

Child Care Primer

July— August 2021

Vol. 33, Issue 2



Published by Child Care Choices, a Program of the Mental Health Association of Frederick County and a Member of the Maryland Child Care Resource Network



Inside This Issue

Hybrid Workshops

Professional Development Assistance

MCCRN Complaint Policy

Center Virtual Onsite Opportunities

PERKS

and more...



Remember to share this newsletter and training calendar with other early education professionals!

Hybrid!

Training Looks Different!

This past year has really challenged us and, yet, has given us all new opportunities. Training has really been transformed as our training staff quickly adapted to a new way of presenting workshops and learned the Zoom platform. Child care providers also met the challenge and learned how to use technology to meet their training needs.

As we move into the second year of our new reality are looking to expand those opportunities. As you may have noticed, we have been offering limited in person classes such as Medication Administration Training, Basic First Aid and Infant/Child/Adult CPR since last summer with great success. We have a health check prior to each class, seats are socially distanced, everyone wears a mask and participants have been very conscientious about canceling if there is any chance that they are ill. While we still need to adhere to social distancing guidelines and masking, we are slowly moving towards offering some additional in-person opportunities while recognizing that not everyone is ready for that.

The hybrid teaching model—a compromise that attempts to find middle ground among groups who want in-person instruction and those who want remote instruction—is a popular strategy that Child Care Choices (CCC) will implement on a limited basis beginning in June. In many ways, hybrid courses are a great opportunity for instructors and participants to have the opportunity to connect in multiple ways that will ease the strains of the social distancing required by the pandemic, while also meeting the needs of those who prefer to attend training in person.

CCC will offer three workshops in the hybrid format, with the in-person portion taking place in our training rooms—two in Frederick and one in Westminster. The hybrid workshops are designated in our training calendar as either Hybrid-Frederick or Hybrid-Westminster. While we get used to the new format, we ask that you give us a call at 301-662-4549 if you are interested in attending the in person format. Staff will also verify this with you with a phone call prior to the workshop.

The next few months will be a learning experience for everyone and we are looking forward to exploring new avenues with you.

Three hybrid classes are offered in this training calendar!

These classes may be attended in person or by Zoom. Give us a call if you would like to socially distance and attend class in person.

301-662-4549

Table of Contents

Hybrid Training.....	1
Curbside Services	2
CCC Technical Assistance Hours	2
LOCATE Updates	3
Child Care Choices Contacts.....	3
Resource Numbers.....	3
Training Calendar.....	4-11
Child Development.....	5
Community	6
Curriculum	6-7
Health, Safety and Nutrition.....	8-9
Professionalism.....	9-10
Special Needs.....	10
CPR/First Aid	11
MCCRN Complaint Policy	7
Supporting Breastfeeding	8
Professional Development Assistance.....	9
Center Virtual Onsite Trainings	11
PERKS.....	11
Index	12-13
Tools for Success.....	14
Registration Form	15

Curbside Services Available

Child Care Choices is offering Curbside Services for printing, copies, die cuts, laminating, and the lending library.

It's EASY!! First call us to discuss what services you need. Then make an appointment to drop off what you need laminated or copied. You can also call and/or email your materials. A staff member will let you know a pick up time according to the services you are requesting. Please allow up to five business days for completion of services.

For services in **Frederick** - **301.662.4549**

For services in **Carroll** - **410.751.2917**

In efforts to keep everyone safe we are fully contactless. At this time we will only be accepting credit card payment over the phone.

Thank you for allowing us to continue to support you during this unique time.

CCC Technical Assistance Hours

Child Care Choices resource rooms in Frederick and Carroll will be closed until further notice due to the National Emergency regarding the COVID-19 pandemic. Our staff is still available to assist you during this time. If you need assistance, please call our office and a staff member will assist you.

Phone coverage hours are listed below. You can also reach us through email and virtual Zoom meetings. If you are looking for a specific type of technical assistance, you can find out the correct staff member to contact on the next page.

Frederick County: 301-662-4549

Typical hours are Monday through Thursday 8:30am-4:30pm

Carroll County: 410-751-2917

Typical hours are Monday through Thursday from 9:00am- 3:30pm

Child Care Choices Contacts

Child Care Choices staff are happy to assist with your questions. If your issue requires specialized attention, send the appropriate staff member an email.

Frederick County Office

(301) 662-4549 - Inclement Weather ext. 170

Patty Morison x111 pmorison@fcmha.org
Program Director

Sarah Martin x117 smartin@fcmha.org
Early Childhood Specialist
(PERKS, Head Start)

Stephanie Portillo x165 sportillo@fcmha.org
Early Childhood Specialist
(EXCELS, Accreditation, Environment)

Samantha Carter x327 scarter@fcmha.org
Training Coordinator

Devyn Moore x113 dmoore@fcmha.org

Carroll County Office

(410) 751-2917

Nancy Barry nbarry@fcmha.org
Carroll County Coordinator

**Need to update your fees or
vacancy information in LOCATE?**

Promote your business through LOCATE:
Child Care by making sure that your infor-
mation is complete and accurate. Com-
plete a

questionnaire online at
www.marylandfamilynetwork.org

or
Leave a message at
1-866-752-1614

Resource Phone Numbers

General

Child Care Choices in Frederick	301-662-4549
Child Care Choices Carroll	410-751-2917
MD Medical Assistance Program	800-456-8900
Project ACT	301-695-9505 410-828-7700
2-1-1 Information and Referral	2-1-1
Poison Control	800-222-1222

Carroll County

MSDE Office of Child Care	410-549-6489
Child Protective Services	410-386-3434
Child Safety Seat Hotline	410-876-4448
Family Child Care Association Patti Jo Green, President	410-848-6686
Child Care Subsidy Program	866-243-8796
WIC	410-876-4898
Infants and Toddlers/Child Find	410-876-4437

Frederick County

MSDE Office of Child Care	301-696-9766
Child and Adult Care Food Program	301-600-6263
Child Protective Services	301-600-2464
Child Safety Seat Hotline	301-600-7328
Family Child Care Association Maria Vionet	240-409-4687
Northern Frederick County Early Childhood Educators Heather Fitzgerald, President	301-748-8798
Child Care Subsidy Program	866-243-8796
Infants and Toddlers	301-600-1612
Child Find	301-644-5292
WIC	301-600-2507

Training Calendar

Workshop Registration Policies

**New
Webinars
and Workshops**

Discipline is Teaching:
Positive Strategies to
Reduce Challenging
Behavior

Supporting Children of
Gay and Lesbian Parents

Imagineering in the
Classroom

Simple Strategies for
Staying Healthy During
Trying Times

Creating Success in an
After School Program

And More!

Online registration is
now available!

Go to

www.childcarechoices.info
and register today.



- **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 sent at the conclusion of each workshop.** Webinar certificates will be emailed and in-person Training certificates will be mailed. 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. Assessments must be turned in (via email for webinars) to ensure 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 send 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 and active in the class for an **entire workshop** to receive a certificate for the credit hours. **Participants signing in or arriving late will not 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**—children are not permitted during a webinar or in-person training. Please note if children are present, you may be asked to sign out/leave without a refund or credit.
- **Professional conduct and participation** are expected from all training participants.

Call 301-662-4549 or 410-751-2917
Monday through Thursday 8:30am-4:30pm

Online at www.childcarechoices.info

Mailed or faxed registration forms are not accepted for webinars at this time. Once offices are open once more then registrations may be mailed 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.

NEW!

Discipline is Teaching: Positive Strategies to Reduce Challenging Behavior

Behavior

Prevention is the best form of intervention! Challenging Behavior is to be expected when working with children but not everyone is equipped with strategies on how to prevent and manage challenging behavior. Participants will learn strategies to both prevent and to handle challenging behavior including natural consequences, discipline, and ways to teach self-discipline. Participants will leave with a “toolkit” of approaches surrounding behavior to use in their early childhood programs.

Fee: \$5.00 **Clock Hours:** 2 hours
Day/Time: Thurs., Aug. 5, 6:00 PM-8:00 PM
Location: Webinar
Audience/Level: All, All
Instructor: Sarah Martin/Stephanie Portillo

Loveable Ones

Play based learning experiences for the “Loveable One” are based on developmentally appropriate practice and our knowledge of young toddler development across all the domains of learning. Providers will explore how to use what they know about child development to create meaningful fun learning experiences for these loveable learners.

Fee: \$5.00 **Clock Hours:** 3 hours
Day/Time: Thurs., Aug. 26, 6:00 PM-9:00 PM
Location: Webinar
Audience/Level: All, All
Instructor: Michele Stottlemeyer

Online Self-Paced Trainings for Maryland Providers

Child Care Choices is proud to offer online options for providers in a relaxed, at your own pace, format. We provide affordable and practical courses in a variety of engaging topics. All classes meet requirements for Core of Knowledge training through the MSDE.

We have a large number of individual core of knowledge courses in all Core of Knowledge areas.

We also offer bundle packages available including:

- **90 Hour Pre-service Training**
- **9-Hour Communication Course**
- **Child Development Associate (CDA)**

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

Call us at 301-662-4549, if you have any questions!

Anti-Bias and Cultural Competence Awareness

Everyone has a cultural, ethnic, racial, linguistic and/or religious heritage that influences their beliefs, values and behaviors. Creating culturally competent programs that are responsive to the staff members, community and families served can reduce possible conflicts and provides multiple benefits for everyone. Participants will identify and develop strategies to promote cultural competence.

Fee: \$5.00 **Clock Hours:** 3 hours
Day/Time: Tues., Aug 10 6:00 PM-9:00 PM
Location: Webinar
Audience/Level: All, All
Instructor: Emily Tex

Webinar Info

Please use a tablet, laptop or computer to take these classes. A phone is not acceptable.

Making Families Welcome: Positive Partnerships with Families

This course provides child care providers with the tools for understanding positive partnerships with parents/guardians/family members. It is designed to help providers select a variety of ways for families to be represented in their classrooms so that the children feel comfortable and to stay connected to their families and community while they are in the child care setting.

Fee: \$5.00 **Clock Hours:** 3 hours
Day/Time: Tues., Aug 24 6:00 PM-9:00 PM
Location: Webinar
Audience/Level: All, All
Instructor: Emily Tex

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!

Call Today:

Frederick: 301-662-4549

Carroll: 410-751-2917



Find us on  **Facebook**

A Sense of Place: Human Geography in the Early Childhood Classroom

Developing a sense of place through geographic experiences helps build the social and emotional foundation children need and will one day use as adults. This is a competent level training. Pre-requisite knowledge required to successfully complete training.

Fee: \$5.00 **Clock Hours:** 2 hours
Day/Time: Thurs., Aug. 19 6:00 PM-8:00 PM
Location: Webinar
Audience/Level: All, Intermediate
Instructor: Michele Stottlemeyer

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 our 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 here](#).

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 at 410-659-7701 or [email us](#).

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.

The Maryland Child Care Resource Network, a program of Maryland Family Network, is a public/private partnership designed to expand and improve child care delivery in Maryland. Maryland Family Network manages the Network and operates as its Statewide Coordinating Entity and receives funding from the Maryland State Department of Education.

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: Tues., July 15, 6:30PM-8:30 PM
Location: Webinar
Audience/Level: All, All
Instructor: Aurora Sanchez

Managing Stress at Any Age
Hybrid! This training is designed to increase participants' knowledge of stress and how to manage its symptoms. Participants are introduced to "good" and "bad" stress among others as well as learn initial signs and symptoms of each type of stress. Examine the similarities and differences of stress in infants, toddlers, preschool children, school-aged children and adults.

2 HSN, 1 Professionalism

Fee: \$5.00 **Clock Hours:** 3 hours
Day/Time: Wed., July 28, 6:00 PM-9:00 PM
Location: Hybrid-Child Care Choices Frederick
Audience/Level: All, All
Instructor: Emily Tex

Professional Development Assistance Needed?

Help is available by [phone, email or virtual Zoom meeting](#) with Child Care Choices staff to help you with your professional development needs such as training, quality initiatives and more.

For more information:

Frederick - 301-662-4549
Carroll - 410-751-2917

[email childcarechoices@fcmha.org](mailto:childcarechoices@fcmha.org)

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.**

Fee: \$60.00 **Clock Hours:** 6 hours
Day/Time: Sat., July 17, 9:00 AM-4:00 PM
Location: Child Care Choices Carroll
Audience/Level: All, All
Instructor: Health Link, LLC

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.

Please contact us if you have questions!

NEW!

Simple Strategies for Staying Healthy During Trying Times

Deep, thoughtful, intentional self-care is critical for every professional in the early care and education field. In this workshop you will learn strategies to help you take care of yourself so you can take care of others.

Fee: \$5.00 **Clock Hours:** 2 hours
Day/Time: Wed., July 14, 6:30 PM-8:30 PM
Location: Webinar
Audience/Level: All, All
Instructor: Emily Tex

Basic Health and Safety with Breastfeeding in Child Care

This workshop provides an overview of basic health and safety topics including the prevention and control of infectious diseases, SIDS, shaken baby syndrome 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: Wed., Aug. 11, 6:00 PM-9:00 PM
Location: Webinar
Audience/Level: All, All
Instructor: Nicole Pierre

Professionalism

NEW!

Creating Success in an After School Program

Including all children in a school-age program can be a challenge due to the individual needs of a large group of mixed-age children. In this workshop, participants will learn about Developmentally Appropriate Practices, Attention Deficit Hyperactivity Disorder, and Autism Spectrum Disorder and identify strategies to successfully support and include children with special needs in a school-age program. **2 hours SN, 1 hour CUR**

Fee: \$5.00 **Clock Hours:** 3 hours
Day/Time: Thurs., July 8, 6:00 PM-9:00 PM
Location: Webinar
Audience/Level: All, All
Instructor: Emily Tex

So What Are PAUs and How Do I Get Them?

Participation in activities that contribute to the professional growth and career development are important to maintain a high level of professionalism. In this workshop we will take a look at professional activities and how they can be applied to the MD Child Care Credentialing program.

Fee: \$5.00 **Clock Hours:** 2 hours
Day/Time: Wed., July 21, 6:00 PM-8:00 PM
Location: Webinar
Audience/Level: All, All
Instructor: Christie Berkey

Partnerships for Emotionally Resilient Kids (PERKS)

Child Care Choices can also support you with the social and emotional needs of children in your program. PERKS staff are available to help you if you are struggling with children in your program who have some challenging behaviors.

Give us a call today!

Frederick County: 301-662-4549

Carroll County: 410-751-2917

Including All Children and the Americans with Disabilities Act (ADA)

Workshop will cover information, strategies and resources on how to develop and implement an early childhood environment that is inclusive to all children and their families. The fundamental principles of the Americans with Disabilities Act will be covered using best practices standards to create policies and procedures that reflect the ADA and strategies for inclusion. This will meet the licensing requirement for the Including All Children and the ADA Training.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Tues., July 13, 6:00 PM-9:00 PM
Location: Webinar
Audience/Level: All, All
Instructor: Nicole Pierre
Location: Child Care Choices in Frederick
Instructor: Crystal Burnett

PLEASE NOTE
CPR will be held first on these Saturdays, with First Aid beginning after lunch. This is a change from previous calendars!

EMS Safety Infant/Child/Adult CPR Certification

This program includes Adult, Infant, Child CPR, and choking procedures. This course satisfies all state requirements and course completion cards will be emailed within 48 hours.

Fee: \$50.00
Day/Time: Sat., Aug. 21, 9:00 AM-12:00 PM
Location: Child Care Choices in Carroll
Instructor: Crystal Burnett

EMS Safety Basic First Aid

This course is appropriate for all child care providers who need to learn or review basic first aid. Course completion cards will be emailed within 48 hours and satisfy all child care requirements.

Fee: \$50.00
Day/Time: Sat., Aug. 21, 12:30 PM-3:30 PM
Location: Child Care Choices in Carroll
Instructor: Crystal Burnett

Professional Development Virtual Onsite Trainings

Are you looking for an easier way to ensure your center staff are receiving their training hours?

Child Care Choices trainers are available to teach your staff professional development training days virtually.

Daytime, evening and certain holiday trainings are available for your convenience.

For more information please contact
Phone: 301.662.4549
Email: childcarechoices@fcmha.org

Get your professional development days on the books early!

Health and Safety Protocols for In-person Trainings
All attendees are required to wear a face mask and fill out a health check form including temperature check prior to entering. Social distancing will be enforced as well.

Workshop Index

Date	Title	Time	Location	Pg#
Thurs., July 8	Creating Success in an After School Program	6:00 pm	Webinar	7
Tues., July 13	Including All Children and the Americans with Disabilities Act (ADA)	6:00 pm	Webinar	8
Wed., July 14	Simple Strategies for Staying Healthy During Trying Times	6:30 pm	Webinar	7
Tues., July 15	SIDS, SUID and Other Sleep-Related Infant Deaths	6:30 pm	Webinar	6
Sat., July 17	Medication Administration	9:00 am	CCC CA	7
Wed., July 21	So What Are PAUs and How Do I Get Them?	6:00 pm	Webinar	7
Wed., July 28	Managing Stress at Any Age	6:00 pm	Hybrid F	6
Thurs., Aug. 5	Discipline is Teaching: Positive Strategies to Reduce Challenging Behavior	6:00 pm	Webinar	5
Tues., Aug 10	Anti Bias and Cultural Competence Awareness	6:00 pm	Webinar	5
Wed., Aug. 11	Basic Health and Safety with Supporting Breastfeeding in Child Care	6:00 pm	Webinar	7
Thurs., Aug. 19	A Sense of Place: Human Geography in Early Childhood Classroom	6:00 pm	Webinar	6
Sat., August 21	EMS Safety Infant/Child/Adult CPR Certification	9:00 am	CCC CA	8
Sat., August 21	EMS Safety Basic First Aid	12:30 pm	CCC CA	8
Tues., Aug 24	Making Families Welcome : Positive Partnerships with Families	6:00 pm	Webinar	5
Thurs., Aug. 26	Loveable Ones	6:00 pm	Webinar	5

Coming this Fall!

Stay tuned for news regarding a child care conference at Frederick Community College. More information to follow in September!

LOCATION KEY: CCC FR – Child Care Choices in Frederick
226 South Jefferson St., Frederick
Please enter through the George L. Shields
Community Services Wing

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

Webinar – Computer with webcam, microphone and speakers as well as email access required.

Hybrid – Hybrid classes are designed to meet the needs of providers who would like to come into the office for in-person training as well as those who would like to continue with a webinar format. When registering, select which attendance option you will be choosing.

Please see page 2 for more information on Hybrid training requirements

Child Care Choices Offers Tools for Success

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



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

childcarechoices@fcmha.org



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



MARYLAND CHILD CARE
RESOURCE NETWORK

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.



Child Care Choices
226 S. Jefferson St.
Frederick, MD 21701



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



**MARYLAND CHILD CARE
 RESOURCE NETWORK**

Frederick Office

226 S. Jefferson Street, Frederick, MD 21701 Phone: 301-662-4549
 TDD: 301-695-7225 Fax: 301-695-4826

Carroll Office

255 Clifton Blvd., Suite 319, Westminster, MD 21157 Phone: 410-751-2917 Fax: 410-751-6094
childcarechoices@fcmha.org
www.childcarechoices.info

“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.