

# The Child Care Chat



Lower Shore Child Care  
Resource Center  
at Salisbury University

Published by the Lower Shore Child Care Resource Center

SUMMER 2018

## LETTER FROM THE DIRECTOR

Summer did not forsake us! Although it seemed like the warm weather would never arrive, it did. And now it's time to go outside and enjoy the balmy (some would say hot) temperatures. I want to share a few things to consider as you spend more time outdoors.

From their earliest moments, babies use all of their senses to take in the world around them, form hypotheses, make predictions, and begin to understand the interrelatedness of people and objects. Essentially, they are born scientists!

Children want to find out how things work or how to make them work. They also want to know how things balance, how they are alike and different, how they come together to make more or disappear to make less, or how to make something. They are curious; and we need to cash in on their curiosity.

When children have an opportunity to use things that are new to them or offered in a new way to be manipulated differently, they make discoveries. For example, buttons in a bucket can be weighed and compared to other items or other quantities of buttons. Those same buttons can be matched to other items of similar color or compared to buttons of a different size or shape. Once you give a child a piece of string to thread through the buttons, they can create patterns and necklaces or decorative items. They can glue buttons to paper or fabric and experience texture and designs of their own. Children can

use these same buttons in many ways and learn from their own discoveries.

Just as each child will find their own way to learn from a bucket full of buttons, STEM discovery is unique to each child. Offer materials to be used outside. A magnifying glass from the science table becomes a window to a miniature world between blades of grass. Give children a plastic cup and a pair of tweezers or a spoon and they will examine the items closely and then share their discovery with other children. Don't forget to include scientific literacy outdoors by allowing children to write about or draw what they see in a Discovery Journal. They can dictate their story to a teacher or use their own phonetic spelling to make entries. Recording their discoveries should be possible every day, but not required every day.

Many center activities can be taken outside during the warm weather. Dramatic play might be a milkshake drive-up (trike-up) window. Painting can be done with buckets of water and paintbrushes on buildings, fences and other toys too. And, active, physical play is always more fun in the sunshine. Don't forget that content learning can happen in the outdoor curriculum too.

Set up a shady area – maybe a canopy with a sensory table, some picnic tables and things to write with



– and a blanket with a basket of books to share. Be creative with a large towel or tablecloth by draping it over a low limb to create a quiet reading nook.

Snacks are tasty outdoors too. Watermelon with a seed-spitting contest can turn into a study on the amount of force needed when spitting a seed a long way. Then, of course, they could measure the distance using a stick as a non-traditional and natural measuring tool.

Don't forget to write outdoor curriculum into every day's plan. Children learn by doing, so give them a chance to do things outside. I know you will enjoy it too. Think STEM! If you want some ideas about the outdoor curriculum, contact the LSCCRC. We are very glad to help.

Be a scientist and have fun learning!

*Leslie Sinclair*

# TRAINING CALENDAR

## JULY

### Basic Health and Safety Training (3 H)

Tuesday, July 10 • 6-9 p.m.

Trainer: Leslie Sinclair

Fee: \$30 Non-members/\$20 Members

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.

### Trash to Treasure: Early Learning Toys (3 C) *NEW!*

Tuesday, July 10 • 6-9 p.m.

Trainer: Pam Hall

Fee: \$30 Non-members/\$20 Members

In this workshop, participants will discover new ways to use old things. This will allow you to spend less and re-use the good junk that helps children learn.

### Medication Administration (6 H)

Saturday, July 21 • 9 a.m.-4 p.m.

Trainer: Denise Conklin, RN

Fee: \$52 for all (non-refundable)

Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria. The next class is offered in September 2018.

### Center Aide Orientation (3 P)

Saturday, July 21 • 9 a.m.-Noon

Trainer: Leslie Sinclair

Fee: \$20 for all

In this workshop, required by all center aids within the first six months of employment, classroom assistants will

discover the meaning of professionalism, identify those impacted by their role, and learn skills that positively impact children, parents and their program.

### Maryland EXCELS: Moving to Level Three (2 P)

Saturday, July 21 • 9-11 a.m.

Trainer: Dianna Aguirre

Fee: No fee

Participants will explore self-assessment, design an effective program plan, analyze documentation needed to reach Level 3 in each content area and evaluate the benefits of tiered reimbursements. You will be able to begin the process of moving to Level 3 right away! An EXCELS Workgroup (no COK) is included for an hour after this training to assist with your application process.

### CPR and First Aid (no COK)

Thursday, July 26  
6-9 p.m.

Trainer: Jay Hyde

Fee: \$65 for all (non-refundable)

This is a certification course by the American Health and Safety Institute. Certification is valid for two years. The next certification course will be offered in September 2018.

### Planning for School-agers in Child Care (1 CD, 2 C) *NEW!*

Thursday, July 26 • 6-9 p.m.

Trainer: Rich Lynerd

Fee: \$30 Non-members/\$20 Members

The season is upon us, and school-age children will be spending extended hours in child care. What plans will you make? How will you prepare for their high energy? Can you help prevent the "summer slide"? These questions and many more will be



answered in this training especially designed for those who work with school-agers.

## AUGUST

### Including All Children and the Americans with Disabilities Act (3 SN)

Tuesday, August 7 • 6-9 p.m.

Trainer: Leslie Sinclair

Fee: \$30 Non-members/\$20 Members

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.

### The Value of Positive Guidance: Using Maryland EXCELS Standards (2 P)

Tuesday, August 7 • 6:30-8:30 p.m.

Trainer: Dianna Aguirre

Fee: No fee

Through the development of policies that support positive guidance in early childhood, participants will gain a greater understanding of the components of positive guidance and strategies for their implementation.

### Singing, Dancing and Moving to the Groove for Infants and Toddlers (1 CD, 2 C) *NEW!*

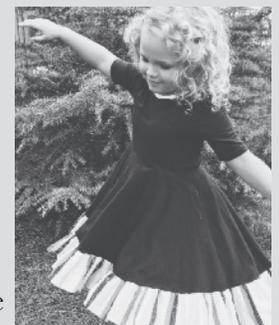
Saturday, August 18 • 9 a.m.-Noon

Trainer: Jordan Helgason

Fee: \$30 Non-members/\$20 Members

Young children learn to sing just as they learn to speak and move-through imitation, exploration and repetition.

In this workshop, participants will discuss motor and music development and experience strategies they can use to promote learning in these areas.



## Hours of Operation:

The Resource Center is open from 9 a.m.-5 p.m., Monday-Friday. We also will be open until 9 p.m. one Tuesday and Thursday each month and 9 a.m.-noon one Saturday each month.

**Check our website for details about weekly hours and watch for email blasts from the LSCCRC.**



## Letters Alive! (3 C) *NEW!*

Saturday, August 18 • 9 a.m.-Noon

Trainer: Jen Krenitski

Fee: \$30 Non-members/\$20 Members

This workshop is all about using physical activity to help young children learn letters and their sounds. You will explore how to capture movement as a means of teaching. You will leave this workshop with a plan for Monday morning!

## Teaching STEM through Play (3 C)

Thursday, August 23 • 6-9 p.m.

Trainer: Ellen Sprouls

Fee: \$30 Non-members/\$20 Members

Participants will learn how to support STEM learning by creating environments that provide opportunities for children to explore, create and question during play. Participants will identify developmentally appropriate STEM learning activities as well as discover ways to use materials already available in their programs.

## Helping Children Heal (3 SN) *NEW!*

Thursday, August 23 • 6-9 p.m.

Trainer: Latrice Gray

Fee: \$30 Non-members/\$20 Members

In this workshop, participants will learn to recognize when a child has experienced trauma. Training will include different types of trauma, how a child's development is affected, the characteristics a child might exhibit and how to help that child recover.



# SEPTEMBER

## Potty Training: Learning the Cues of the Potty Dance (2 CD)

Tuesday, September 11 • 6:30-8:30 p.m.

Trainer: Jordon Helgason

Fee: \$30 Non-members/\$20 Members

This workshop is designed to address challenges of toilet training in a child care program. We'll discuss developmental readiness versus the readiness of the adult. Learn sure fire potty training, including celebrating and the power of peer pressure.



## Playground Safety and Supervision (3 H) *NEW!*

Tuesday, September 11 • 6-9 p.m.

Trainer: Kelley Koontz

Fee: \$30 Non-members/\$20 Members

In this training, providers will learn how to properly supervise children, create age-appropriate spaces, and prepare and maintain a safe outdoor environment that prevents injury on the playground.

## EXPO!

Saturday, September 15 • 9 a.m.-1 p.m.

No Fee

This event, held at the Lower Shore Child Care Resource Center will focus on early childhood issues. Vendors will attend, and providers will be given resources to use. Also, you can earn one PAU. More details will follow by email blast. Stay tuned!

## Medication Administration (6 H)

Saturday, September 22 • 9 a.m.-4 p.m.

Trainer: Denise Conklin, RN

Fee: \$52 for all (non-refundable)

Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria. The next class is offered in November 2018.

## Language in the Multicultural Child Care Setting (3 C) *NEW!*

Saturday, September 22 • 9 a.m.-Noon

Trainer: Cathrene Connery, Ph.D.

Fee: \$30 Non-members/\$20 Members

This session addresses how to support language development in the multicultural child care setting. Participants will explore the myths associated with bilingualism, they will learn how to nurture the home language of young children while helping them to function in the classroom and share their culture.



(Continued)



Lower Shore Child Care  
Resource Center  
at Salisbury University

## SUMMER 2018

Published by the Lower 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 Lower Shore Child Care Resource Center at Salisbury University

is a member agency of the  
Maryland Child Care Resource Network —  
[www.mdchildcare.org](http://www.mdchildcare.org) —  
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Salisbury  
UNIVERSITY

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Fee: \$65 for all (non-refundable)

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## REQUIRED TRAININGS OFFERED AT THE RESOURCE CENTER:

- Basic Health and Safety Training
- Including All Children and the Americans with Disabilities Act
- Medication Administration
- Emergency Preparedness
- Center Aid Pre-service
- CPR and First Aid

## PROFESSIONAL DEVELOPMENT RESPONSIBILITIES

1. Take trainings in your specialty area whenever possible
  2. Network with your colleagues
  3. Join a professional organization
  4. Keep records of your training
- FYI: File certificates of training carefully

## SAVE THE DATE

The fall Early Childhood Conference is planned for **Saturday, December 1** this year. Remember to get your voucher in! Details will be finalized and emailed to you soon.



## TRAINING POLICY

**C-Curriculum CD-Child Development CY-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 preregister 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 in our office.**
- 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.
- Class registration fees are nonrefundable. **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 towards 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 cancelled. 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.
- 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. If you need a duplicate copy of your certificate, you will be charged \$1 per copy.
- Please check with local television stations for any possible cancellations due to bad weather. If a training is cancelled, it will be rescheduled for a later date.
- 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.

## GENEROSITY MATTERS

Think about contributing to your child care resource center. Everyone can use a tax deduction, and here is a way to help the LSCCRC through the Salisbury Foundation, Inc. Visit this site and be generous, please: <https://salisburyu.givecorps.com/projects/26911-seidel-school-of-education-professional-studies-the-lower-shore-child-care-resource-center>

## SAVE THE DATE: LEADERSHIP LUNCHEON

A NEW TWIST ON TRAINING for center directors and home-based providers.

Leaders in the child care field play a unique role that requires special talents. The Lower Shore Child Care Resource Center invites those in leadership and/or administrative positions to a Leadership Luncheon and Professional Development Opportunity on **Saturday, November 10.**

You will have lunch and take part in professional development particularly designed for your administrative role. You will learn about building morale, maintaining professional relationships and encouraging your staff to be a valuable part of your business. The panel of presenters is knowledgeable in leadership, management and child care. They will share insights and information you can use every day.

You will receive **3 COK** in Professionalism while networking with others who do what you do.

Details will be in the *Child Care Chat* next quarter. Of course, you may contact Leslie Sinclair at 410-543-6650 if you have questions. Seats are limited, so pencil this in on your calendar and plan to register early!

## BIRTH TO FIVE 2018 PLAYGROUP SCHEDULE

All playgroups are free to attend and are held the first Wednesday of the month at 10 a.m., unless otherwise noted.\*

Playgroup is open to any child who is between the ages of birth to five years old, and a resident of Wicomico County.

Please call/email Kelly at 410-677-5250 or [ksoscia@wcboe.org](mailto:ksoscia@wcboe.org)

to confirm your attendance and playgroup location, or if you have any questions. Locations are subject to change.

Children must be accompanied and supervised by an adult and some activities require signed parent/guardian release of liability to participate.

**July 4:** No Playgroup (Holiday)

**August 1:** Salisbury Zoo

**September 5:** Location TBA



## DO YOU RECEIVE EMAILS FROM THE LSCCRC?

Every week (at least) we send an email update. In it there are links to other sites and opportunities for you to take advantage of up-to-the minute news important to you! Office hours and late open hours are announced, as are events coming to our tri-county area. If you are not receiving these emails, we probably don't have your correct email address. Please get in touch so we can correct that. Call us at 410-543-6650.

## UPDATE YOUR LOCATE PROFILE!

The LOCATE: Child Care annual update questionnaire is NOW AVAILABLE ONLINE!

Choose the link most appropriate and update your LOCATE: Child Care information:

- Main Questionnaire Page: [www.marylandfamilynetwork.org/for-child-care-providers/provider-questionnaires](http://www.marylandfamilynetwork.org/for-child-care-providers/provider-questionnaires)
- Center/Group Questionnaire: [www.marylandfamilynetwork.org/resources/group-program-questionnaire](http://www.marylandfamilynetwork.org/resources/group-program-questionnaire)
- Family Child Care Questionnaire: [www.marylandfamilynetwork.org/resources/family-child-care-questionnaire](http://www.marylandfamilynetwork.org/resources/family-child-care-questionnaire)

## LOWER SHORE CHILD CARE RESOURCE CENTER MEMBERSHIP NOTICE

Join or update your membership now for \$25. You will receive email updates and a discount on most workshops.

### CONGRATULATIONS ARE IN ORDER

The Lower Shore Child Care Resource Center congratulates the following providers on their most recent accomplishments:

- **Martha Clark** - Opened Family Child Care Program
- **Dawn Coons** - Opened Family Child Care Program and Achieved EXCELS Level 1
- **Kidz in His Hands** - Achieved EXCELS Level 2
- **Elva Smith** - Achieved EXCELS Level 1
- **Wanda Thomas** - Achieved EXCELS Level 3

If you are interested in having your achievements published in our newsletter or would like support in meeting these accomplishments, contact your technical assistance coordinator at the LSCCRC.



### MARYLAND CREDENTIAL PROGRAM CONTACT INFORMATION

CONDUENT is your Maryland Credential contact. Don't send any emails to Xerox, as they will not reach the intended recipient. The email address was updated in the Credentialing booklet that was revised in March 2017 and is also posted on the Credentialing Webpage. The new email address is [cccredential@conduent.com](mailto:cccredential@conduent.com).

Don't forget to contact our office at 410-543-6650 if you need help submitting your materials, or if you need a second set of eyes to review your documents.

### DO YOU WORK WITH CHILDREN AGES BIRTH TO THREE YEARS OLD?

#### JOIN THE LSCCRC'S INFANT AND TODDLER FACEBOOK SUPPORT GROUP!



Whether you have been working with infants and toddlers for years or are new to the field, this group is for you! We provide support to one another through the sharing of recent research, ideas for developmentally appropriate activities, and events and trainings geared toward the age group.

#### HOW DO YOU JOIN THE GROUP?

You can join the group by requesting to join on the LSCCRC's Facebook page or by providing your email address to Infant and Toddler Specialist Jordon Helgason at [jhelgason@salisbury.edu](mailto:jhelgason@salisbury.edu) or at 410-677-3130.



### INTERESTED IN ONLINE TRAINING?

Access is an easy link from our website! It is convenient to earn COK hours online by clicking on the training tab at [www.lowershorecrrc.org](http://www.lowershorecrrc.org) and then clicking on "Online Training Classes from Smart

Horizons." There is a good selection to help you get the training you need when you need it. If you want to take these online courses and have difficulty, call us and we will walk you through the registration process. If you do not have reliable connectivity at your address, we have a laptop for you to use at the LSCCRC Resource Room. Come on in!

## INFANT AND TODDLER MINUTE

### WHAT ARE THE BENEFITS OF OUTDOOR TIME FOR INFANTS AND TODDLERS?

From birth, infants and toddlers naturally want to explore their world and see what all is in it. They soak up every noise, every sound and every experience that they have. So not only is being outside enjoyable for infants and toddlers but also it's critical for their cognitive development.

Because infants and toddlers are exploring their world, they often taste it first, which results in more germs and choking hazards. Therefore, make sure all choking hazards are removed and that you stay close by so that you can remove unwanted objects from their mouths, if necessary. Make sure to have a surface where they can easily move around. It should provide comfort, as well as tactile experiences and be able to protect from a fall. Make sure that you have surfacing material around any equipment children will climb on that's over 18 inches tall.

The outdoor equipment should challenge children but also be realistic based on what you know your children can and cannot do. Young toddlers are just learning to walk. They don't need any equipment that is high or has ladders to get up because they still haven't mastered taking large steps. Walking across a low bridge or balance beam may be just the challenge they need, without being too much. Riding toys, tricycles, push toys, wagons and balls is just as interesting as a structure for them to climb on. For infants, grass, balls, tunnels and ramps for crawling are as stimulating as having a slide or baby swing.

"A playground should be like a small-scale replica of the world, with as many as possible of the sensory experiences to be found in the world included in it.



Experiences for every sense are needed. The list is inexhaustible and the larger the number of items included, the richer and more varied the environment for the child" (Greenman, 1988).

**Infants birth-3 months:** Provide a blanket for the baby to lay on. Point out the leaves moving, let them feel the grass and point out the sounds that they are hearing.



**Infants 3-6 months:** Keep them on the blanket but allow them to explore on their tummies. Bring toys outside for them to grasp or books to read. Continue pointing out all the sights and sounds in nature that they may be experiencing.

**Infants 6-9 months:** Bring out tunnels, balls and safe sensory tubes. Create a sensory path on the blanket for the baby to crawl along and explore his senses while increasing his gross motor skills.



**Infants 9-12 months:** Bring outside simple push toys to encourage your early walkers. Attach musical toys, activity centers and mirrors along your fence. This will encourage your early walkers as well as your crawlers who

may be encouraged to pull themselves up to a stand. Provide balls, bubbles and any other toys that will be sturdy enough for standing against.

**Toddlers:** Continue adding materials to match their developmental levels. Bring out riding toys, wagons to pull, baby strollers and large trucks to push. Bring materials outside that would let them dance to music and see how the wind interacts with their materials. Allow for jumping and dancing. Set up simple games or obstacle courses. Provide an outdoor garden that the kids can explore the soil and plants and learn about care taking.

**Important Take Away:** Anything that can be used in the classroom can also be brought outside to turn the outdoors into a classroom, learning environment. Remember, their time outside with you may be the only opportunity they have in the day to explore the outdoors. If children learn to love the outdoors when they are young, it will help to teach them to take better care of our world as adults.



Lyons, J (2018). *What Are The Benefits of Outdoor Time for Infants And Toddlers?* (Montgomery County, MD): Montgomery County Child Care Resource Center

**If you would like more information on appropriate experiences for toddlers, please reach out to Infant and Toddler Specialist Jordon Helgason at 410-677-3130 or [jlhelgason@salisbury.edu](mailto:jlhelgason@salisbury.edu).**

