

The Child Care Chat



Lower Shore Child Care
Resource Center
at Salisbury University

Published by the Lower Shore Child Care Resource Center

FALL 2021

The LSCCRC 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

Welcome to the fall issue of *The Child Care Chat*. This newsletter includes the training schedule for the next three months, including trainings mandated by Maryland State Department of Education (MSDE) and others that meet content area requirements for credentialing and the Child Development Associate (CDA). You also will see trainings offered that specifically address a certain age level or a particular subject of interest.

These trainings are chosen for you based on current issues in the early childhood field and MSDE requirements, but what if you were in control of the training schedule? What topics do you believe are interesting and meaningful? What do you think is important to learn more about? Which topics would help you most?

What about an in-depth series that offers a detailed study of brain development or how children learn language? What about trainings that address the needs of English Language Learners (ELLs)? Are there topics that we could cover in small groups with teachers who all teach the same age groups? Would you be interested in attending workshops that focus on a particular content area such as art, or a STEM-focused series, or a collection of workshops that address cultural diversity? Would you like to take learning outdoors?

The LSCCRC can make these workshops a reality. Please contact the office if any of these ideas inspire you or if you have another suggestion. Trainings can take place at your location or ours, virtually or in person; and they

can be taught in a variety of formats. Because you are in control of your own professional development, let us know what you want to learn and we will take care of the training.

Check out the Healthy Beginnings training scheduled for October. It is specifically designed for teachers who take care of infants and toddlers from birth through age three. It is aligned with the Maryland's Early Learning Standards and gives you knowledge and support about child care and child development. This training series (12 hours) helps you nurture the tremendous potential for learning and growth of every child. Discover the developmental needs of this special age group and how to use Healthy Beginnings to plan meaningful activities for children. There are two modules, two days each. More details can be found in the schedule that follows. If you have questions, just call.

More about training: All staff need to take the Basic Health and Safety Training. This course is offered at the LSCCRC every other month and includes breastfeeding training. There is also an online version offered by MSDE that you can access on their website, <https://earlychildhood.marylandpublicschools.org/>. Everyone needs to take the COVID-19 Training, also found on that website. Don't forget to sign up for this and other required trainings. If you have questions, contact LSCCRC at 410-543-6650.

News for administrators and other leaders in your program: The LSCCRC is offering "Mirror, Mirror on the Wall: Putting Reflective Leadership into Practice." We want to



mentor new leadership in the child care community and encourage stability in the field. Administrators who register for this training are asked to identify a staff member who is an up-and-coming leader and bring them with you. Check out the write-up in the schedule of trainings, and if you have any questions, get in touch.

Call to register.

At this time, the LSCCRC continues to offer training virtually. The COVID-19 cases are increasing, and we do not want to put anyone at risk by attending an in-person class. You can still make an appointment for the Resource Room and call for curbside service. Also, technical assistance (TA) is available in person if you make a reservation. We look forward to seeing you!

In closing, I want to say "Happy Fall Y'all!" Sunny days, comfortable temperatures and plenty of outdoor activities make this a great season to work with young children. Enjoy pumpkin patches, apple cider and leaf collages. Take learning outside and take advantage of the weather.

Thank you for all you do,

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.

OCTOBER TRAINING

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

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Saturday, October 2 9 a.m.-4 p.m. Stepping Stones	\$52	Medication Administration Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria. Next class is December 2021 .	6 H	Denise Conklin, RN
Tuesdays & Thursdays, October 5 & 7 October 12 & 14 Virtual - Zoom	\$100	Healthy Beginnings Module 1 & Module 2 Discover the developmental needs of this special age group and how to use Healthy Beginnings to plan meaningful activities for children. Must attend all four sessions to receive a certificate	3 COM, 4.5 CUR, 1 SN, 2 CD, 1.5 P	Abilities Network
Saturday, October 9 10 a.m.-Noon Virtual - Zoom	\$26	Singing, Dancing & Moving to the Groove for Infants & Toddlers Young children learn to sing just as they learn to speak and move – through imitation, exploration and repetition. Discuss motor and music development and experience strategies you can use to promote learning in these areas.	1 CD, 1 CUR	Cheryl Willis
Thursday, October 14 6-9 p.m. Virtual - Zoom	\$30	Including All Children & 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. Next class is December 2021.	3 SN	Leslie Sinclair
Tuesday, October 19 6-9 p.m. Virtual - Zoom	\$30	Get Up, Get Out! Preschoolers in Motion Have you struggled with implementing physical education activities in your early childhood program? This interactive workshop introduces you to the SPARK (Sports, Play and Active Recreation for Kids) curriculum, while learning strategies and implementation tips for integrating structured vigorous activities into your program. Participants should come prepared for a full hour of physical activity during this workshop by dressing in comfortable clothes and shoes. Participants will leave inspired and motivated to implement an exciting physical education atmosphere to their early childhood program.	3 CUR	Katie Klein
Tuesday October 26 & November 2 6-9 p.m. Virtual - Zoom	\$45	Series Part 1 & 2: FLIP IT! Transforming Challenging Behaviors This training is intended for participants who are interested in supporting the social and emotional development of young children and reducing their instances of challenging behaviors. FLIP IT® is a strategy that offers a simple, kind, strength-based, commonsense and effective four-step process to address children's day to day challenging behavior. The four steps are embodied in the FLIP mnemonic, which stands for F – Feelings, L – Limits, I – Inquiries and P – Prompts. FLIP IT® is nothing new, but it transforms best practice into a strategy that is easy to remember, applicable in a variety of challenging situations and portable. Must attend both sessions to receive a certificate.	6 CD	Latrice Gray

NOVEMBER TRAINING

Virtual OR Stepping Stones Learning Academy, 102 South Camden Ave., Fruitland (unless otherwise noted)

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Thursday, November 4 6-9 p.m. Virtual - Zoom	\$30	Encouraging Imaginative Play Understand the importance of imaginative play in children's development and how providing recycled and open-ended materials opens the doors of imagination and promotes executive function and higher-level thinking skills in young children. Through small and large group activities and discussions, identify relevant, responsive and reflective strategies to spark creativity in the young child's environment.	3 C	Leslie Sinclair
Tuesday, November 9 6-9 p.m. Virtual - Zoom	\$30	Basic Health & Safety Training 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. Next class is January 2022.	3 H	Leslie Sinclair
Saturday, November 13 9 a.m.-Noon Virtual - Zoom	\$30	Creating Culturally Rich Environments with Loose Parts Young children are naturally curious about the people and places in their world, beginning with their family and local community. Creating an environment filled with loose parts that encourages exploration of their local culture and its people is an important component of early education.	3 COM	Cheryl Willis
Tuesday, November 16 6-9 p.m. Virtual - Zoom	\$30	Toddler Patterns of Learning: Play Schemas Young children exhibit repeated patterns in play called schemas that help them to formulate knowledge. Take a closer look at play schemas and how they can help inform planning to meet the needs of children.	3 CD	Cheryl Willis
Thursday, November 18 6-9 p.m. Stepping Stones	\$85	CPR & First Aid This is a certification course by the American Health and Safety Institute. Certification is valid for two years. Next class is January 2022.	N/A	Jay Hyde
Saturday, November 20 10 a.m.-1:30 p.m. Virtual - Zoom	\$45 (\$30 for administrator & \$15 for the rising leader)	Mirror, Mirror on the Wall: Putting Reflective Leadership into Practice Trust, support and growth! Reflective leadership is the key to creating a relationship-based organization. Journey toward exploring the foundational building blocks that support early childhood professionals with reflective leadership practice. Dive deep to examine your own personal skill set, along with the "reflective" principles of self-awareness, careful observation and flexible response. Extend these practices by creating a plan for the here, the now and the tomorrow. MUST CALL TO REGISTER.	3 P	Crystal Ey, Litebrite



TRAINING CALENDAR

DECEMBER TRAINING

Virtual OR Stepping Stones Learning Academy, 102 South Camden Ave., Fruitland (unless otherwise noted)

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Thursday, December 2 6-9 p.m. Virtual - Zoom	\$30	Including All Children & 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. Next class is February 2022.	3 SN	Leslie Sinclair
Saturday, December 4 9 a.m.-4 p.m. Virtual-Zoom	\$45	Super Saturday Pancakes, Pancakes Using Eric Carle's book Pancakes, Pancakes! delve into language skills such as responding to questions, retelling a text and vocabulary, along with direction-following and perhaps a little pancake snack. Going on a Bear Hunt: Language and Literacy This hunt is all about using great vocabulary, learning prepositions and retelling a story, along with some family fun and a bear!	3 CUR 3 CUR	K. Price K. Klein
Saturday, December 4 6-9 p.m. Stepping Stones	\$30	Medication Administration Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria. Next class is February 2022.	6 H	Denise Conklin
Tuesday, December 7 6-9 p.m. Virtual - Zoom	\$30	Bottom's Up! Tummy Time Fun Tummy time is easy to implement in any child care setting and is critically important to supporting healthy infant development and preventing a number of infant disorders. Knowing about the importance of tummy time and how it can be implemented throughout the day, teachers can incorporate prone positioning in their classrooms and conversations with parents, which in turn will help with the growth and development of infants.	3 CD	Cheryl Willis
Tuesday, December 14 6-9 p.m. Virtual - Zoom	\$30	Mindfulness & Yoga for Young Children Become aware of ways to use mindfulness and yoga in your programs.	2 CD, 1 P	Katie Klein
Thursday, December 16 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. Next class is June 2022.	3 P	Leslie Sinclair

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

CHILD CARE PROVIDER SPOTLIGHT

Every quarter, the LSCCRC is highlighting a child care provider, nominated by a peer, who exhibits professionalism, leadership and an outstanding display of passion for the early childhood field. You may nominate a colleague by visiting <https://docs.google.com/forms/d/1nyaeADW09u80QA1hqwCpV-nE3yJJ6oaSxxU5kpQWmlo/edit>.

The Provider of the Quarter will be featured in upcoming *Child Care Chats*, in the eBlast, on both the Infant and Toddler and LSCCRC Facebook pages, and on Twitter.

TRAINING VOUCHER AND REIMBURSEMENT PROGRAM

Beginning April 1, 2021, 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>



KEY TO CORE OF KNOWLEDGE AREAS:

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

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?

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. 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.



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*Published by the Lower Shore
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www.lowershoreccrc.org

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Salisbury
UNIVERSITY



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



MARYLAND CHILD CARE
RESOURCE NETWORK

HOW TO RECEIVE YOUR CERTIFICATE

- **Check out the Training Policy below.**
- **In short, to receive credit for attendance, you must:**
 - o Attend the entire training session
 - o Submit the assessment
 - o Complete the evaluation and turn it in
 - This allows the LSCCRC to receive funding as your CCRC and training hub.
- **LSCCRC 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

HOW TO GET YOUR TRAINING HOURS

LSCCRC: Virtual classroom, networking with others through active discussion

Self-Paced: Convenient

Individualized: Training tailored to a group's specific need

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

TRAINING POLICY

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.lowershoreccrc.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 LSCCRC 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 LSCCRC, 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.

SELF-CARE TIPS FOR CHILD CARE PROVIDERS

From the Infant & Toddler Scene

Happy, successful child care professionals practice self-care. This means taking time for yourself and reenergizing your mind, body and emotional health. If you are an early childhood educator looking for self-care tips, we commend you try the following ideas:

- **Know your stressors** – Knowing what stresses you the most and being able to identifying them will help you to cope better.
- **Take plenty of breaks** – Even short breaks can reenergize you, like five-minute breaks to get a drink or healthy snack.
- **Schedule “Me Time”**– Planning time to do what you love is essential to revitalize your spirit. The key is to break your routine and do something just for you.
- **Look for the positive** – If you had a rough day, look to something positive like inspirational quotes or kind notes from parents and peers.
- **Connect with friends** – Spending time with a good friend, a family member or even your pet can relieve stress. Remember that you are not alone!
- **Get moving** – Your favorite physical activity is an excellent way to practice self-care. Whether you run, dance, take yoga or walk, moving your body is beneficial to your emotional and physical well-being.

Munday, A. (2017, November 29). Self-Care for Child Care Professionals. Early Childhood Education Blog. <https://blog.himama.com/self-care-for-child-care-professionals>.

UP-TO-DATE INFORMATION FROM THE LSCCRC

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

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 tri-county area. 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

Cheryl Willis has a scheduled open office hour by Zoom every Tuesday and Thursday from 1:30-2:30 p.m. In addition, you can call or email her at any time. <https://salisbury.zoom.us/j/92862645809>





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Visit Us on the World Wide Web

Just log onto www.lowershoreccrc.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: Lower Shore Child Care Resource Center and Lower 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 Lower 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 _____