

# The Child Care Chat



Lower Shore Child Care  
Resource Center  
at Salisbury University

Published by the Lower Shore Child Care Resource Center

FALL 2018

## LETTER FROM THE DIRECTOR

Writing this letter from my office today, I hear the rain thundering down.

Summer has been wet and not so summery, but the threat of a hurricane is bringing the big storms and the probability of some indoor gross motor play days. A rainy day doesn't need to cause anxiety in the heart of the child care provider.

Whether you care for children in your home or at a center, a rainy day can be a challenge. Several questions spring to mind right away: Do I have a large space to move freely? What movement can we manage indoors? Have we got the right materials? Will I have to do this again tomorrow?

The issue of space is something that's not under your control, but wouldn't it be nice to have a large, open space to use large muscles? To move and stretch and develop gross motor skills? Can you adapt large motor activities to a smaller space? Of course. Use scarves to toss, juggle and throw to each other. A scarf will not knock things over, but the arm swings that make the scarf float might. Help children understand how to find a good spot to stand and throw.

Moving to the music using large muscles to squat, tiptoe, bend and swing to the beat is another way to get children to develop and exercise their gross motor skills. They, and their teachers, can interpret various types of music and move to their personal groove. That's creative expression.

Using props can make movement fun. Plates become skis that slide along the carpet. Hula hoops, smaller rings or flat rubber discs are stepping stones that make children take large lunging steps to get around the room. Passing items overhead and between the legs along a line helps with flexibility. Children can stand back to back and pass a ball or another item back and forth, turning and twisting left and right. Cooperation is key.

What about some yoga? Even though some of us are not as flexible as we'd like to be, children are very bendy! They can interpret animal behaviors their own way and can eventually adopt traditional yoga poses. Yoga may be a quiet activity, but it still uses the large muscles and it takes a good bit of concentration to balance and hold poses in place. Mindfulness exercises help children focus.



Will you have to keep the active play inside again? Yes. Rain, and other messy weather, is an inevitability, but a rainy day can be enjoyable with a little creativity and planning. Don't forget, you can always go outside. Weather never made anyone sick. Rain doesn't hurt. Clothes and shoes dry out. Playing outside in the rain, or just afterward, might be the best memory a child takes from their child care experience. So, make good memories with the children in your care. Enjoy!

*Leslie Sinclair*



# TRAINING CALENDAR

All trainings are at the LSCCRC, unless otherwise noted.

## OCTOBER

### NAFCC Accreditation Orientation (3 P)

Tuesday, October 9 • 6-9 p.m.  
Trainer: Dianna Aguirre  
Fee: No fee

This session is for the purpose of developing a cohort of family providers who are interested in supporting one another through the NAFCC Accreditation process. Call Jordon Helgason for more details if you are interested at 410-677-3130.



### Mud Pies and Butterflies (3 C) *NEW!*

Thursday, October 11 • 6-9 p.m.  
Trainer: Ellen Sprouls  
Fee: \$30 Non-Members/\$20 Members  
Children learn through active, hands-on experiences, including making mud pies and running around. During this workshop, we will explore and engage in ways we can create outdoor play areas that can facilitate active learning. We will also engage in several hands-on activities designed to enhance learning through outdoor play.

### Using a Positive Approach to Address Challenging Behaviors (2 CD, 1 SN) *NEW!*

Tuesday, October 16 • 6-9 p.m.  
Trainer: Abilities Network, ACT trainers  
Fee: \$30 Non-Members/\$20 Members  
This training will engage participants to discover how to re-direct and shape behavior while encouraging positive social and emotional skills-building in all children. For extra COK hours, trainees can participate in technical assistance related to this training.

### Medication Administration (6 H)

Saturday, October 20 • 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 December 2018.



### Emergency Preparedness for Child Care Providers (3 H, 3 P)

Saturday, October 20 • 9 a.m.-4 p.m.  
Trainer: Margaret Clayville  
Fee: \$15 for all (non-refundable)

This training builds upon the basic Maryland child care licensing requirements having to do with emergency preparedness. Successful completion of this training is a written emergency plan for your program.

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

Tuesday, October 23 • 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.

### Early Intervention Strategies to Help Children with Challenging Behaviors (3 CD) *NEW!*

Tuesday, October 23 • 6-9 p.m.  
Trainer: Patti Adkins  
Fee: \$30 Non-Members/\$20 Members  
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.

### Fun with Math (2 C) *NEW!*

Monday, October 29 • 6-8 p.m.  
Trainer: Somerset County Early Childhood Educators  
Fee: \$30 Non-Members/\$20 Members  
Location: Somerset County Board of Education

Math is all around us. Children use math skills daily without even realizing it! Come to this training and capitalize on the innate skills children have to help them develop new math knowledge.

## NOVEMBER

### CPR & First Aid (no COK)

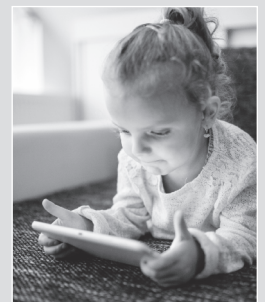
Tuesday, November 6 • 6-9 p.m.  
Trainer: Jay Hyde  
Fee: \$65 for all (non-refundable)

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 January 2019.

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

Tuesday, November 6 • 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 will also be able to identify active and passive technology, and plan substitutions to use especially during transitions.



### Leadership Luncheon (3 P) *With Panel of Presenters NEW!*

Saturday, November 10 • 11 a.m.-2 p.m.  
Fee: \$30 for all (non-refundable)  
Location: Guerrieri Student Union

Join other administrators to 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.

### 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 LSCCRC.

## Basic Health and Safety Training (3 H)

Saturday, November 17 • 9 a.m.-noon

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.

## Cultivating Creative Problem Solvers (3 SN)

Thursday, November 29 • 6-9 p.m.

Trainer: Janell Hale

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

Teachers lose valuable instruction time to 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.



## Social Foundations: Are They Really More Important Than Reading and Mathematics? (3 C) NEW!

Thursday, November 29 • 6-9 p.m.

Trainer: E.J. Olinde

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

This training will provide information on the importance of social foundations, the value of play and what is considered developmentally appropriate based upon the Early Learning Assessment. Participants will learn about strategies and hands-on activities to help children develop appropriate problem-solving, self-regulation and social skills.

# DECEMBER

## Teaching STEM Through Tinkering and Play (6 C)

Saturday, December 1 • 8 a.m.-4:30 p.m.

Trainer: LiteBrite

Fee: \$55 for all

Location: Guerrieri Student Union, Wicomico Room

Join us for the 2018 Early Childhood Conference. Participants will attend two sessions of three hours each. *Tinkering with STEM and Play it Again – Constructivist Play for Adults*. Visit with vendors, have lunch in the SU Commons dining hall and network with colleagues. The registration form is online and in the printed flyer. Sign up early; the deadline is November 26.



## Classroom Arrangement and Adaptation (3 SN) NEW!

Thursday, December 6 • 6-9 p.m.

Trainer: Kelley Koontz

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

In this workshop, participants will learn how to prepare the learning environment to meet the needs of all students. Training will include how to manage the curriculum, how to include all children in all activities, and how to adapt the routine and environment as needed while maintaining a schedule of best practice.

## Tapping into Executive Function Skills for School Readiness (3 C) NEW!

Tuesday, December 11 • 6-9 p.m.

Trainer: Doug Greiner, Tonya Combs

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

In this training, providers will learn strategies to help children build executive functioning skills that prepare them for school through structured play and games. This will also help in behavior management and allow children to be ready to meet the demands of the Pre-K/Kindergarten classroom. See article on page 6.

## Medication Administration (6 H)

Saturday, December 15 • 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 February 2019.

## Center Aide Orientation (3 P)

Saturday, December 15 • 9 a.m.-Noon

Trainer: Leslie Sinclair

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

This class is created to meet the OCC requirement for center aide orientation. This class will teach the participants how to be a professional in the workplace, how to appropriately supervise children and how to work with parents as well as validate the importance of their job. These topics will lay a foundation for success as the aide begins their position in a child care program. This will be offered again in June 2019.



Lower Shore Child Care  
Resource Center  
at Salisbury University

## FALL 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

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.

Salisbury  
UNIVERSITY



MARYLAND  
FAMILY  
NETWORK

Leading Maryland's  
Child Care Resource Centers



MARYLAND CHILD CARE  
RESOURCE NETWORK

## 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.



## UPDATE: ONLINE TRAINING @ LSCCRC

We are pleased to announce that the newest addition to their collection is the 90 Hour Pre-service Training (Preschool). If you want to add this to your professional development portfolio, you can work at your own pace! Contact this office if you have any questions.

*SmartHorizons* is the training provider 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](http://www.lowershoreccrc.org), then click on "Online Training Classes from *SmartHorizons*."

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!

## DO YOU RECEIVE EMAILS FROM THE LSCCRC?

By checking your email, you will receive 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 might 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, as are PAU opportunities and 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. And, don't forget to check your email!



## ON-SITE TRAINING OPPORTUNITIES

- **COK hours brought to you – *How convenient!***
- **Training that addresses the needs particular to your center – *Very useful!***
- **Individualized instruction – *So helpful!***

If an on-site training sounds like what you need, call the LSCCRC to discuss your concerns, identify a workshop topic, and get a convenient date on the calendar for you at your location. Could that be any easier?

## NEWSLETTER TEMPLATE

Thinking about creating a newsletter? We recently found a site that allows you to use a monthly template and simply add content. This allows you to print out the newsletter or send it electronically.

Visit [www.2care2teach4kids.com/newsletters.html](http://www.2care2teach4kids.com/newsletters.html) and try it out. Let us know how it works for you!

Of course, you can share your newsletters with us too.



### 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

## WE CAN HELP YOU BECOME AN ACCREDITED FAMILY CHILD CARE PROGRAM

### What Is NAFCC Accreditation?

The National Association for Family Child Care (NAFCC) sponsors the only nationally recognized accreditation system, designed specifically for family child care providers. It is also the only accreditation system for family child care providers recognized by the State of Maryland. This system was designed by hundreds of providers, parents, and early care and education experts in an effort to create a quality indicator for family child care programs across the country.

NAFCC Accreditation is awarded to family child care providers who meet the eligibility requirements and the Quality Standards for NAFCC Accreditation. Accreditation reflects a high level of quality through a process

that examines all aspects of the family child care program: Relationships, The Environment, Developmental Learning Activities, Safety and Health, and Professional and Business Practices. Accredited providers agree to abide by the standards set forth and to be measured against those standards with periodic integrity and compliance reviews.

### What are the benefits of being accredited?

- Increases providers' self-esteem
- Encourages providers to be professional
- Gives providers a concrete definition of quality in family child care
- Keeps providers excited about their work
- Encourages providers to pursue ongoing training and professional development opportunities
- Inspires providers to become leaders in the field
- Helps providers market their programs to parents and the community
- National recognition for offering high quality care
- Establishes respect for the family child care profession
- Helps providers develop important community relationships

### Where can you learn more?

Our Technical Assistance Coordinator Jordon Helgason recently attended the NAFCC Accreditation Observer Training in Chicago to learn more about the accreditation process. She is excited to bring back information about NAFCC Accreditation to the Eastern Shore! Therefore, beginning in October, the Lower Shore Child Care Resource Center will host NAFCC Accreditation Support Group monthly sessions.

The initial meeting will be held on Tuesday, October 9, from 6-9 p.m. at the LSCCRC. During our first meeting, we will have Dianna Aguirre, who is an NAFCC Accredited Provider and Accreditation Observer, provide an orientation on the NAFCC Accreditation process. We will review the eligibility requirements, accreditation timeline and funding sources. Participants will receive 3 COK hours in professionalism for attending the session.

If you would like more information or would like to RSVP for the event, please contact Jordon Helgason at 410-543-6650 or [jlhelgason@salisbury.edu](mailto:jlhelgason@salisbury.edu).



## CHECK THIS OUT: SCHOOL READINESS AND EXECUTIVE FUNCTION TRAINING

This training is brought to you through our partnership with the Wicomico County Board of Education. Presenters Tonya Combs and Doug Greiner are both certified School Psychologists with WCBOE. They will lead this workshop in which participants will learn to identify typical behavior triggers, develop strategies for managing temper tantrums and separation anxiety, and understand other behaviors young children exhibit.

Between the ages of three and five, children experience significant growth in their social and emotional skills. They

achieve many developmental milestones on the way to becoming well-adjusted and socially skillful members of society. While this can be a challenging period, most children are able to learn important skills such as sharing and patience. This presentation will review important social and emotional milestones as well as behavioral challenges typical within the preschool population.

Please join us to learn ways to prepare children for success as they transition to “big school.”



## CONGRATULATIONS ARE IN ORDER

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

- **Berlin Education Station:** Achieved MSDE Accreditation
- **Bundles of Joy University:** Achieved MSDE Accreditation
- **Martha Clark:** Achieved EXCELS Level 1
- **Tonia Dale-Johnson:** Opened Family Child Care Program
- **Kidz in His Hands:** Achieved EXCELS Level 3
- **Duawan Mills:** Achieved EXCELS Level 2
- **Mitchell’s Martial Arts Early Childhood Education Center:** Achieved MSDE Accreditation
- **Tasha Stanford:** Opened Taking It Up a Notch Too Child Care Center
- **Tekeya Waters:** Achieved EXCELS Level 1
- **Ashley Will:** Opened Family Child Care Program

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.

## 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](mailto:jlhelgason@salisbury.edu) or at 410-677-3130.



## LSCCRC MEMBERSHIP

Join or update your membership now for \$25. You receive a discount on most workshops and receive updates by email. Membership in a professional organization also counts as one PAU.



## MARYLAND CREDENTIAL PROGRAM UPDATE

The Change of Address form for the Credentialing Program has been updated. The updated version is available at

[https://earlychildhood.marylandpublicschools.org/system/files/filedepot/3/credentialing\\_change\\_of\\_address\\_form\\_1.pdf](https://earlychildhood.marylandpublicschools.org/system/files/filedepot/3/credentialing_change_of_address_form_1.pdf).

All previous versions are obsolete.



## LOCATE: UPDATE YOUR LOCATE PROFILE WITH NEW SELF-SERVICE LINK

<https://locate.marylandfamilynetwork.org/Provider/login>

The LOCATE: Child Care annual update questionnaire is also still 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](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)

## THINK ABOUT CONTRIBUTING TO YOUR CHILD CARE RESOURCE CENTER

Everyone can use a tax deduction, and there is a way to help the LSCCRC through the Salisbury University Foundation. Go to this site and please be generous!

<https://salisburyu.networkforgood.com/projects/26911-seidel-school-of-education-the-lower-shore-child-care-resource-center>



## ATTENTION ADMINISTRATORS: LEADERSHIP LUNCHEON

Please mark your calendar for the **Leadership Luncheon on Saturday, November 10**. This is a new twist on training for center directors, their assistants and home-based providers. Because of the unique role you play, the Lower Shore Child Care Resource Center invites those in leadership and/or administrative positions to a Leadership Luncheon and professional development opportunity. You will:

- have lunch
- take part in professional development particularly designed for your administrative role
- learn about
  - building morale
  - maintaining professional relationships
  - 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. 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!

