

# The Child Care Chat



Eastern Shore Child Care  
Resource Center  
*at Salisbury University*

Published by the Eastern Shore Child Care Resource Center

WINTER 2025

The ESCCRC **elevates** the early childhood profession through cohesive professional learning opportunities, **advocates** for the highest quality learning environments for young children, and **supports** the unique needs of all families.

## LETTER FROM THE DIRECTOR

A chilly winter welcome to you all!

As is almost always the case when I write this edition of *The Child Care Chat*, the weather is cold and gray. Not a scene that inspires talk about free play outdoors or projects on the playground; however, please remember to bundle up and run around. Children love the “smoke” they make as their warm breath hits the cold air. They can rake or sweep leaves into piles to make forts, or wear capes and run in the wind. Several shorter excursions outside in chilly weather make it easier to bear. Don’t forget to include outdoor activities in your curriculum. And, by all means, remember to keep extra winter gear for those who might need it.

Supporting you in your professional growth is our goal. Please check out the “Celebrations!” section in the *Chat* dedicated to recognizing colleagues who are opening programs, moving up in their quality rating, or increasing their professionalism. If you need help working toward your goal, please

contact the ESCCRC. We are glad to assist you in your efforts.

Finding child care is difficult. The ESCCRC is actively recruiting participants for the Growing Opportunities for Family Child Care (GOFCC) program in order to increase the number of in-home child care programs. Consider people you know who might be interested in opening their own business and pass on the [openchildcaretoday.com](http://openchildcaretoday.com) website. The ESCCRC will support them from the orientation meeting to their registration, and every step in between. We can all work together to increase child care capacity on the Eastern Shore.

Take a look at the professional development offerings this quarter. There is a selection that should meet everyone’s needs: new topics and new trainers. If you have questions, please call. If you have suggestions, let us know. For a particularly interesting session, check out the training on January 22 being sponsored by the Center for Healthy Communities at Salisbury University. *Creating a Trauma-*

*Informed Culture of Care for Young Children* is an in-person PD at the ESCCRC training room. Latrice Gray from Creative Space Child Therapy will present. The topic is relevant, and I’m sure you’ll come away with strategies to use in your program. Seating is limited, so sign up early.

At the end of the quarter, you will see a Super Saturday is offered at the Wye Mills location. This full-day PD is called “Educating Everyone Every Day.” You will learn about culturally and linguistically responsive literature in the morning class and how to collaborate effectively with families. We hope to see you there.

Finally, the entire ESCCRC staff is thankful for your patronage throughout the year. We enjoy supporting you as you challenge yourself to meet your goals, try new things, and create healthy and nurturing environments for young children in our region. Best wishes for a wonderful new year.

*Leslie*



## CPR Training

The following offer CPR trainings in our area:

**Caitlin Brenner, Owner/Instructor**  
Keep the Beat CPR, LLC  
[ktbtraining.net](http://ktbtraining.net)  
410-758-2022

**Tessa Doughty**  
[tdoughty43@gmail.com](mailto:tdoughty43@gmail.com)  
302-396-1988

**Jay Hyde**  
First Alert CPR  
[1stalertcpr@gmail.com](mailto:1stalertcpr@gmail.com)

# TRAINING CALENDAR

**CPR & FIRST AID NOTICE:** The Eastern Shore Child Care Resource Center no longer offers CPR and First Aid training. Below are contacts for training:

**Caitlin Brenner, Owner/Instructor: Keep the Beat CPR, LLC • 410-758-2022 • ktbtraining.net**

**Jay Hyde: 443-496-2464 • 1stalertcpr@gmail.com | Tessa Doughty: 302-396-1988 • tdoughty43@gmail.com**

*Please pay attention to the location information given with workshop details.*

## JANUARY TRAINING

**Salisbury, Lower Shore:** SU Office, 500 East Campus Complex, Power & Wayne Streets

**Wye Mills, Upper Shore:** Eastern Shore Higher Education Center located on the campus of Chesapeake College

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Thursday, January 8 6-9 p.m. virtual	\$15	<b>Stress-Reducing Strategies for Early Childhood Programs</b> By being aware of stress, understanding its causes, and teaching stress management strategies, childcare programs can create a more relaxing and positive environment for everyone.	3 CD	J. Hogan
Thursday, January 8 6-9 p.m. Virtual	\$15	<b>Including All Children and the Americans with Disabilities Act (ADA)</b> How does the Americans with Disabilities Act affect childcare providers? How do you make sure that a child with special needs is included in every activity in your childcare? 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.	3 SN	M. Stottlemeyer
Saturday, January 17 9 a.m.-4 p.m. Wye Mills HEC #213	\$60	<b>Medication Administration</b> Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria.	6 HSN	M. Williams
Saturday, January 17 10 a.m.-Noon Wye Mills HEC #212	\$10	<b>The Basics: How Children Learn to Think – Count, Group, and Compare</b> This training helps early childhood professionals understand and apply the Environmental Rating Scales (ERS) to strengthen program quality. Participants will learn how to use observation-based feedback, prioritize high-impact indicators, and implement practical strategies to improve ERS scores while enhancing daily routines, interactions, and learning environments for children.	2 CUR	L. Doeler
Thursday, January 22 6-9 p.m. Salisbury	\$15	<b>Creating a Trauma-Informed Culture of Care for Young Children</b> Child care programs that prioritize educating staff on the impact of trauma for children, youth, and caregivers are called trauma-informed or trauma-sensitive programs. Typically, in trauma-informed programs, policies have been created to help children, youth, and staff who have experienced trauma to actively resist any further traumatization. These policies can have an impact on the entire program, and educators can further develop their own trauma-informed practices for their rooms. This training will help you identify what a trauma-informed program looks like and how elements of trauma-informed practices can be incorporated into your work.	2 CD 1 SN	L. Gray
Thursday, January 29 6:30-8:30 p.m. Virtual	\$10	<b>Empowering Infant and Toddler Understanding Through Discovery</b> When we empower infants and toddlers to explore through play, we are giving them the building blocks for critical thinking needed to succeed later in life. We are encouraging them as individuals to explore their world using their innate urge to play and acquire an individualized understanding of that world based on their experiences using a technique called Heuristic Play.	1 CUR 1 PRO	M. Spencer

# FEBRUARY TRAINING

**Salisbury, Lower Shore:** SU Office, 500 East Campus Complex, Power & Wayne Streets

**Wye Mills, Upper Shore:** Eastern Shore Higher Education Center located on the campus of Chesapeake College

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
<b>Thursday, February 5</b> <b>6-9 p.m.</b> <b>Virtual</b>	\$15	<b>Free Art: Nurturing Young Children's Creativity</b> This workshop will engage participants in discussions and activities to delve into the characteristics of art that allow children to experience the process more than the product. Participants will consider some of the characteristics of "free" art and the materials to make art experiences supportive of children's development and learning. At the end participants will be able to develop a plan for implementing more "free" art experiences for children in their daily planning and programming.	2 CD 1 CUR	S. Penix
<b>Saturday, February 14</b> <b>9 a.m.-4 p.m.</b> <b>Salisbury</b>	\$60	<b>Medication Administration</b> Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria.	6 HSN	D. Conklin
<b>Saturday, February 14</b> <b>9 a.m.-Noon</b> <b>Virtual</b>	\$15	<b>Wonderful Ones</b> Childcare professionals will gain a better understanding of wonderful ones and learn strategies to support this young toddler's growth and development.	2 CD 1 CUR	M. Spencer
<b>Thursday, February 19</b> <b>6:30-8:30 p.m.</b> <b>Virtual</b>	\$10	<b>It's Conference Time</b> In this workshop, participants will dive into the benefits and the planning steps to implement successful family/teacher conferences. It is important to establish a consistent line of communication with families. Conferences provide programs the opportunity to build a rapport with families, share important information about their child's development, as well a time for teachers to learn from families.	2 PRO	K. Klein
<b>Thursday, February 26</b> <b>6-9 p.m.</b> <b>Virtual</b>	\$15	<b>Supporting Sensory Needs in Little Learners</b> This workshop helps educators recognize and respond to the sensory needs of young children through supportive strategies, calming tools, and inclusive environments. Learn how to create a classroom that promotes regulation, engagement, and success for every learner.	3 SN	S. Penix

## Update Your LOCATE Information and Enter to Win!

Maryland Family Network's LOCATE: Child Care is a comprehensive directory of child care offerings throughout the state. Because parents regularly visit this site to make informed decisions about child care, it is critically important that information be accurate and updated. The more complete your listing is, the better MFN can help parents find and choose your child care program.

Please review and, if necessary, update your record today. Any additions and changes will be reviewed and made active in our database within just two business days. Update your information and be entered into our monthly sweepstakes to receive a gift from MFN's LOCATE: Child Care. You can enter your program information online at <https://locate.marylandfamilynetwork.org/Provider/login> or by calling our LOCATE Provider Support Line at 866-752-1614.

## What Professionals Do

- Take trainings in their specialty area whenever possible
- Network with their colleagues
- Join a professional organization
- Keep records of their professional development
- Take care of themselves!

# TRAINING CALENDAR

## M A R C H T R A I N I N G

**Salisbury, Lower Shore:** SU Office, 500 East Campus Complex, Power & Wayne Streets

**Wye Mills, Upper Shore:** Eastern Shore Higher Education Center located on the campus of Chesapeake College

Date, Time & Location	Cost	Training Title & Description	COK	Trainer
Thursday, March 5 6-9 p.m. Virtual	\$15	<b>Including All Children and the Americans with Disabilities Act (ADA)</b> How does the Americans with Disabilities Act affect childcare providers? How do you make sure that a child with special needs is included in every activity in your childcare? 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.	3 SN	M. Stottlemeyer
Saturday, March 14 9 a.m.-3 p.m. Wye Mills HEC #212	\$25	<b>SUPER SATURDAY</b> <b>Educating Everyone Every Day</b>  <b>Educational Equity: Culturally and Linguistically Responsive Literacy</b> In this training participants will be able to define equity, describe what culturally and linguistically responsive literature is, and be able to determine what books can assist in celebrating a culturally competent classroom.  <b>Family First: Communication and Collaboration with Families</b> This workshop empowers early childhood professionals to strengthen relationships with families through effective, respectful, and culturally responsive communication. Participants will explore strategies for building trust, navigating challenging conversations, and collaborating with families of all backgrounds.	1 CD 2 PRO	M. Spencer
HEC#213			1.5 PRO 1.5 COM	K. Klein
Saturday, March 21 9 a.m.-4 p.m. Wye Mills HEC #213	\$60	<b>Medication Administration</b> Learn how to correctly administer medication to children in your care. This class is required and meets the MSDE criteria.	6 HSN	M. Williams
Tuesday, March 24 6-9 p.m. Virtual	\$15	<b>But It's Mine! Redirecting Toddlers (Developing Social Emotional Competencies)</b> Caregivers intentionally teaching social emotional skills throughout the daily routines produce many positive outcomes for children. This workshop will present a definition of social emotional skills and the benefits of promoting social emotional skills. Participants will be introduced to teaching strategies and engage in a "teaching laboratory" to develop tools to use and an action plan for how they will use their tools and strategies.	1.5 CD 1.5 CUR	K. Klein
Tuesday, March 24 6:30-8:30 p.m. Virtual	\$10	<b>Math and Literacy: The Perfect Pair</b> Coding stories and coding games are playful, hands-on ways for children to explore and experiment with early coding. They offer opportunities for interactions and collaborative learning. If coding is new to you, you will find that it builds on many early math and literacy concepts you are familiar with.	2 CUR	S. Penix

### Up-to-Date Info from the ESCCRC

**Check your email inbox for the most up-to-date news from the ESCCRC.** 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 region. 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!



## NEWS FROM THE INFANT AND TODDLER SCENE

Thinking about infant and toddler outdoor play in the cold months of the year, we retrieved this article from our *Eastern Shore CCRC Infant & Toddler Newsletter*, Volume 3, Issue 4, in case you didn't see it.

### ***Cold Weather Adventures for Infants & Toddlers***

It can be challenging to take young children outside – from naps to mealtimes and sunscreen to mittens, a trip outdoors might feel like too much hassle. Additionally, play outside may seem unruly, overwhelming, or lacking in learning opportunities. But outdoor play is worth the time and effort. Let's read about one special interaction.

Co-teachers Marissa and Kate are out for a walk around the block with a small group of 18- to 30-month-olds. The sky is a brilliant blue and there are bright green grass shoots and spring leaves to touch and smell. Two-and-a-half-year-old Aisha approaches Marissa, eyes shining, clutching a treasured object in her hand. She uncurls her fingers to reveal an acorn. "Look!" she says. "What dis?"

"Wow! That's an acorn. It fell from the tree last fall," Marissa answers. "If you plant it in the ground, it will grow into a big tree."

Aisha discovers two more acorns and shares them with Brady, who is 2 years old. Kate offers Aisha and Brady small bags they can use to collect more acorns and other interesting objects they find during the walk. The group's progress around the block is slow as the children find twigs, old brown leaves, new green leaves, and more acorns to bring back to the center.

[naeyc.org/resources/pubs/yc/may2019/outdoor-play-is-essential](http://naeyc.org/resources/pubs/yc/may2019/outdoor-play-is-essential)

### Celebrations!

■ These Early Childhood Educators opened new in-home child care businesses:

- Denise Bates-Weishaupt
- Mariah Cartwright
- Lashonda Jones
- Kehinde Onaolopo
- Kathie Williams

■ These Early Childhood Educators renewed their CDA:

- Samantha Boyd
- Charlene Collins
- Danyelle Dixon

■ These programs published for the first time or increased their EXCELS rating:

- Sylvia Bivens
- Rhoda Nakey
- Dawn Coons
- Tiny and Friends

■ God's Little Angels, a newly relocated program, was Accredited!

### Attention Directors – Get Connected!

Think about a comfortable place to have meaningful discussions about what you do every day. Consider the benefits of talking your ideas through with colleagues who will be honest with you. Imagine supporting each other as you navigate the challenges associated with being a center director. If this appeals to you, follow the link below and join professionals as we do this work together. Call 410-543-6650 or visit <https://forms.gle/raetHV72FPn2Qaqb6>.

To learn more about communities of practice read here:  
<https://www.earlylearningventures.org/what-are-communities-of-practice-in-early-childhood-education/>

### Training Costs

Training cost is currently \$10 for a 2-hour training and \$15 for a 3-hour training. The Cost of Medication Administration is \$60. ESCCRC Membership is \$30.



## TIPS FOR ACCESSING HIGH-QUALITY PROFESSIONAL DEVELOPMENT

The ESCCRC supports trainings from a data base of the Maryland Family Network, which have been approved by MSDE and designed to support the training needs of the early childhood community. Maryland Family Network has also established a collaborative partnership with ProSolutions Training for your e-learning needs. To reduce the risk of having training credit rejected by licensing or the MSDE Credential program, access training through the links provided on our website.

According to Schachter, Gerde and Bowers (2019): "Engaging teachers in high-quality PD is essential to maintaining and enhancing the quality of the EC profession worldwide. Not all PD offerings deliver content using processes known to improve teachers' classroom practice and child outcomes."

## TRAINING POLICY AND EXPECTATIONS

**CUR**-Curriculum **CD**-Child Development **COM**-Community **HSN**-Health, Safety and Nutrition **PRO**-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 ESCCRC'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.easternshoreccrc.org](http://www.training.easternshoreccrc.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 or the full price of the training will be charged to your account.
- In order to ensure that all classes are conducted as scheduled, please register early. If the minimum registration requirement is not met prior to the class, it will be canceled. We will notify all registered students of this cancellation.

- In order to get a certificate for training, an attendee will need to be present for the entire training. Complete an assessment and evaluation and turn it in – This allows the ESCCRC to maintain funding as your CCRC and training hub.
- ATTENTION:** In order to provide your certificate in a reasonable amount of time, you must submit your Assessment and Evaluation. **No certificate will be sent** if a completed assessment and evaluation is received after one month from training date.
- 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 ESCCRC, please do not bring them to class with you.

- Certificates will be awarded to all participants successfully completing all requirements of 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.

## How to File a Program Complaint

If you believe a particular child care program is in violation of state child care licensing laws or regulations, you may file an official complaint against that program. To file a complaint, contact the Regional Licensing Office covering the county where the program is located.

## Zoom Etiquette

- Face the camera
- Turn off your mic when not speaking
- Participate in class and breakouts
- Observe safe practices

## How to Get Your Training Hours

**In Person:** At our SU and ESHEC locations

**ESCCRC:** Virtual classroom, networking with others through active discussion

**Self-Paced:** Convenient

**Individualized:** Training tailored to a group's specific need

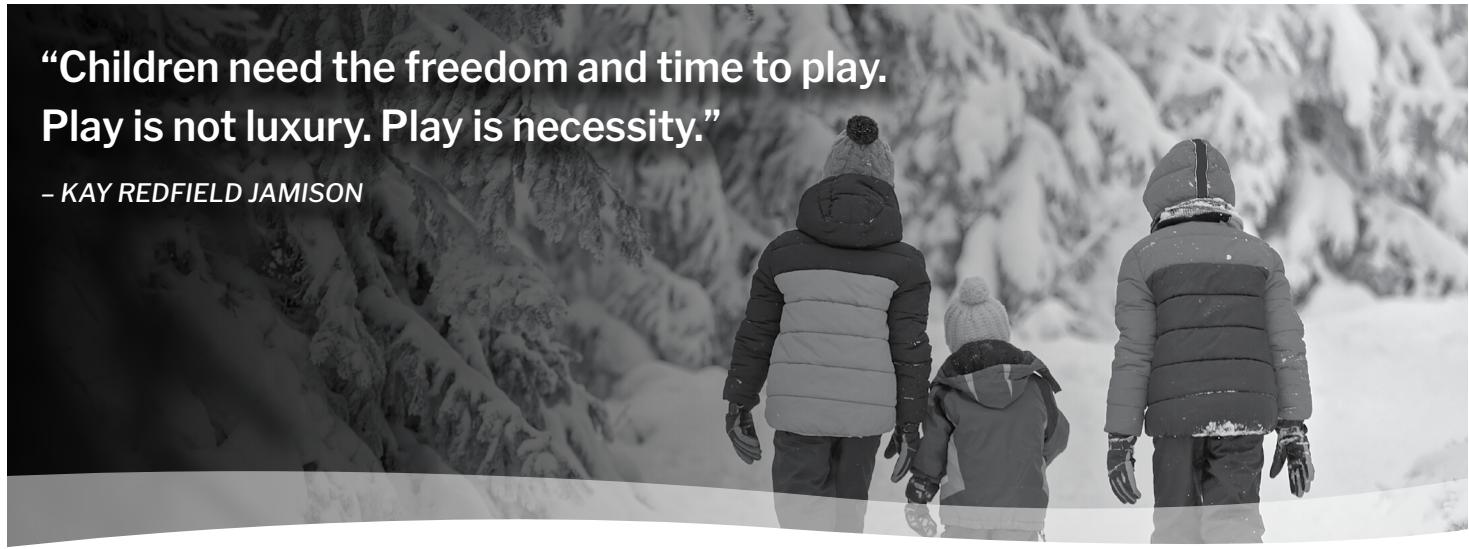
**Online:** Self-paced at your time and your location using ProSolutions at [www.prosolutionstraining.com/md](http://www.prosolutionstraining.com/md)

**Think about it, choose what best suits you, and contact Leslie Sinclair at [lasinclair@salisbury.edu](mailto:lasinclair@salisbury.edu) or at 410-543-6650.**



# “Children need the freedom and time to play. Play is not luxury. Play is necessity.”

- KAY REDFIELD JAMISON



## MARYLAND CHILD CARE RESOURCE NETWORK COMPLAINT POLICY

Every member agency of the Maryland Child Care Resource Network strives to provide high-quality service to the child care programs and families in their jurisdiction and throughout Maryland. It is their mission to ensure that every interaction with staff at the child care resource centers is positive and professional.

If you have concerns about an incident or some aspect of service at a child care resource center, please contact the director/manager directly. Contact information for these individuals can be found at: <https://marylandfamilynetwork.org/for-providers/find-your-child-care-resource-center>.

If you are not satisfied with the way your concern is handled by the director/manager at the child care resource center, please contact Maryland Family Network (MFN) at 410-659-7701 or at [MCCRInfo@marylandfamilynetwork.org](mailto:MCCRInfo@marylandfamilynetwork.org). As the statewide coordinating entity of the Maryland Child Care Resource Network, MFN will investigate the complaint or concern regarding services and take appropriate action.

### Resource Rooms Open

Resource Rooms are available for your use at both locations. Call to make an appointment between the hours of 9 a.m.-5 p.m. weekdays. You can find us at SU's East Campus and at the ESHEC building on Chesapeake College's campus.

### GOFCC Information

Growing Opportunities for Family Child Care (GOFCC) is a grant program designed to recruit and support new family child care programs in Maryland. The Eastern Shore Child Care Resource Center is focusing efforts on the eight counties on the Delmarva Peninsula. If you or someone you know is interested in opening a home-based child care program, check out [openchildcaretoday.com](http://openchildcaretoday.com). If you have questions, you may contact the ESCCRC at 410-543-6650.

### Who's Who at the ESCCRC

- Lynne Doeler, Coach
- Jenn Hogan, GOFCC Coordinator
- Rose Merryweather, Coach/ Technical Assistance Coordinator
- Leslie Sinclair, Director/ Training Coordinator
- Sophia Smith, Administrative Assistant

Contact the main office at 410-543-6650 and we will direct you to the right person by phone or by email.



Eastern Shore Child Care  
Resource Center  
*at Salisbury University*

### WINTER 2026

Published by the Eastern Shore  
Child Care Resource Center

Suite 500 East Campus Complex  
Salisbury, MD 21801  
410-543-6650  
LOCATE: Child Care  
1-877-261-0060  
[easternshoreccrc.org](http://easternshoreccrc.org)

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**Salisbury**  
UNIVERSITY

Make Tomorrow Yours



MARYLAND  
FAMILY  
NETWORK



MARYLAND CHILD CARE  
RESOURCE NETWORK



**Maryland**  
STATE DEPARTMENT OF EDUCATION



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U.S. POSTAGE  
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SALISBURY, MD  
PERMIT NO. 65

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



ADDRESS SERVICE REQUESTED



#### Visit Us on the World Wide Web

Just log onto [easternshoreccrc.org](http://easternshoreccrc.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: Eastern Shore Child Care Resource Center and Eastern Shore Infant and Toddler Support Group

## REGISTRATION FORM

Name \_\_\_\_\_ Resource Center Member? Yes \_\_\_\_\_ No \_\_\_\_\_

Center (if applicable) \_\_\_\_\_

Address \_\_\_\_\_  
Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Area Code \_\_\_\_\_

Email Address \_\_\_\_\_

**Make personal check or money order for FULL AMOUNT payable to: Salisbury University**

**Mailing Address: C/O Eastern Shore Child Care Resource Center, Suite 500, East Campus Complex, Salisbury University, Salisbury, MD 21801. Phone Number: 410-543-6650**

Course Title

Date

Fee

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Credit card: Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ Name on card \_\_\_\_\_

Account Number \_\_\_\_\_ Expiration Date \_\_\_\_\_