

The Child Care Chat



Lower Shore Child Care
Resource Center
at Salisbury University

Published by the Lower Shore Child Care Resource Center

FALL 2020

LETTER FROM THE DIRECTOR

Now that a new and virtual school year has begun, programs are finding innovative ways to nurture and support children. What a challenge!

Please know that the Lower Shore Child Care Resource Center is here to help you in any way possible. We can be reached at the office. If you need technical assistance, we can help you out by phone or by Zoom meeting. We are here for supportive conversations if that would help you. Trainings for you or your entire staff can be arranged and presented to individuals or groups.

Coming Soon: The **45-Hour School Age Preservice** training will meet virtually on Tuesdays and Thursdays in January and February, beginning on January 5, 2021. You must currently teach or have access to a school-age classroom because there are onsite learning activities included in the series. Dr. Donna Satterlee from UMES will facilitate. Vouchers are acceptable for this training, so get them in early. Stay tuned for detailed information in the e-blast, in the next *Child Care Chat* or call this office.



The LSCCRC will offer **Critical Competencies for Infant-Toddler Educators** by Zero to Three, on Mondays beginning on January 11. This series is appropriate for teachers of children birth to three years old. The trainers for these modules are Dr. Donna Satterlee from UMES, Wicomico County Judy Center Coordinator Trina Tilghman-Dix and Dianna Aguirre, EXCELS quality assurance specialist for this region. If you are credentialed at a Level 2 or higher, you may use your training voucher to attend. More information is available in the e-blast and the next *Child Care Chat*, or you can call us of course.

We are happy to be back in the office again and are ready to support our providers! We are not hosting any face-to-face trainings or events at this time, nor are we providing onsite TA. Training is still by Zoom – you are all doing a great job attending those classes and it's great to see you!

Other news is that we have curbside Resource Room drop off/pick up. If you have anything to laminate or cut out, or books to borrow, let us know. If you'd like to know what is available in the Resource Room, go to this link: http://www.lowershoreccrc.org/Resource_Room_Brochure_F2016.pdf.

Infant and toddler teachers should know about virtual sessions planned and presented by infant and toddler specialists from across the state and are open to everyone. To find out

about these intriguing events, contact Cheryl Willis at clwillis@salisbury.edu or call the office. You can also check out the Lower Shore Infant and Toddler Group on Facebook.

The LSCCRC is very interested in knowing what support would be most welcome at this time. Grants and other funding? Materials? Cleaning supplies? Specialized training? Resources? Parent information? There may be a way for us to assist you as you strengthen families. Let us know!

Coming your way soon: Cheryl is preparing an infant and toddler STEM activity bag, and she will begin delivering them soon. Keep an eye out for her. You may remember that she came on board just as we began working from home. You have spoken with her, and now you can meet her in person – with a mask, of course.

You can access the most up-to-date information from the LSCCRC through our e-blasts. If you don't receive them, check to see if we have your current email address. Action items, workshop reminders, state- and nation-wide surveys, and opportunities to advocate are available on our Facebook page and on Twitter. Of course, you are welcome to contact us by phone and email with questions and concerns.

Thank you for being the constant in children's lives.

Leslie Sinclair

TRAINING CALENDAR

Trainings will continue virtually until further notice except for *CPR & First Aid* and *Medication Administration*. Please pay attention to the location information given with workshop details. According to MSDE, we can host no more than 14 students in a face-to-face class. We will maintain social distancing and MASKS ARE REQUIRED. There will be a temperature check and other health accommodations at the training site.

OCTOBER TRAINING

Virtual OR Impact Church, 206 Moonglow Road, Fruitland, MD

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Saturday, October 3 9 a.m.-4 p.m. Impact Church	\$52	Medication Administration 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 December 2020.	6H	Denise Conklin, RN
Tuesday, October 6 6-9 p.m. Virtual - Zoom	\$30	Including All Children and the Americans with Disabilities Act 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.	3SN	Leslie Sinclair
Thursday, October 15 6-9 p.m. Virtual - Zoom	\$30	Bibliotherapy: Helping Children Heal Through Books In this training, participants learn about bibliotherapy and how books can help children recognize and deal with their feelings when faced with challenging situations. Attendees also learn about sensory boxes and how to create such a box that will meet the unique needs of children in their care.	3CD	Latrice Gray
Saturday, October 17 10 a.m.-Noon Virtual - Zoom	\$26	A Play on Literacy Discuss the literacy developmental milestones for ages 6 months through 5 years. This is an in-depth training on how to implement literacy into the classroom environment for more meaningful activities and how to assess children's literacy development. It also includes information on how to implement adaptations for children with disabilities.	2C	Leslie Sinclair
Tuesday, October 20 6:30-8:30 p.m. Virtual - Zoom	\$26	Scribbles Count! Emergent Writing From the moment children have grasped a finger or a rattle, they have taken the first step in becoming a writer. In this training, participants learn how to define emergent writing in the early childhood setting, become familiar with the developmental stages of writing and learn how to create a developmentally appropriate, print-rich environment.	2CD	Cheryl Willis
Thursday, October 22 6:30-8:30 p.m. Virtual - Zoom	\$26	Treat Yourself This training addresses the importance of self-care for teachers and administrators. Through self-reflective, hands-on activities and experiences, teachers explore and increase their familiarity with best practices in self-care, including breathing techniques, using mantras, getting enough rest and feeling gratitude. Providers and administrators create a plan to increase the use of self-care strategies in their program.	1P, 1SN	Leslie Sinclair
Tuesday, October 27 6:30-8:30 p.m. Virtual - Zoom	Free	Maryland Child Care Credential Participants receive an overview of the Maryland Child Care Credential and programs within the Credential Branch that support professional development and workforce development.	2P	Dianna Aguirre
Thursday, October 29 6-8 p.m. Virtual - Zoom	Free	Business Opportunities and Community Collaboration Join us as we explore many opportunities for local child care providers in Somerset County. Learn about resources, training, grants and opportunities in the community; as well as new regulations and how they will impact you and your business. For Somerset County Providers only.	2P	Leslie Sinclair

NOVEMBER TRAINING

Virtual OR Impact Church, 206 Moonglow Road, Fruitland, MD

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Thursday, November 5 6:30-8:30 p.m. Virtual - Zoom	\$26	A Sense of Place: Human Geography in the Early Childhood Classroom Developing a sense of place through geographic experiences helps build the social and emotional foundation children need and will one day use as adults.	2C	Leslie Sinclair
Tuesday, November 10 6:30-8:30 p.m. Virtual - Zoom	\$26	Math and Science Board Books for Babies Infants and toddlers are naturally curious about the world around them. They can begin to develop an understanding of pre-math and pre-science skills with the help of board books.	2CD	Cheryl Willis
Thursday, November 12 6-9 p.m. Impact Church	\$65	CPR & First Aid This is a certification course by the American Health & Safety Institute. Certification is valid for two years. The next certification course will be offered in January 2021.		Jay Hyde
Saturday, November 14 9 a.m.-Noon Virtual - Zoom	\$30	Bottoms 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 helps with the growth and development of infants.	3CD	Cheryl Willis
Tuesday, November 17 6:30-8:30 p.m. Virtual - Zoom	\$26	Time for Referral: Tips for Talking with Families You've completed the developmental screenings on the children in your care – now what? It is always best practice to discuss score results, whether or not there are concerns, with the child's parents to learn about the child's development and promote healthy behavior and development. This workshop gives providers strategies for talking with parents, especially if there are concerns about a child's development and/or the need for a referral.	2Com	Cheryl Willis
Thursday, November 19 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.	3H	Leslie Sinclair

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!



OFFICE ACCESS REMINDER

THE PUBLIC IS NOT PERMITTED TO ENTER THE RESOURCE CENTER UNTIL FURTHER NOTICE; HOWEVER, WE ARE IN THE OFFICE. YOU MAY REACH US BY PHONE DURING WORKING HOURS AT 410-543-6650 OR BY EMAIL. Regular hours of operation are: Monday-Friday, 9 a.m.-5 p.m.

TRAINING CALENDAR

DECEMBER TRAINING

Virtual OR Stepping Stones Annex Building, 102 South Camden Avenue, Fruitland, MD

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Tuesday, December 1 6:30-8:30 p.m. Virtual - Zoom	\$26	Supporting STEM Through Play Participants learn how to support STEM learning by creating environments that provide opportunities for children to explore, create and question during play. Participants identify developmentally appropriate STEM learning activities using several Hatch Early Learning STEM Kits as well as discover ways to use materials already available in their programs.	2C	Cheryl Willis
Thursday, December 3 6:30-8:30 p.m. Virtual - Zoom	\$26	Why Play Matters This interactive training seeks to build participants knowledge and understanding of the importance of play in the physical, cognitive and social development of children. This training discusses the various aspects of play and the roles that each type plays in the growth and development in children. This training concludes with discussing strategies for integrating developmentally appropriate practices into curriculum and daily activities to meet the individual needs of children.	2C	Leslie Sinclair
Saturday, December 5 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. The next class is offered in February 2021.	6H	Denise Conklin, RN
Thursday, December 10 6:30-8:30 p.m. Virtual - Zoom	\$26	What Happened to the World? Helping Children Cope Adults largely set the emotional landscape for children. Children depend on us to be strong, to know what is happening and to guide them through turbulent times. Learn ideas and language for responding to children's questions and reactions during these times.	2Com	Leslie Sinclair
Saturday, December 12 9 a.m.-Noon Virtual - Zoom	\$30	Baby Blocks: Helping Infants and Toddlers Grow Playing with blocks is timeless. Block play provides endless opportunities for the enhancement and development of emerging skills in infants and toddlers. This workshop looks at the stages of block play and how to develop strategies to support your youngest learners through block play.	3C	Cheryl Willis
Tuesday, December 15 6:30-8:30 p.m. Virtual - Zoom	\$26	Reality Bites: Understanding and Addressing Biting In this training, participants learn why a child's development can be a key factor in understanding why children bite. Included are strategies on how to handle several types of biting situations as well as how to discuss a biting incident with parents.	2CD	Cheryl Willis
Thursday, December 17 6-9 p.m. Virtual - Zoom	\$30	Including All Children and the Americans with Disabilities Act 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.	3SN	Leslie Sinclair

KEY TO CORE OF KNOWLEDGE AREAS:

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

NEW: RESOURCE ROOM CURBSIDE SERVICE

Resource Room services are available. Call to schedule your drop-off time, let us know when you arrive and come back to pick up your finished materials. What could be easier?

YOUR PROFESSIONAL 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
5. Don't forget to take care of yourself!



MARYLAND CREDENTIAL PROGRAM UPDATE

The current Maryland Child Care Credential Program booklet includes a description of application types and more detailed descriptions of the documentation for Professional Activity Units (PAUs). The booklet and other forms for the Credential Program can be found online at: <https://earlychildhood.marylandpublicschools.org/child-care-providers/office-child-care/credentialing-branch/child-care-credential-program>

LSCCRC PARTNERS WITH SMARTHORIZONS FOR SELF-PACED ONLINE TRAININGS

SmartHorizons is the platform we support for high-quality online trainings. You can access their site through an easy link from our website! Click on the training tab at www.lowershoreccrc.org, then click on "Online Training Classes from SmartHorizons." There is a good selection of online training to help you get what 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.



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* in a 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, 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 through these links – choose the most appropriate one to request an update:

- 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

CREDIT FOR CLASSES THAT WERE CANCELED DUE TO THE PANDEMIC

If you paid for a class that we were unable to provide during the COVID-19 restrictions and you did not receive a refund, you have class credit with the Resource Center. You can use it for our virtual or face-to-face classes (any that are included in our calendar) or for your membership at any time. Please email kayungel@salisbury.edu or call our office to register with a class credit. If you do not see a class that you need, please let us know.



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Resource Center
at Salisbury University

FALL 2020

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

The Lower Shore Child Care Resource Center is a member of the Maryland Child Care Resource Network with funding provided from the Maryland State Department of Education, through Maryland Family Network and Salisbury University.

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*Leading Maryland's
Child Care Resource Centers*



MARYLAND CHILD CARE
RESOURCE NETWORK

SUCCESS: ONLINE REGISTRATION AND PAYMENT

For your security and convenience, we now offer online registration and payment at: <https://training.lowershoreccrc.org>

The landing page shows a list of available classes arranged by date. You can choose other ways of displaying them. When you're ready to choose the classes you want to enroll in, click on Login at the top. This is where you'll create an account **if you're new to the Resource Center**. In that case, click on **"(NEW? Sign Up Here)"** use your preferred email address, create a password, fill in your contact information, log in and you're ready to go!

If you have taken classes with the Resource Center (we have your email and contact information in our system), you can skip down to "Forgot my Password" and follow the instructions. You will receive a one-time use temporary password that you will need to change the next time you log in. Your contact information should appear in your account screen. If needed, you can edit your information.

When you have logged in, choose the classes you want, add them to your shopping basket and proceed to the secure checkout. You can add/edit your billing address in your account screen (it should match your credit card billing address) and then go to secure checkout. You may pay with Visa or MasterCard. You will receive an order confirmation/receipt by email. If you need help, contact me at kayungel@salisbury.edu.

You will notice that we don't have a member/non-member price at this time in order to accommodate this service. Starting in July, members of the Resource Center receive one free class (maximum value of \$30) per membership year. You are also still eligible for one PAU for joining the Resource Center. You can purchase your membership online, too!

For those who have class credit with us, you will need to call or email our office to register for a class and use your credit.

HOW TO GET YOUR TRAINING HOURS

LSCCRC: Virtual classroom, networking with others through active discussion

Self-Paced: Convenient, using *Smart Horizons*

Individualized: Virtual 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.
- 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.

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: www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html

To learn more about COVID-19 and Child Care in Maryland, visit the MSDE Coronavirus website: <https://earlychildhood.marylandpublicschools.org/early-childhood-grants-programming-and-initiatives-maryland-during-covid-19-state-emergency>

From the Infant & Toddler Scene

HOW PLAY HEALS CHILDREN AFFECTED BY TRAUMA

The Healing Power of Play, a book from the NAEYC, states that play optimizes growth and supports children to manage toxic stress. Through interactions with materials, equipment and friends (whether other children or adults), children practice and sharpen needed skills such as planning, collaborating, negotiating conflicts and taking on new roles. Play strengthens a prosocial brain that can engage and interact with others in nurturing, empathic ways. At the same time, it is a means for gaining school readiness skills such as executive function, language and math reasoning. Play is essential to children's mastery of gross and fine motor skills, coordination, balance and other physical development milestones. As they achieve these skills, children develop confidence and competence.

Play can heal. As play increases, levels of cortisol (the stress hormone) go down. Research by Yogman and colleagues (2018) states: "Play, especially when accompanied by nurturing caregiving, may indirectly affect human brain functioning by modulating or buffering adversity and by reducing toxic stress to levels that are more compatible with coping and resilience."

All that is to say that play is especially meaningful for children who have faced trauma. Playing helps children think clearly, calm down, feel successful and allows them to express themselves. Visit this site to review this book more closely: www.naeyc.org/resources/pubs/books/trauma-and-young-children

Erdman, S., & Winter, E. C. (2020). Chapter Seven The Healing Power of Play. In 914851528 719354967 L. J. Colker (Ed.), *Trauma & Young Children: Teaching Strategies to Support & Empower* (pp. 61-62). Washington, DC: National Association for the Education of Young Children.

Check out these play-related classes being offered by the Resource Center this fall:

- **A Play on Literacy:** Saturday, October 17, 10 a.m.-Noon
- **Supporting STEM Through Play:** Tuesday, December 1, 6:30-8:30 p.m.
- **Why Play Matters:** Thursday, December 3, 6:30-8:30 p.m.
- **Baby Blocks:** Helping Infants and Toddlers Grow: Saturday, December 12, 9 a.m.-Noon

Full class descriptions are available in the calendar section of this newsletter.

THINKING ABOUT PROFESSIONAL DEVELOPMENT?

Here are two opportunities:

■ 45-Hour School Age Preservice

- Virtually, Tuesdays and Thursdays, in January and February - beginning on January 5, 2021
- Currently teach or have access to a school-age classroom for onsite learning activities
- Dr. Donna Satterlee from UMES facilitates
- Cost: \$300 – Vouchers will be accepted for this training. Applications due to MSDE by **November 5**

■ Critical Competencies for Infant-Toddler Educators

- Virtually, Mondays in January through April – beginning January 11, 2021
- For teachers of children birth to three years old
- Trainers for these modules are Dr. Donna Satterlee of UMES, Wicomico County Judy Center Coordinator Trina Tilghman-Dix and Dianna Aguirre, EXCELS quality assurance specialist for this region
- Cost: \$300 – Vouchers will be accepted for this training. Applications due to MSDE by **November 11**





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Salisbury, MD 21801



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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

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 _____