The Importance of Professional Development in Child Care

You may be new to the child care profession and are wondering why the requirements for training are so strict. You may have been a child care provider for many years and feel that you know all there is to know. In both cases, it can be difficult to understand why professional development is important. Take a look at how child care has changed over the years. The profession has gone from being referred to as “babysitting” to a “Child Care Provider” which ensures respect.

Professional development gives you access to the latest trends in education, implementing new practices, and the knowledge to ensure children across every learning level are being taught in a developmentally appropriate way. It is a child care provider’s responsibility to grow and develop. This growth will enhance your effectiveness as an educator as well as make you more marketable to parents and the community.

“Best of all, continuing your education and professional development will make you feel more confident in your career choice and more positive about the rigors of early childhood education. When you’re relaxed, confident and positive in the classroom, the children win – and so do you!” (Earlychildhood News, n.d.).

One way of ensuring professional development is by education such as in-class and online training as well as conferences. This year, Child Care Choices, will be holding a Learning Day on Saturday, November 2, 2019 at Frederick Community College. This full day event will include workshops with Core of Knowledge areas in Child Development, Curriculum and Health, Safety and Nutrition as well as a variety of child-related informational exhibits. See page 4 for more information.

Another way to increase your professionalism is by participating in quality initiatives such as the Maryland Child Care Credential, Accreditation and Maryland EXCELS. Child Care Choices provides free assistance to providers looking to grow through these programs. We hope you will continue to grow along your child care journey.

For more information, contact Christie Berkey at 301-662-4549 or cberkey@fcmha.org.
 CCC Office Hours

Child Care Choices offers resource rooms in Frederick and Carroll. Both locations have a lending library filled with child related materials such as books, videos, magazines and catalogs. The following items are also available for your use at a reasonable cost: laminator, art waxer, die cutter, book binding machine and copier. **Please call ahead to make sure the items you need are available for use.**

**Frederick County:** 301-662-4549
226 S. Jefferson St. Frederick, MD 21701
Typical hours are Monday through Thursday 8:30am-4:30pm and Wednesdays extended hours from 8:30am-8:00pm.

**Carroll County:** 410-751-2917
255 Clifton Blvd. Ste. 319 Westminster, MD 21157  Child Care Choices in Carroll is open Monday through Thursday from 9:00am-3:30pm. In addition, the Resource Center is open from 6:00pm-8:00pm on Mondays.

Child and Adult Care Food Program

The Child and Adult Care Food Program (CACFP) is a federal program that provides reimbursements for nutritious meals and snacks to eligible children and adults who are enrolled for care at participating child care centers, day care homes, and adult day care centers.

CACFP also provides reimbursements for meals served to children and youth participating in afterschool care programs, children residing in emergency shelters, and adults over the age of 60 or living with a disability and enrolled in day care facilities. CACFP contributes to the wellness, healthy growth, and development of young children and adults in the United States.

Are you interested in learning more about the food program?

**For more information contact:**
Sarah McAleavy at 301-600-6263
Or
Tammy Anderson at 301-600-6264

Need to update your fees or vacancy information in LOCATE?
Leave a message at 1-866-752-1614 or visit [www.mdchildcare.org](http://www.mdchildcare.org)
### Child Care Choices Contacts

All Child Care Choices staff are happy to assist with your questions. If your issue requires specialized attention we will route your call to the appropriate staff member.

#### Frederick County Office
(301) 662-4549
Inclement Weather ext. 170

**Patty Morison x111**  pmorison@fcmha.org
Program Director

**Christie Berkey x112**  cberkey@fcmha.org
Training and Technical Assistance Coordinator

**Sarah Martin x117**  smartin@fcmha.org
Early Childhood Specialist

**Stephanie Portillo x165**  sportillo@fcmha.org
Early Childhood Specialist

#### Carroll County Office
(410) 751-2917

**Nancy Barry**  nbarry@fcmha.org
Carroll County Coordinator

**Fawn Turner**  fturner@fcmha.org
Early Childhood Specialist

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### Resource Center Closings

The Offices and Resource Rooms in both Frederick and Carroll Counties will be closed on the following days:

- **Monday, September 2nd**
- **Thursday, November 28th**
- **Friday, November 29th**
- **Tuesday, December 24th (close at noon)**
- **Wednesday, December 25th**

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### Resource Phone Numbers

#### General

<table>
<thead>
<tr>
<th>Service</th>
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</thead>
<tbody>
<tr>
<td>Child Care Choices in Frederick</td>
<td>301-662-4549</td>
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<tr>
<td>Child Care Choices Carroll</td>
<td>410-751-2917</td>
</tr>
<tr>
<td>MD Medical Assistance Program</td>
<td>800-456-8900</td>
</tr>
<tr>
<td>Project ACT</td>
<td>301-695-9505</td>
</tr>
<tr>
<td>2-1-1 Information and Referral</td>
<td>2-1-1</td>
</tr>
<tr>
<td>Poison Control</td>
<td>800-222-1222</td>
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#### Carroll County

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>MSDE Office of Child Care</td>
<td>410-549-6489</td>
</tr>
<tr>
<td>Child Protective Services</td>
<td>410-386-3434</td>
</tr>
<tr>
<td>Child Safety Seat Hotline</td>
<td>410-876-4448</td>
</tr>
<tr>
<td>Family Child Care Association</td>
<td>410-848-6686</td>
</tr>
<tr>
<td>Child Care Subsidy Program</td>
<td>866-243-8796</td>
</tr>
<tr>
<td>WIC</td>
<td>410-876-4898</td>
</tr>
<tr>
<td>Infants and Toddlers/Child Find</td>
<td>410-876-4437</td>
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#### Frederick County

<table>
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<tr>
<td>MSDE Office of Child Care</td>
<td>301-696-9766</td>
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<tr>
<td>Child and Adult Care Food Program</td>
<td>301-600-6263</td>
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<tr>
<td>Child Protective Services</td>
<td>301-600-2464</td>
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<tr>
<td>Child Safety Seat Hotline</td>
<td>301-600-7328</td>
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<tr>
<td>Family Child Care Association</td>
<td>240-409-4687</td>
</tr>
<tr>
<td>Northern Frederick County Early</td>
<td>301-748-8798</td>
</tr>
<tr>
<td>Childhood Educators</td>
<td></td>
</tr>
<tr>
<td>Heather Fitzgerald, President</td>
<td></td>
</tr>
<tr>
<td>Child Care Subsidy Program</td>
<td>866-243-8796</td>
</tr>
<tr>
<td>Infants and Toddlers</td>
<td>301-600-1612</td>
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<tr>
<td>Child Find</td>
<td>301-644-5292</td>
</tr>
<tr>
<td>WIC</td>
<td>301-600-2507</td>
</tr>
</tbody>
</table>
Child Care Choices, a Program of the Mental Health Association, Frederick Community College, the Interagency Early Childhood Committee (IECC), and the Frederick County Judy Center present: A Learning Day for Child Care Providers.

Learning Day 2019

Saturday, November 2, 2019
7:30am – 4:00pm
Frederick Community College

Mind Management – Just Breathe

Learning Day 2019: Mind Management – Just Breathe is a full-day event designed to enhance the professional development of child care providers in Frederick County. The opening session, Mind Management: Neuroscience, Self-Care and Life Success, presented by Frank Kros, will show attendees how to keep their minds in the best possible shape emotionally, psychologically and spiritually. Participants will learn how to develop a high level of mental fitness and extraordinary psychological health. In addition, participants will be shown how to accelerate their learning, deepen their relationships and effectively resolve stress. Two hours Core of Knowledge in Child Development will be given for this session.

Learning Day 2019 will also feature workshop selections in the Child Development, Curriculum and Health, Safety and Nutrition Core of Knowledge areas, as well as a variety of child-related informational exhibits. This Learning Day was made possible due to collaboration between the Frederick Community College, Inter-agency Early Childhood Committee (IECC), The Frederick County Judy Center and Child Care Choices, a Program of the Mental Health Association. Workshops will be held on the campus of Frederick Community College (FCC). Breakfast and lunch are included in the registration fee.

About the Opening Session Presenter:

Frank J. Kros, MSW, JD is the President of the Transformation Education Institute. Mr. Kros is a career child advocate, who has served as a childcare worker, child abuse investigator, children’s home administrator, consultant, college professor, attorney, writer and speaker. He currently serves as president of Transformation Education Institute, Director of the National-At-Risk Education Network (NAREN) and executive vice president of The Children’s Guild, a multi-service children's organization headquartered in Maryland.

Look for information coming soon!
On-site training is available at your location for staff professional development including 2-hour, 3-hour, and 6-hour workshops. Workshops are available in all Core of Knowledge Areas as well as a wide variety of topics including Team Building, Adverse Childhood Experiences and Managing Stress.

Book your on-site training today.

Maryland EXCELS

Are you ready to learn about Maryland’s Quality Rating and Improvement System? Child Care Choices and MSDE Quality Assurance Specialists are here to help! For more information contact:

Stephanie Portillo, Child Care Choices
301-662-4549 or sportillo@fcma.org

Petrea Hicks, Frederick County:
301-696-9766 x303 or petrea.fletcher@maryland.gov

Sharon Vance, Carroll County:
410-549-6498 or sharon.vance@maryland.gov

Attend a FREE Maryland EXCELS Training Session or Support Group if you need help.
Frederick Office of Child Care
5303 Spectrum Drive Suite G
Frederick, MD 21703

<table>
<thead>
<tr>
<th>Maryland EXCELS Training</th>
<th>Maryland EXCELS Support Group</th>
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<tr>
<td>6:30 pm – 8:30 pm</td>
<td>6:30 pm – 8:30 pm</td>
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</table>

September 9th: Maryland EXCELS: Getting to Level 2  
October 14: Maryland EXCELS Overview  
November 11: Maryland Credential Program  
September 16th & 30th  
October 7th & 28th  
November 4th & 18th
Child Care Choices is a program providing comprehensive solutions for new and existing early childhood professionals provided at low or no cost. Resources include an extensive lending library, laminator, die cutter, and our caring staff.

Support services including coaching and technical assistance are provided free of charge.

**Program Support**
- Achieve accreditation including MSDE, NAEYC, NECPA and NAFCC
- Participate in state initiatives including Maryland EXCELS and the Child Care Credential
- Implement new teaching strategies
- Develop or improve your curriculum, daily schedules and transitions

**Professional Development**
- Gain knowledge through online and in person training opportunities including classes customized to your unique needs offered at our site or yours
- Identify local, state and federal resources to save on education costs
- Map out plans to meet long-term professional goals including higher education

**Business Solutions**
- Learn how to open a child care program and effectively recruit, retain and coach staff
- Identify measures to help maintain licensing compliance
- Create program related contracts, policies and handbooks
- Develop cost effective marketing strategies

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**Child Care Choices**

226 S. Jefferson St  
Frederick, MD 21701  
Phone: 301-662-4549

255 Clifton Blvd. Suite 319  
Westminster, MD 21157  
Phone: 410-751-2917

[www.childcarechoices.info](http://www.childcarechoices.info)  
[childcarechoices@fcmha.org](mailto:childcarechoices@fcmha.org)
Training Calendar

Workshop Registration Policies

- Pre-registration and pre-payment are required for all trainings. Returned check fee is $20.
- Registration fees are non-refundable unless a class is cancelled by Child Care Choices. You must notify us one business day in advance in order to substitute another person, transfer to another workshop or receive credit towards future workshops. After hours leave a message on extension 170.
- Certificates will be mailed at the conclusion of each workshop. This will enable instructors to focus on the class objectives. All of our classes include an assessment component to allow participants to earn Core of Knowledge hours. Mailing certificates ensures that the attendee has met the class objectives and gained the knowledge necessary to receive a Core of Knowledge certificate. CCC will offer further assistance to participants who do not meet or exceed the outlined objectives. CCC will mail certificates within five business days (Monday-Thursday).
- A class may be cancelled if it does not have eight or more participants registered one week prior to the starting date.
- For inclement weather cancellation information or to leave a training related voice mail after hours, please call Child Care Choices at 301-662-4549 when the automated system answers, dial 170.
- You must be present for an entire workshop to receive a certificate for the credit hours. Participants arriving late will not be admitted, nor will they receive a certificate, credit, or refund.
- You will not receive credit hours if you have already taken a Child Care Choices training session of the same title or content with the same instructor.
- Workshops are designed for adults—do not bring children. Please note if you arrive with children, you will be asked to leave without a refund or credit.
- Professional conduct and participation are expected from all training participants.

What’s in Their Backpack?
The Impact of Trauma
Cultivating Creative Problem Solvers
Chatting with Children: Interactions that Go Places
Fun with Found Materials
Exploring the Great Outdoors in Autumn
Jumping Into Science
It’s Conference Time
All Children Are Gifted
and many more...

Online registration is now available!
Go to www.childcarechoices.info and register today.

Three Ways to Register!

Call 301-662-4549 or 410-751-2917
Monday through Thursday 8:30am-4:30pm
Online at www.childcarechoices.info
Mail or fax the enclosed registration form to: Child Care Choices, 226 S. Jefferson Street, Frederick, MD 21701 or fax to 301-695-4826

Child Care Choices training workshops provide MSDE Office of Child Care approved training credits for early education providers. Workshops are also open to parents, teachers, and others who share an interest in children’s growth and development. MSDE Office of Child Care Approval Number CKO-156225, expires 01/01/2022.
Need some help with your youngest children?

Call our Infant and Toddler Specialists! They can help you make the most of your environment and give you resources for developmentally appropriate activities!

Frederick County: 301-662-4549
Carroll County: 410-751-2917
**Building Classroom Communities**
This training addresses the various components involved in creating a supportive classroom community. In such a classroom environment, teachers and children come to know and care about each other and develop mutual regard and concern for each other, so that everyone can learn and grow. The training explores the three major leadership styles and their impact on a classroom. It demonstrates how to utilize essential skills for building positive relationships between all staff and children; identifies the elements of a caring classroom community; and creates a personalized action plan for building a classroom community in your current classroom. **1.5 hrs Community, 1.5 hours Curriculum**

**Fee:** $30.00  
**Clock Hours:** 3 hours  
**Day/Time:** Tues., Sept. 24, 6:30 PM-9:30 PM  
**Location:** Child Care Choices Frederick  
**Audience/Level:** All, All  
**Instructor:** Emily Tex

**NEW! Creating Culturally Rich Environments with Loose Parts**
Young children are naturally curious about the people and places in their world, beginning with their family and local community. Creating an environment filled with loose parts that encourages exploration of their local culture and its people is an important component of early education.

**Fee:** $30.00  
**Clock Hours:** 3 hours  
**Day/Time:** Wed., Oct. 23, 6:30 PM-9:30 PM  
**Location:** Child Care Choices Frederick  
**Audience/Level:** All, All  
**Instructor:** Kathy Bish

**NEW! Chatting with Children: Interactions That Go Places**
Chatting with children is a very basic way to share information as children go about their play. Sitting and talking about what is going on both teacher and child can learn. A teacher can make observations that lead to lesson planning; and the child can gain new vocabulary, synthesize information, and talk about their project which gives them new insight and leads to knowledge building.

**Fee:** $30.00  
**Clock Hours:** 3 hours  
**Day/Time:** Wed., Sept. 25, 6:30 PM-9:30 PM  
**Location:** Child Care Choices Frederick  
**Audience/Level:** All, All  
**Instructor:** Kathy Bish

**NEW! Marvelous Math**
This training will provide early care and education professionals the opportunity to learn different math strategies and activities to use in their classroom. This training is based on the Early Learning Assessment math domain.

**Fee:** $30.00  
**Clock Hours:** 3 hours  
**Day/Time:** Tues., Sept. 17, 6:30 PM-9:30 PM  
**Location:** Child Care Choices Carroll  
**Audience/Level:** All, All  
**Instructor:** Aurora Sanchez

**NEW! Get Up, Get Out! Preschoolers in Motion**
Have you struggled with implementing physical education activities in your early childhood program? In this workshop, we will introduce you to the SPARK (Sports, Play and Active Recreation for Kids) curriculum, while learning strategies and implementation tips for integrating structured vigorous activities into your program. Participants should come prepared for a full hour of physical activity during this workshop by dressing in comfortable clothes and shoes. Participants will leave inspired and motivated to implement an exciting physical education atmosphere to their early childhood program.

**Fee:** $30.00  
**Clock Hours:** 3 hours  
**Day/Time:** Tues., Sept. 24, 6:30 PM-9:30 PM  
**Location:** Child Care Choices Carroll  
**Audience/Level:** All, All  
**Instructor:** Fawn Turner

**NEW! Partnerships for Emotionally Resilient Kids (PERKS)**
PERKS is a service designed to help children remain in stable, quality early childhood programs. It is a voluntary, on-site support service for early childhood programs that helps programs integrate best practices for the social emotional development of children into their routines.

Contact PERKS if you are struggling with children in your program who have some challenging behaviors.  
Frederick County: 301-662-4549  
Carroll County: 410-751-2917
<table>
<thead>
<tr>
<th>Event/Title</th>
<th>Description</th>
<th>Fee</th>
<th>Clock Hours</th>
<th>Day/Time</th>
<th>Location</th>
<th>Audience/Level</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Encouraging Imaginative Play</td>
<td>This training is designed to help participants understand the importance of imaginative play in children’s development and how providing recycled and open-ended materials opens the doors of imagination and promotes executive function and higher level thinking skills in young children. Through small and large group activities and discussions participants will identify relevant, responsive, and reflective strategies to spark creativity in the young child’s environment.</td>
<td>$30.00</td>
<td>3 hours</td>
<td>Thurs., Sept. 26, 6:30 PM-9:30 PM</td>
<td>Child Care Choices Carroll</td>
<td>All, All</td>
<td>Nicole Monroe</td>
</tr>
<tr>
<td>Fun with Found Materials</td>
<td>Do you have a collection of “stuff” that you are not sure what you could create with it? In this workshop, we will explore how to use found materials in a creative way and engage young children in the process.</td>
<td>$30.00</td>
<td>3 hours</td>
<td>Tues., Oct. 1, 6:30 PM-9:30 PM</td>
<td>Child Care Choices Frederick</td>
<td>All, All</td>
<td>Kathy Bish</td>
</tr>
<tr>
<td>Exploring the Great Outdoors in Autumn</td>
<td>The connections we make as children to the nature of the world around us impacts our ability to become attentive, self-confident, respectful, responsible people. Come explore how to incorporate the great outdoors into your program in a meaningful and fun way!</td>
<td>$30.00</td>
<td>3 hours</td>
<td>Wed., Oct. 2, 6:30 PM-9:30 PM</td>
<td>Child Care Choices Frederick</td>
<td>All, All</td>
<td>Emily Tex</td>
</tr>
<tr>
<td>Jumping Into Science</td>
<td>Many of the habits of scientific thinking are inherently part of children’s play. Participants will explore the importance of developing scientific thinking skills in young children and how they can support those skills with simple materials. Participants will experience using the science materials and will create materials to utilize in their own program.</td>
<td>$20.00</td>
<td>2 hours</td>
<td>Tues., Oct. 8, 7:00 PM-9:00 PM</td>
<td>Child Care Choices Carroll</td>
<td>All, All</td>
<td>Nicole Monroe</td>
</tr>
<tr>
<td>Combining Living and Learning</td>
<td>Participants will learn ways to create a quality child care environment in their home. The mixed aged group workshop will include space planning, organizational ideas, and ways to encourage independent hands on learning using everyday materials and activities. Providers are encouraged to bring photos of their child care environment to the training.</td>
<td>$30.00</td>
<td>3 hours</td>
<td>Thurs., Oct. 10, 6:30 PM-9:30 PM</td>
<td>Child Care Choices Frederick</td>
<td>Family Child Care Providers, All</td>
<td>Marvin Brown</td>
</tr>
<tr>
<td>Circle Time: You Can Make It Developmentally Appropriate</td>
<td>Are you tired of the same boring circle time routines, calendar, weather, etc? In this interactive session, you will walk away with 3 concrete success strategies to ensure your circle time is more than just a routine experience but an engaging and learning opportunity! You’ll learn how to support all domains while involving children in a way that promotes their individual developmental needs.</td>
<td>$30.00</td>
<td>3 hours</td>
<td>Thurs., Oct. 17, 6:30 PM-9:30 PM</td>
<td>Child Care Choices Frederick</td>
<td>All, All</td>
<td>Margie Powell</td>
</tr>
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**Inclement Weather Policy**

For inclement weather cancellation information, call Child Care Choices at 301-662-4549.
If voice mail answers, dial extension 170.
Lessons to be Learned from the Bowerbird and Nature

Nature lends itself to being a model for beautiful environments in which children can develop positive memories and scaffold their learning. Learn how one of nature’s creatures, the bowerbird can inspire you to create a beautiful and captivating classroom environment that honors the child, builds classroom community and meets the needs of all children.

Fee: $30.00    Clock Hours: 3 hours
Day/Time: Tues., Oct. 22, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Emily Tex

Working Together: The Importance of Community Helpers in Our Daily Lives

This training explores the importance of community helpers in the lives of young children and how recognizing these people helps to build a community of caring.

Fee: $20.00    Clock Hours: 2 hours
Day/Time: Tues., Oct. 22, 7:00 PM-9:00 PM
Location: Child Care Choices Carroll
Audience/Level: All, All
Instructor: Nicole Monroe

Indoor & Outdoor Nature Based Learning for Infants & Toddlers

Long before electronic toys, LEGOS or even stuffed animals, infants and toddlers learned in and from their natural environment – nature! There is an unending list of items to see, touch, feel, hear, climb and explore in nature, contributing to learning in every early childhood domain. This training will identify Howard Gardner’s Multiple Intelligence “Naturalist” and ways in which Infant and Toddler programs can incorporate developmentally appropriate play based nature experiences in their indoor and outdoor environments. Participants will gain skills, strategies and techniques for implementing natural STEAM in developmentally appropriate ways for infants and toddlers.

Fee: $30.00    Clock Hours: 3 hours
Day/Time: Tues., Nov. 12, 6:30 PM-9:30 PM
Location: Child Care Choices Carroll
Audience/Level: All, All
Instructor: Nicole Pierre

Math and Science for Infants and Toddlers

Math and science are appropriate for infants and toddlers but it may look very different from what we do with preschoolers. In this presentation, we will review developmental milestones for these domains and plan activities for your program. You will learn about teachable moments and how to utilize those to help our youngest ones learn about math and science concepts. You will also review appropriate materials and vocabulary words to introduce.

2 hours Curriculum, 1 hour Child Development
Fee: $30.00    Clock Hours: 3 hours
Day/Time: Tues., Dec. 10, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Emily Tex
Health, Safety and Nutrition

Medication Administration
This MSDE OCC approved workshop teaches child care providers to safely administer medications, properly store them and accurately complete record keeping. Please bring a bag lunch. 4 hours Health, Safety & Nutrition and 2 hours Professionalism.

Fee: $60.00 Clock Hours: 6 hours
Day/Time: Sat., Sept. 21, 9:00 AM-4:00 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: HealthLink

SIDS, SUID and Other Sleep-Related Infant Deaths
As infant and toddler caregivers, it is important to understand SIDS and sleep-related deaths, including the many strategies which can be implemented to reduce the risk of sleep-related death. Participants will review what is SIDS and sleep-related death, review recent research and statistics, gain greater understanding of the role child care plays in keeping infants safe, and the recommendations and strategies for keeping children safe.

Fee: $20.00 Clock Hours: 2 hours
Day/Time: Mon., Sept. 30, 6:30 PM-8:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Stephanie Portillo

Medication Administration
See previous description.

Fee: $60.00 Clock Hours: 6 hours
Day/Time: Sat., Oct. 19, 9:00 AM-4:00 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: HealthLink

Participants in the 6-hour Medication Administration workshop must pass a five question math and five question reading test that will be given at the beginning of the workshop.

Participants must also pass a 20 question test at the end of the workshop to receive their certificate.

Health, Safety and Nutrition

Basic Health and Safety
This workshop provides an overview of basic health and safety topics including the prevention and control of infectious diseases, SIDS, shaken baby syndrome and head trauma, food allergies, vehicle and transportation safety, child abuse, building safety and others. This workshop will satisfy the COMAR required training per federal CCDBG/CCDF guidelines as indicated by MSDE.

Fee: $30.00 Clock Hours: 3 hours
Day/Time: Mon., Nov. 4, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Stephanie Portillo

Emergency and Disaster Preparedness
This six hour workshop meets the OCC requirements for Emergency Preparedness training. Participants will complete an approved emergency preparedness plan in the workshop. Please bring a bag lunch.

Fee: $45.00 Clock Hours: 6 hours
Day/Time: Sat., Nov. 9, 9:00 AM-3:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Marvin Brown

SIDS, SUID and Other Sleep-Related Infant Deaths
See previous description.

Fee: $20.00 Clock Hours: 2 hours
Day/Time: Mon., Nov. 11, 7:00 PM-9:00 PM
Location: Child Care Choices Carroll
Audience/Level: All, All
Instructor: Fawn Turner

Basic Health and Safety
See previous description.

Fee: $30.00 Clock Hours: 3 hours
Day/Time: Mon., Dec. 2, 6:30 PM-9:30 PM
Location: Child Care Choices Carroll
Audience/Level: All, All
Instructor: Nicole Pierre

Medication Administration
See previous description.

Fee: $60.00 Clock Hours: 6 hours
Day/Time: Sat., Dec. 7, 9:00 AM-4:00 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: HealthLink
It’s Conference Time

In this workshop participant 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.

Fee: $20.00  
Clock Hours: 2 hours
Day/Time: Tues., Nov. 5, 7:00 PM-9:00 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Kathy Bish

Making Meaningful Connections: Building the Foundation of the Young Brain

This interactive training will build participants’ knowledge around how a young child’s brain develops between the ages of birth through five. Participants will actively engage in “building a brain”, explore the importance of developing their own capacity, and learn specific strategies and interactions that grow healthy brains. After engaging with the content of this training, participants will have a better understanding of the core components used to support the growth of all learners. 1 hour Professionalism, 1 hour Child Development, 1 Special Needs

Fee: $30.00  
Clock Hours: 3 hours
Day/Time: Wed., Nov. 6, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Emily Tex

Why Risk It?: Managing Risk in Child Care

Learn ways to reduce the risks associated with owning your own family child care business. We will learn the different categories of risks, how to prepare for risks, and how to diminish the effect these risks have on the family child care home.

Fee: $30.00  
Clock Hours: 3 hours
Day/Time: Thurs., Nov. 14, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: Family Child Care Providers, All
Instructor: Marvin Brown

Achieving Quality Standards in Early Education

All programs have the opportunity to contribute and commit to a common goal that all children should be provided with the best care and education possible. Join us and explore the Maryland Quality Rating and Improvement Systems (QRIS) including Maryland EXCELS, Classroom Assessment Scoring Systems, Credential, and Accreditation.

Fee: $30.00  
Clock Hours: 3 hours
Day/Time: Tues., Nov. 19, 6:30 PM-9:30 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Emily Tex

Volunteer Hours/Professional Activity Units Available

Child Care Choices offers volunteer hours for Professional Activity Units to help with your Maryland Child Care Credential.

For more information or to set up a volunteer time, please call us at 301-662-4549 (Frederick) 410-751-2917 (Carroll).
Online Trainings for Maryland Providers

Child Care Choices is proud to offer online options for providers. We provide affordable and effective courses in a variety of engaging topics. All classes meet requirements for Core of Knowledge training through the MSDE.

Some of the trainings available are:
- Center Director Pre-Service Training
- Family Provider Pre-Service Training
- 9-Hour Communication
- Child Development Association (CDA) Credential Training
- CDA Training with Portfolio Assistance
- CDA Credential Renewal

We also have a large number of individual core of knowledge courses available as well as .

Sign up at www.childcarechoices.info and go to our Professional Development page.

Please call us if you have any questions!
Are you looking to get more involved in your profession? Do you want to network with other providers?

Consider joining one of your local or state child care associations. There are associations for both Family and Center Programs.

For more information see page 18
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<th>Date</th>
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<tbody>
<tr>
<td>Thurs., Sept. 5</td>
<td>What’s In Their Backpack: The Impact of Trauma</td>
<td>6:30 PM</td>
<td>CCC FR</td>
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<td>Building Classroom Communities</td>
<td>6:30 PM</td>
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<td>Marvelous Math</td>
<td>6:30 PM</td>
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<td>Sat., Sept. 21</td>
<td>Medication Administration</td>
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<td>Tues., Sept. 24</td>
<td>Get Up, Get Out! Preschoolers in Motion</td>
<td>6:30 PM</td>
<td>CCC CA</td>
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<tr>
<td>Thurs., Sept. 26</td>
<td>Encouraging Imaginative Play</td>
<td>6:30 PM</td>
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<tr>
<td>Mon., Sept. 30</td>
<td>SIDS, SUID and Other Sleep-Related Infant Deaths</td>
<td>6:30 PM</td>
<td>CCC FR</td>
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<td>Tues., Oct. 1</td>
<td>Fun with Found Materials</td>
<td>6:30 PM</td>
<td>CCC FR</td>
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<td>Wed., Oct. 2</td>
<td>Exploring the Great Outdoors in Autumn</td>
<td>6:30 PM</td>
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<td>Wed., Oct. 2</td>
<td>Including All Children and the Americans with Disabilities Act (ADA)</td>
<td>6:30 PM</td>
<td>CCC CA</td>
<td>14</td>
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<td>Sat., Oct. 5</td>
<td>National Safety Council Basic First Aid</td>
<td>9:00 AM</td>
<td>CCC CA</td>
<td>15</td>
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<td>Sat. Oct. 5</td>
<td>National Safety Council Infant/Child/Adult CPR</td>
<td>12:30 PM</td>
<td>CCC CA</td>
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<td>Jumping Into Science</td>
<td>7:00 PM</td>
<td>CCC CA</td>
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<td>Thurs., Oct. 10</td>
<td>Combining Living and Learning</td>
<td>6:30 PM</td>
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<td>Wed., Oct. 16</td>
<td>Stress in Early Childhood: Helping Children Cope</td>
<td>6:30 PM</td>
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<td>Thurs., Oct. 17</td>
<td>Circle Time: You Can Make It Developmentally Appropriate</td>
<td>6:30 PM</td>
<td>CCC FR</td>
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<tr>
<td>Sat., Oct. 19</td>
<td>Medication Administration</td>
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<td>CCC CA</td>
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<td>Lessons to be Learned from the Bowerbird and Nature</td>
<td>6:30 PM</td>
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<td>Tues., Oct. 22</td>
<td>Working Together: The Importance of Community Helpers in Our Daily Lives</td>
<td>7:00 PM</td>
<td>CCC CA</td>
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<td>Wed., Oct. 30</td>
<td>Supporting Breastfeeding in Child Care</td>
<td>6:30 PM</td>
<td>Webinar</td>
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<td>Mon., Nov. 4</td>
<td>Basic Health and Safety</td>
<td>6:30 PM</td>
<td>CCC FR</td>
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<tr>
<td>Tues., Nov. 5</td>
<td>Understanding Autism Today</td>
<td>6:30 PM</td>
<td>CCC CA</td>
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<tr>
<td>Tues., Nov. 5</td>
<td>It’s Conference Time</td>
<td>7:00 PM</td>
<td>CCC FR</td>
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<td>Making Meaningful Connections: Building the Foundation of</td>
<td>6:30 PM</td>
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<td>Thurs., Nov. 7</td>
<td>Transition Techniques</td>
<td>6:30 PM</td>
<td>CCC FR</td>
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<tr>
<td>Sat., Nov. 9</td>
<td>Emergency and Disaster Preparedness</td>
<td>9:00 AM</td>
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<tr>
<td>Mon., Nov. 11</td>
<td>Supporting Breastfeeding in Child Care</td>
<td>6:30 PM</td>
<td>CCC CA</td>
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<tr>
<td>Mon., Nov. 11</td>
<td>SIDS, SUID and Other Sleep-Related Infant Deaths</td>
<td>7:00 PM</td>
<td>CCC CA</td>
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<tr>
<td>Tues., Nov. 12</td>
<td>Indoor &amp; Outdoor Nature Based Learning for Infants &amp;</td>
<td>6:30 PM</td>
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<td>Toddlers</td>
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<td>Wed., Nov. 13</td>
<td>Building Strong Teams Through Understanding Personality</td>
<td>6:30 PM</td>
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<td>Thurs., Nov. 14</td>
<td>Why Risk It? Managing Risk in Child Care</td>
<td>6:30 PM</td>
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<td>Mon., Nov. 18</td>
<td>PURPLE Tears: Adults’ Impact on Infant Emotional Intelligence</td>
<td>6:30 PM</td>
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<td>Tues., Nov. 19</td>
<td>Achieving Quality Standards in Early Education</td>
<td>6:30 PM</td>
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<td>Wed., Nov. 20</td>
<td>Infant and Toddler STEM</td>
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<td>Thurs., Nov. 21</td>
<td>All Children Are Gifted</td>
<td>7:00 PM</td>
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<td>Mon., Dec. 2</td>
<td>Basic Health and Safety</td>
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<td>CCC CA</td>
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<td>Tues., Dec. 3</td>
<td>Lesson Planning for Family Child Care</td>
<td>6:30 PM</td>
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<td>Sat., Dec. 7</td>
<td>Medication Administration</td>
<td>9:00 AM</td>
<td>CCC FR</td>
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<tr>
<td>Mon., Dec. 9</td>
<td>Cultivating Creative Problem Solvers</td>
<td>6:30 PM</td>
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<td>Tues., Dec. 10</td>
<td>Math and Science for Infants and Toddlers</td>
<td>6:30 PM</td>
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<td>Wed., Dec. 11</td>
<td>Including All Children and the Americans with Disabilities</td>
<td>6:30 PM</td>
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<tr>
<td>Thurs., Dec. 12</td>
<td>Why Do Toddlers Bite?</td>
<td>6:30 PM</td>
<td>CCC FR</td>
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<td>Sat., Dec. 14</td>
<td>National Safety Council Basic First Aid</td>
<td>9:00 AM</td>
<td>CCC FR</td>
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<tr>
<td>Sat. Dec. 14</td>
<td>National Safety Council Infant/Child/Adult CPR</td>
<td>12:30 PM</td>
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**LOCATION KEY:**

CARR – Child Care Choices in Carroll  
255 Clifton Blvd., Suite 319, Westminster

FRED – Child Care Choices in Frederick  
226 South Jefferson St., Frederick  
Please enter through the George L. Shields Community Services Wing

**Webinar** – Computer with microphone and speakers as well as email access required.
## Professional Early Educator Associations

Joining a professional association can not only provide you with a PAU for Credentialing but it can also allow for valuable networking opportunities and discounted trainings. Find one that works for you and contact them today.

### Family Child Care Associations

**Family Child Care Association of Frederick County**

Membership is $50 annually from Jan-Dec and includes newsletters, activities, networking, training opportunities, and membership for Maryland State Family Child Care Association.

Our board meets every first Thursday of the month at 7:00pm at Wegmans off Rt. 26 and monthly meetings are held every third Tuesday of the month at Child Care Choices both from 6:30-9:00pm.

For more information please contact:
President—Maria Vionet, mvionet@msn.com

**Carroll County Family Child Care Association**

Meetings are held on the second Monday of each month, starting at 6:45pm at the Westminster Church of the Brethren, 1 Park Ave. Meetings that are scheduled with a 3 hour training will begin promptly at 6:00pm and will have a meal provided for association members. We also have an annual November Community Day you may participate in for a PAU.

Annual fee for membership is only $40.00.

Contact: Patti Jo Green, 410-848-6686 or Melanie Richardson, 240-354-2629

### Child Care Center Associations

**Frederick County Director’s Group**

The Frederick County Directors group will be meeting at: Kids Come First Learning Center 9861 Old National Pike Ijamsville, MD 21754

Meeting Dates: May 2nd.

Time: 12:30-3:00 12-12:30 (lunch and networking) 12:30-3:00- updates, training or speakers

For more information or to be added to the email list please contact Kathy Bish at kidscomefirst@comcast.net

**Early Childhood Educator’s Association of Carroll County (ECEA)**

ECEA welcomes owners, administrators, assistant directors and ECE resource staff. New members are welcome throughout the year.

Meetings take place the second Thursday of the month, 12:30-2:30. Membership entitles participants to a minimum of two free training sessions and one PAU for MSDE credentialing.

For more information about ECEA, contact Stephanie Boggs at stephanieboggsllpp@comcast.net and Katie Peregoy at katie@graceuniteddc.com.

### State Child Care Associations

**Maryland State Child Care Association (MSCCA)**

MSCCA membership is the ONLY association providing a full staff, comprehensive center membership, not an individual membership! All staff members employed at the center will be considered MSCCA members when your center joins.

Please contact MSCCA1@comcast.net for information on how to join.
Participant’s Name: __________________________________________ (Please Print)

I am a:  
☐ Center/ Preschool Director  ☐ Center/ Preschool Staff  Center Name ________________________________
☐ Family Child Care Provider  ☐ Potential Family Provider  Other ________________________________

Home Address _______________________________________________________________________________________

State __________________________________ Zip Code __________ City ______________________________

Work/ Program Address ____________________________________________________ (If different from above)

Home/ Evening Phone ___________________________  Work/ Daytime Phone _____________________________

Alternate/ Cell Phone ___________________________  Email Address ________________________________

WORKSHOP POLICIES

CCC’s Registration Policies are outlined on page 5. By signing below, you are acknowledging that you have read and agree to abide by all of our registration policies.

_________________________________________  ______________________________
Signature                                      Date

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<tr>
<th>Workshop Title</th>
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WORKSHOP REGISTRATION PROCEDURES

Complete the enclosed registration form and return with a check, money order, or credit card information to:

Child Care Choices  
226 South Jefferson Street  
Frederick, MD 21701

Make checks payable to Child Care Choices/MHA. Returned check fee is $20; fees must then be repaid with cash, money order, or credit card.

With a credit card you can register by phone at: 301-662-4549 or 410-751-2917; by fax 301-695-4826; or online at www.childcarechoices.info.

In a hurry? Register by phone or online!

PAYMENT INFORMATION

Payment By:   ☐ Check/Money Order (enclosed): __________ (Make checks payable to Child Care Choices/MHA)

☐ Credit Card (Visa or Master Card ONLY)  __________ - __________ - __________ - ________  Exp. Date: ______/______

Card Identification Number ______ (Last 3 digits on back of card)

Payer Name __________________________________________________________

Billing Address (if different from above) __________________________________________

Signature ____________________________________________________________________________

(Credit Card statements will indicate Frederick County Mental Health as the merchant.)
“Child Care Choices is committed to promoting quality early care and education experiences for our children by providing a supporting link between parents, providers and the community.”

The Child Care Primer is a publication of Child Care Choices, a program of the Mental Health Association of Frederick County. Child Care Choices is a member of the Maryland Child Care Resource Network with funding from the Maryland State Department of Education through Maryland Family Network.