

The Child Care Chat



Lower Shore Child Care
Resource Center
at Salisbury University

Published by the Lower Shore Child Care Resource Center

FALL 2017

LETTER FROM THE DIRECTOR

It's not every day you witness something totally amazing. Usually you see things that are interesting, sometimes you see things that make you take a second look, but not very often do you observe something that makes you say, "Wow! That's awesome!" I watched the eclipse. That was amazing! That was awesome! That was spectacular! It was an experience I will remember all my life. It made me feel small and humble, yet it made me feel a part of something huge and important. I wanted to tell someone how I felt about experiencing three heavenly bodies lining up, even for a few minutes. Wow!

Children have experiences like this daily. They want to talk about what they saw, how something made them feel, what they would like to do next, or just share an experience. Often, they don't have the right word to use; or they can't express themselves adequately because a feeling is too large to explain; or they can't think of who would like to know, and would then take time to listen, understand and then respond suitably.

That's where you come in. Large-scale studies show that teacher-child interactions are important to the academic and social development of young children. When teachers can draw children into learning and keep them engaged, their academic outcomes are better. Children learn to have conversations: real exchanges that include listening and speaking, and sharing of thoughts and ideas,

explanations and descriptions. They acquire the vocabulary to make themselves understood. And, in a responsive and nurturing classroom, children become confident in their abilities to use language effectively.

Here are some ways to make your interactions with children valuable:

Validate: Use mirror talk to show your interest and appreciation for children's efforts by saying what you see them doing. For example: "Deborah, I see that you have drawn many lines and circles on your paper."

Personalize: Have conversations with children about topics that are important to them: "Marla, on Friday you were so excited about going to your cousin's birthday party. How did it go?"

Respect: Ask permission before joining in a child's activity. "James, may I sit with you while you work on your puzzle? I notice that you are

looking at each piece carefully before you decide where to put it."

Accept: Acknowledge a child's emotions and coach him or her about how to manage them: "Bobby, I can tell you are very upset about Ross stepping on your sand castle. You can tell Ross how you feel. I'll go with you."

When children have a caregiver who supports their efforts, shows interest in their work and treats them courteously, they are comfortable using new vocabulary. They are confident in their ability to get their message across. And, when they witness something totally mind-boggling, they have the words to express their wonder.

Take some time to share something amazing with the children you care for.

Leslie Sinclair



TRAINING CALENDAR

All trainings are at the LSCRC, unless otherwise noted.

OCTOBER

Passive and Active Screen Time: Policy and Planning (2CD, 1P) NEW!!!

Tuesday, October 10 • 6-9 p.m.

Trainer: Michelle Robbins

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

In this workshop, participants will recognize how screen time affects health and development of infants, preschool and school-age children. They will understand the MSDE regulations on screen time policy, develop their own screen time policy and create a log for special exemptions for screen time use. Participants also will be able to identify active and passive technology, and plan substitutions for screen time and technology they can use especially during transition time.



Math and Science for Infants and Toddlers (3 C) NEW!!!

Thursday, October 10 • 6-9 p.m.

Trainer: Jordan Helgason

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

Children develop math and science concepts and skills very early in life. From the moment they are born, babies begin to form ideas about math and science through everyday experiences and, most important, through interactions with trusted adults. During this training, you will learn about the developmental milestones and hands-on activities to engage your youngest ones in math and science.

How Infants and Toddlers See the Amazing World Around Them (3 CD) NEW!

Saturday, October 21 • 9 a.m.-Noon

Trainer: Margaret Clayville

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

Principles of child development give us insight into how infants and toddlers see the world around them. How can we help our youngest children understand what is happening to them on a daily basis? A survival bag of ideas for adults and children and handout activities will be included.

Basic Health & Safety Training (3 H)

Saturday, October 21 • 9 a.m.-Noon

Trainer: Leslie Sinclair

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

This workshop will satisfy the pending 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.

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

Thursday, October 26 • 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.



Exploring the Art, Science and Motion of Birds and Insects (3 C) NEW!

Thursday, October 26 • 6-9 p.m.

Trainer: Ellen Sprouls

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

Using works of children's literature come explore the fascinating world of creatures that fly and walk. We will explore how and why things fly, and how and why they walk the way that they do. Participants will come away with lesson opportunities that include how to identify backyard birds, and some common insects, along with ideas for art and science projects that will help round out a young person's understanding of birds and insects.

NOVEMBER

2017 Fall Early Childhood Conference: Books and Beyond (6C)

Saturday, November 4 • 8 a.m.-4:30 p.m.

Wolf Trap Educators

Fee: \$55

Don't wait too long to register for this year's fall conference! Wolf Trap trainers will present on literacy. Participants will receive six COK in Curriculum. The registration form is included in this newsletter and can be accessed on the website: www.lowershoreccrc.org

American Heart CPR & First Aid (no COK)

Tuesday, November 7 • 6-9 p.m.

Trainer: Jay Hyde

Fee: \$65 for all

This is a certification course in American Heart. It is strongly recommended to take both CPR and First Aid together. Participants will stay until training is complete – usually three hours. Certification is valid for two years. The next certification course will be offered on JANUARY 2018.

Cultivating Creative Problem Solvers (3 CD) NEW!

Tuesday, November 7 • 6-9 p.m.

Trainer: Janell Hale

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

Teachers lose valuable instruction time to time spent mediating conflicts between students. In the training, participants will learn how to teach their young students to manage their emotions and resolve conflicts. Participants will also practice appropriate responses to resolving conflict.

Medication Administration (3 P, 3 H)

Saturday, November 11 • 9 a.m.-4 p.m.

Trainer: Denise Conklin, RN

Fee: \$52 for all

Learn how to correctly administer medication to children in your care. As of July 2011, OCC requires that one center staff member and every family provider must be trained in this class, and be present at all times children are present and must be responsible for administering medication. On Saturday trainings, lunch is on your own.

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.-5 p.m. one Saturday each month.

Check our website for details about weekly hours.



Creative Connections: Young Children and the Arts (1 CD, 2 C)

Saturday, November 11 • 9 a.m.-Noon
Trainer: Jordon Helgason
Fee: \$30 Non-members/\$20 Members

This training introduces participants to Creative Connections, an extension of MSDE's Healthy Beginnings, to give them with a resource to help them succeed in providing meaningful and developmentally appropriate art experiences to children. This training will provide participants with an overview of this valuable tool and how to use it to provide creative and appropriate activities in all area of the arts and thus expand and enhance the full development of the child.



Basic Health and Safety Training (3 H)

Thursday November 30 • 6-9 p.m.
Trainer: Leslie Sinclair
Fee: \$30 Non-members/\$20 Members

This workshop will satisfy the pending 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.

Childhood Speech and Language Development (3 CD) NEW!

Thursday November 30 • 6-9 p.m.
Trainer: Beverly Rodriguez
Fee: \$30 Non-members/\$20 Members

This class will cover the typical development of speech and language skills in children. Various areas of communication will be discussed as well as red flags for possible delays and/or impairments. The class will also review communication skills in dual-language learners.

DECEMBER

Childhood Disorders (3 SN) NEW!

Thursday, December 7 • 6-9 p.m.
Trainer: Rhyannon Bemis
Fee: \$30 Non-members/\$20 Members

This training will address developmental disorders and how caregivers can best accommodate those children. Participants will become familiar with conditions and treatments while creating strategies that they can implement in their early childhood environment.



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

Saturday, December 16 • 9 a.m.-Noon
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.

Effectively Communicating Special Concerns with Parents and Caregivers (3 SN) NEW!

Saturday, December 16 • 9 a.m.-Noon
Trainer: Patti Adkins
Fee: \$30 Non-members/\$20 Members

Do you have concerns about a child in your care but can't find the right way to talk to their parent/caregiver? Learn strategies to share your concerns in situations like this while maintaining the positive and supportive relationship you worked so hard to establish.

FOR CREDENTIALING:

Applications can be mailed to:
**CC Central, P.O. Box 598,
Baltimore, MD 21203**
or faxed to: **410-229-0145**

If you wish to check the status of an application that you submitted you can email cccredential@conduent.com or call **866-243-8796**.

Myths About Infants and Toddlers (3 CD) NEW!

Tuesday, December 19 • 6-9 p.m.
Trainer: Jordon Helgason
Fee: \$30 Non-members/\$20 Members

If you hold a baby too much, will you spoil it? Should you wrap a baby in many layers to stay warm? We will explore these and many other myths about infants and toddlers to determine what research has proven to be best practice.

Trauma: Signs, Symptoms and Support (2 H, 1 P) NEW!

Tuesday, December 19 • 6-9 p.m.
Trainer: Latrice Gray
Fee: \$30 Non-members/\$20 Members

Participants will identify the signs and recognize the symptoms of trauma in young children. In this training, you will also learn support strategies to use when working with children who suffer from trauma.



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Resource Center
at Salisbury University

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Child Care Resource Center

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Salisbury, MD 21801
410-543-6650
LOCATE: Child Care
1-877-261-0060
www.lowershoreccrc.org

The Lower Shore Child Care Resource Center at Salisbury University

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www.mdchildcare.org—
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Salisbury
UNIVERSITY

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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.



SAVE THE DATE: AN EVENING FOR CHILDREN'S ADVOCACY

The annual event for early childhood educators in Annapolis will be held in 2018 from 4 -9 p.m. on **Monday January 29**. Please watch your email for registration information! Sponsors are Maryland Family Network, the Maryland Afterschool Association, the Maryland Association for the Education of Young Children, the Maryland Head Start Association, the Maryland State Child Care Association, the Maryland State Family Child Care Association and SEIU Local 500.

CREATING A QUIET CORNER

NEWS FROM THE EARLY CHILDHOOD MENTAL HEALTH DESK

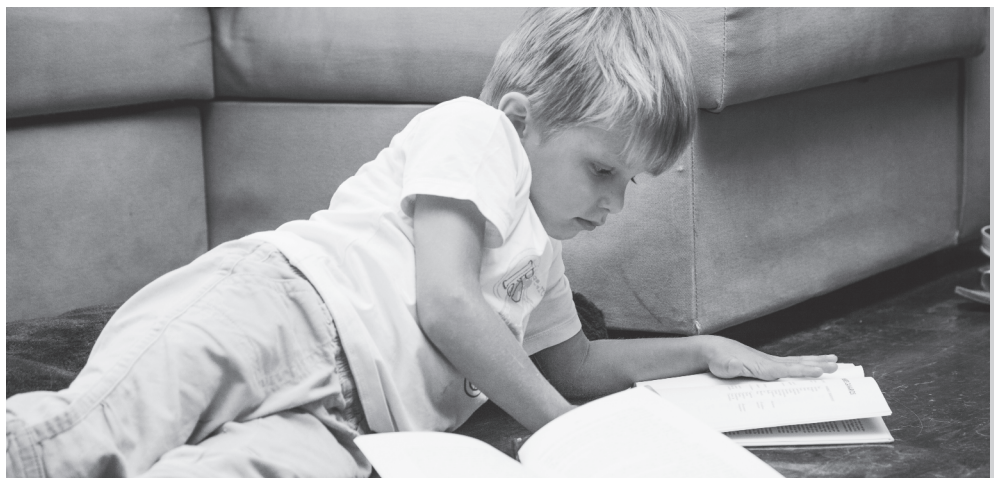
Quiet corners are a safe, quiet space in your home or within a classroom that may be used by children needing to self-monitor their behavior, emotions and/or attention. A quiet corner, as indicated by its name, is a place to take a quiet break, gather one's own thoughts and emotions, until he/she is ready to rejoin the family and/or classroom.

Below are a few ideas/suggestions for a quiet corner:

- Utilize a corner, away from busy zones within the home or classroom
- Set up an open tent or a corner with pillows
- Provide a few stuffed animals
- Soft lightening
- Have children's books regarding self-regulation

- A basket of fidgets (fidget spinner, click cubes, Rubik's cube, squeeze balls, etc.)
- Mood faces with labels describing various moods (to discuss feelings upon entry and exit of the space)
- Utilize a timer (2-5 minute sand timers work beautifully)
- Create a glitter bottle/calm down jar
- Use a breathing ball

Using a quiet corner is a gift to the parent(s), caregiver(s), teacher(s) and child(ren). A quiet corner provides a safe space for children to self-monitor and self-regulate. Moreover, it provides the adult(s) an opportunity to redirect the unwelcomed behavior or emotion and take a quick break as the role model.



TECHNICAL ASSISTANCE

There are many changes coming to the Child and Adult Care Food Program!

Starting October 1, 2017, the new USDA Meal Patterns take effect. USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the new child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. Changes to the meal patterns can be found at:

Children Age 1 and Older:

https://fnsprod.azureedge.net/sites/default/files/cacfp/CACFP_MealBP.pdf

For Infant Meal Patterns:

https://fnsprod.azureedge.net/sites/default/files/cacfp/CACFP_InfantMealPattern_FactSheet_V2.pdf

If you are a family child care provider participating under The Planning Council's sponsorship, beginning October 1, 2017, providers will no longer be able to use bubble menus to record their meals. Family child care providers will now be required to use the online system,

KidKare, to claim meals for their program.

To help ease this transition, The Planning Council asks that providers use the training website offered by KidKare: <https://kidkare.knowledgeowl.com/help>. Providers may sign up for a live webinar or watch the many instructional videos on how to navigate and make the most of using KidKare. LSCCRC Technical Assistance Coordinator Jordon Helgason is also willing to help you review the instructional videos and navigate the system. "Like" Kidkare on Facebook to learn tips and tricks, receive notification of any outages, join in contests for prizes, like and share CACFP advocacy information, and more!

Where Healthy Eating Becomes a Habit



CHILD & ADULT CARE FOOD PROGRAM

BASIC HEALTH & SAFETY TRAINING

The member agencies of the Maryland Child Care Resource Center, including the *Lower Shore Child Care Resource Center*, have been approved by MSDE to provide a **three-hour Basic Health and Safety Training** in-person workshop. This workshop will satisfy the pending regulation requiring all child care providers, including all center staff and family providers, to complete this workshop. This 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.

If you are looking to take this required training, check out the dates listed in this flyer. There is at least one class offered each month this quarter. You may also contact Leslie Sinclair, 410-543-6650, to schedule an on-site training.

DIRECTOR and FAMILY CHILD CARE NETWORK MEETINGS

Meet with us on Wednesday, October 18

Center Directors: 1 p.m.

Family Child Care Providers: 6 p.m.

Dianna Aguirre will introduce the EXCELS toolkit. Attendees can bring a laptop and have the opportunity to practice using the program with some guidance. As always, you are welcome to bring your lunch/dinner with you as you network with colleagues.

REMINDER: In an effort to provide important information to caregivers in both family- and center-based environments, the Lower Shore Child Care Resource Center will host *Director/Family Child Care Provider Network Meetings* quarterly rather than bi-monthly.



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
- Center/Group Questionnaire: www.marylandfamilynetwork.org/resources/group-program-questionnaire
- Family Child Care Questionnaire: www.marylandfamilynetwork.org/resources/family-child-care-questionnaire



MARYLAND CREDENTIAL PROGRAM INFORMATION: NAME CHANGE

The vendor is the same but with a different name. **Xerox is now Conduent.**

- **Conduent** no longer receives emails sent to the **Xerox** email address.
- The new email address was updated in the Credentialing booklet that was revised in March 2017 and is also posted on the Credentialing webpage.
- This information will be in the upcoming Partners Newsletter.

New email address: cccredential@conduent.com

CONGRATULATIONS ARE IN ORDER

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

- **Lubna Ansari:** EXCELS Level 3
- **Rachel Childers:** Achieved NAFCC Accreditation
- **Impact Child Development Center:** EXCELS Level 3
- **Little Sprouts:** EXCELS Level 3
- **Snow Hill Christian Nursery School:** Achieved MSDE Accreditation
- **Temia Parker:** Opened Family Child Care Program
- **Tekeya Waters:** Opened Family Child Care Program
- **Vinessa Williams:** Opened Little Leaders Learning Center
- **Lisa Wilson:** Opened Family Child Care Program and achieved EXCELS Level 1

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

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

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 towards 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 jlhelgason@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.lowershoreccrc.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!

A HEADS UP...

The Lower Shore Child Care Resource Center has received a grant from the Community Foundation to establish a small cohort of child care providers who will become skilled in encouraging STEM exploration in their classrooms. The grant includes a survey, classroom experiences, technical assistance, and a follow-up evaluation. If you teach children ages 3, 4 & 5, and can commit to three training sessions taught by an instructor from the Teacher Education Department at Salisbury University, and are interested in learning about STEM experiences for young children, you are a great candidate for this cohort. Stay tuned for more news about the *STEM Project*.



HAVE YOU THOUGHT OF AN ON-SITE TRAINING?

Need COK hours?
Want something different?
Looking for something special?
It sounds like an on-site training is right for you!

When you have a subject that you would like to learn more about, a simple call to the LSCCRC is the quickest way to schedule an individualized training. We will talk with you about your concerns, identify a workshop topic and get a convenient date on the calendar **for YOU at YOUR location.**

Could that be any easier?

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/causes/7882-the-lower-shore-child-care-resource-center>

BIRTH TO FIVE

2017-2018 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 Kathy at 410-677-5250, or ksoscia@wcboc.org to confirm your attendance and playgroup location, or if you have any questions. Locations are subject to change.

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

September 6

Bowling @ Southbound Alley

October 4

Pumpkin Patch @ Wright's Market

November 1

Coco's Funhouse

December 6

Santa @ Chipman Elementary School • *9:30-10:30 a.m.

January 3

Beachbounders Gymnastics Gym

February 7

Crown Sports Center

March 7

Trooper 4 @ Salisbury Airport

April 4

Ward Museum

May 2

Kindred Spirits Farm

June 6

Fruitland Fire Department

July 4

No Playgroup (Holiday)

August 1

Salisbury Zoo



non-profit org.
U.S. postage
PAID
Salisbury, Maryland
permit no. 65

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



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



ADDRESS SERVICE REQUESTED



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

Membership Cost Update: The cost of membership at the Lower Shore Child Care Resource Center is, of course, priceless, but we do need to put a price on it. On July 1, 2017, the cost of membership (for a PAU) increased to \$25. Join/update now to save on most trainings!

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 _____