, try strategies, and learn new techniques for helping children with separations and transitions, enriching group times, providing adaptations for children who need assistance, and transforming everyday routines into learning opportunities. | 3 C | K. Price |
| Saturday, August 13 9 a.m.-Noon Virtual - Zoom | \$30 | Big Anxiety, Small Child This training introduces participants to anxiety and how this disorder impacts young children. Participants learn what normal behavior is and what warrants a referral. Through cooperative learning experiences, a video clip and brainstorming activities participants become knowledgeable on what are normal worries for young children and what is atypical. Classroom strategies and resources are shared to ensure educators leave with a toolkit of ideas and strategies to assist preschool children who may have anxiety. | 3 SN | L. Doeler |
| Thursday, August 18 6:30-8:30 p.m. @ SU | \$30 | Emotions Matter Children experience many emotions throughout the day. Learn why these emotions, positive and negative, have an impact on their development and learn why it is important to teach children how to handle those emotions. | 3 CD | K. Klein |
| Thursday, August 18 6:30-8:30 p.m. Virtual - Zoom | \$26 | Character Development in Preschool Find out who said, “Character is like a tree and reputation like its shadow.” The shadow is what we think of it; the tree is the real thing. Explore effective practices and activities that help to develop positive character traits – honesty, empathy, citizenship – in preschool-aged children. | 2 CD | R. Merryweather |
| Saturday, August 20 9 a.m.-4 p.m. @ SU | \$52 | Medication Administration Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria. | 6 H | D. Conklin |
| Saturday, August 20 9 a.m.-Noon Virtual - Zoom | \$30 | Including All Children and the Americans with Disabilities Act (ADA) 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 |

TRAINING CALENDAR

SEPTEMBER 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 | COK | Trainer |
|--|------|--|--|------------------------------|
| Thursday, September 8 6:30-8:30 p.m. @ ESHEC | \$26 | Discipline Is Teaching: Positive Strategies to Reduce Challenging Behavior Prevention is the best form of intervention! Challenging behavior is to be expected when working with children, but not everyone is equipped with strategies on how to prevent and manage challenging behavior. Participants learn strategies to both prevent and to handle challenging behavior, including natural consequences, discipline and ways to teach self-discipline. Participants leave with a "toolkit" of approaches surrounding behavior to use in their early childhood programs. | 1 CD, 1 C | L. Doeler |
| Thursday, September 8 6:30-8:30 p.m. Virtual - Zoom | \$26 | RESPECT – What Infants and Toddlers Want Participants learn to enhance their relationships and interactions with infants and toddlers in their care by learning to engage in respectful exchanges with children and to recognize each child as a unique individual. | 2 CD | J. Jackson |
| Saturday, September 17 9 a.m.-4 p.m. @ ESHEC | \$52 | Medication Administration Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria. | 6 HSN | M. Long |
| Saturday, September 17 9 a.m.-4 p.m. @ SU | \$40 | Professional Development Institute <i>Finding Joy</i> Participants explore the characteristics of four different types of stress and identify the five steps of The Stress Cycle. Through engaging exercises and rich discussions, participants learn about the power of self-care and mindfulness practices and they develop individualized plans to combat burnout. <i>Creating a Stress Reducing Environment for Children of All Ages</i> Learn about stressors in children ages 2 through 12, what the stressors are and how these stressors can be addressed. Look at the increasing level of stress found in children ages 2 through 12 and learn what can be done to help these children cope with their stress and anxiety. The areas 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. | 2 P, 1.5 SN, 1 H, 1 CD, .5 C | T. Strategies L. Gray |
| Tuesday, September 20 6-9 p.m. @ SU | \$30 | Including All Children and the Americans with Disabilities Act (ADA) 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 |
| Tuesday, September 20 6-9 p.m. Virtual - Zoom | \$30 | Successfully Managing Children's Behavior: Creating a Supportive Environment A positive social/emotional environment is one in which children are eager to participate. In this training, participants learn to recognize the importance of providing a stable and predictable environment for the children they care for and gain insight into how to create the sort of classroom that encourages learning and meaningful interactions while also allowing children to gain control of their behaviors. | 3 C | K. Klein |



LOOK FOR TRAINING EMAILS

Keep your eye out for training opportunities in the training emails you receive. We send bi-weekly training eblasts to all providers in our database. If you don't receive these, let us know. If you change your email address, please get in touch so you'll be sure to get all the news and receive the virtual training links.

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

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/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. 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.

OFFICE HOURS AT EASTERN SHORE HIGHER EDUCATION CENTER (ESHEC)

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 and SU throughout this quarter by calling 410-543-6650.

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.



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

ZOOM ETIQUETTE

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

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 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 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.



ROCKING AND ROLLING: CARING FOR THE MENTAL HEALTH OF INFANTS AND TODDLERS

From the Infant & Toddler Scene

Possible Behaviors of Concern: What to Look For

- A decrease in appetite, changes in bowel movements, and/or changes in sleep patterns
- A marked change in activity level (less curious or engaged; more lethargic and disinterested; unable to sit still; full of unfocused energy)
- A marked change in level of engagement (reduced ability to pay attention and persist at a task they previously found interesting; more listless roaming)
- A reduced tolerance for frustration, which may present as fussiness, whining or irritability
- More aggression or anger with little or no provoking; an explosive response that is out of proportion to any apparent trigger
- An increase in seeking comfort and attention from an early childhood educator, such as wanting to be held more than usual
- An increase in self-soothing behaviors, such as thumb-sucking or rocking
- Developmental regression, such as a 2-year-old who was successfully using the toilet for several months but has recently had several accidents, or an 18-month-old who was adding new words to their vocabulary daily but is talking less and using gestures instead

<https://www.naeyc.org/resources/pubs/yc/spring2021/mental-health-infants-toddlers>

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://earlychildhood.](https://earlychildhood.marylandpublicschools.org/child-care-providers/office-child-care/credentialing-branch/training-vouchers-and-reimbursements)

[marylandpublicschools.org/child-care-providers/office-child-care/credentialing-branch/training-vouchers-and-reimbursements](https://earlychildhood.marylandpublicschools.org/child-care-providers/office-child-care/credentialing-branch/training-vouchers-and-reimbursements)

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.

Drop-off services also are available; let us know what you need and come back to pick up your finished materials. What could be easier? Get in touch if you have questions: 410-543-6650.



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Salisbury, MD 21801
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www.easternshoreccrc.org

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Salisbury
UNIVERSITY



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



MARYLAND CHILD CARE
RESOURCE NETWORK



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



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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 _____

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 _____