

# Child Care Primer

January—March 2022

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## Inside This Issue

Child Care Choices Now Serves Allegany, Garrett and Washington Counties in Addition to Carroll and Frederick!

LOCATE Complaint Policy

MCCRN Complaint Policy

New Staff

and more...



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



## Breaking News!

Welcome friends, both old and new! To those of you who are new to receiving our Child Care Primer, Child Care Choices, a program of the Mental Health Association was awarded the contract to operate a Child Care Resource Center. Maryland Family Network, who coordinates the network of Child Care Resource Centers (CCRCs) with funding from the Maryland State Department of Education, conducted a multi-year strategic planning process. As a result of this deliberate process, Maryland Family Network ultimately decided to reduce the number of sponsoring agencies. This infrastructure redesign allows organizations to invest in more trainers, coaches, infant and toddler specialists, and family resource specialists. An increase in available support staff will result in faster responses and service delivery more conveniently located to meet the needs of providers.

This redesign has affected five counties and the new Western Maryland region consists of Allegany, Carroll, Frederick, Garrett and Washington counties. Child Care Choices will continue to provide training and coaching services by expanding throughout this region and will increase offerings in convenient locations. Under the new structure, Child Care Choices will maintain a main office in Frederick, a satellite location in Carroll County as well as satellite and/or collaborative partnership locations TBD in Allegany, Garrett and Washington counties. Instead of driving up to an hour away to the CCRC headquarters, collaborative offices will make coaches available at the local library, Judy Center, coffee shop, or other location closer to providers' businesses.

Providers are still welcome to come to the CCRC to utilize various resources such as laptops, scanners, photocopiers, and of course to meet with a coach or specialist.

So what does all of this mean, right now, to you the child care provider? Child Care Choices is committed to giving child care programs and providers the same great service and training that we have for the past 32 years. As such, we are happy to announce that we were able to secure training subsidies to offer **extremely low cost** training during this training calendar. We

will, of course, continue to offer our **FREE** coaching services for classroom environment, child care start up, developmentally appropriate practice as well as support for accreditation, Maryland EXCELS and the Maryland Child Care Credential! **New services will include Family Resource Specialists** who will assist families searching for child care through the LOCATE: Child Care database, as well as provide assistance with those applying for the Child Care Scholarship. The Family Resource Specialists will be trained and onboard to assist families by early March.

We want to meet you! In order to do that, we will host three virtual meetings in the next couple of months and schedule an in-person roundtable once the winter weather abates. While this is targeted to providers in our new service area, we welcome everyone! Please see the call out box on the right with dates and times. Please call or email [ChildCareChoices@fcmha.org](mailto:ChildCareChoices@fcmha.org) if you have trouble with the links for the roundtables.

## Virtual Roundtables!

### We want to meet you!

January 13 at 7pm-8pm

<https://us02web.zoom.us/j/78112987654>

January 26 at 2pm-3pm

<https://us02web.zoom.us/j/91919191919>

February 9 at 7pm-8pm

<https://us02web.zoom.us/j/91919191919>

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## Resource Center Closings

The Offices and Resource Rooms will be closed on the following days:



January 17 : Martin Luther King Jr. Day

February 21: President's Day

## 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 have bundle packages available including:

- 90 Hour Pre-service Training
- 45 Hour Infant Toddler Training
- 9-Hour Communication Course
- Child Development Associate (CDA)

Find these at [www.childcarechoices.info](http://www.childcarechoices.info)

and go to our

Professional Development page.

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

**NOW  
AVAILABLE  
IN ENGLISH  
& SPANISH**

## CCC Office Hours

Child Care Choices locations in Frederick and Carroll are both open **by appointment only** at this time. Our staff is available to assist you, just call our office and we will schedule an appointment.

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

**Frederick County: 301-662-4549**

Monday through Thursday 8:30am-4:30pm

Evening hours until 7pm on the 2nd and 4th Wednesday of the month by appointment only

**Carroll County: 410-751-2917**

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

Evening hours available on the 4th Monday of the month from 6pm-8pm by appointment only

**Western Maryland : 301-662-4549**

We are available to make appointments on an as needed basis. Can meet virtually or at your program until we have an established office.

# WELCOME NEW STAFF

Please Welcome **Melissa Brown** to the Child Care Choices Team.



Hello, my name is Melissa Brown. I am the new Family Resource Specialist, and I am excited to be back working with Child Care Choices. My background for the past 14 years has revolved around working with children and families, ranging from infancy to early adulthood, in roles such as teacher, director, consultant, and therapist. My Bachelor's degree is in Child and Family Studies, with a Master's degree in Psychology. My new favorite role is that of being mom, in which I have a beautiful one year old daughter named Mila. I love spending all my time with my husband, daughter, and our dog Toby. We put God first, and everything Pittsburgh after that, for we are huge Steeler fans. We also love warm weather, the beach, and music. I am thrilled to be in this role, and look forward to working with families, and providers once again.

## 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.

# 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.

### Main Office

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

**Patty Morison x111** [pmorison@fcmha.org](mailto:pmorison@fcmha.org)  
Program Director

**Sarah Martin x117** [smartin@fcmha.org](mailto:smartin@fcmha.org)  
PERKS Coordinator

**Stephanie Portillo x165** [sportillo@fcmha.org](mailto:sportillo@fcmha.org)  
Early Childhood Coordinator

**Samantha Carter x327** [scarter@fcmha.org](mailto:scarter@fcmha.org)  
Training Coordinator

**Devyn Moore x112** [dmoore@fcmha.org](mailto:dmoore@fcmha.org)  
Early Childhood Specialist

**Melissa Brown** [mbrown@fcmha.org](mailto:mbrown@fcmha.org)  
Family Support Specialist

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

**Nancy Barry** [nbarry@fcmha.org](mailto:nbarry@fcmha.org)  
Carroll County Coordinator

## Resource Phone Numbers

### General

Child Care Choices Main Office	301-662-4549
Child Care Choices Carroll Satellite office	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

## Resource Phone Numbers

### Allegany County

MSDE Office of Child Care	301-777-2385
Child Protective Services	301-784-7122
Child Safety Seat Hotline	240-727-4336
Allegany County Child Care Professionals Association Tammy Courtney, President	301-689-9717
Child Care Subsidy Program	866-243-8796
WIC	301-759-5020
Infants and Toddlers/Child Find	301-759-2415

### 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
Infants and Toddlers	301-600-1612
Child Find	301-644-5292
WIC	301-600-2507

### 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 of Frederick County Maria Vionet, President	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

## Resource Phone Numbers

### Garrett County

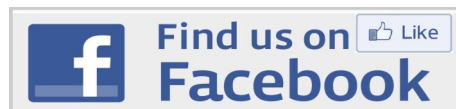
MSDE Office of Child Care	301-334-3426
Child Protective Services	301-334-3005
Child Safety Seat Hotline	301-334-7730
Garrett County Early Childhood Professionals Association Autumn Ramsey, President	301-895-5498
Child Care Subsidy Program	866-243-8796
WIC	301-334-7710
Infants and Toddlers/Child Find	301-533-0240

### Washington

MSDE Office of Child Care	301-791-4585
Child Protective Services	240-420-2100
Child Safety Seat Hotline	301-790-8380
Washington County Child Care Provider's Association Chris Luipersbeck, President	301-797-3422
Professional Child Care Association of Washington County Donna Tolland, President	301-432-4134
Child Care Subsidy Program	866-243-8796
WIC	240-313-3335
Infants and Toddlers/Child Find	301-766-2971

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

Promote your business through LOCATE: Child Care by making sure that your information is complete and accurate. Complete a questionnaire online at [www.marylandfamilynetwork.org](http://www.marylandfamilynetwork.org) or Leave a message at 1-866-752-1614



# SAVE THE DATES

## Community of Practices

Child Care Choices has many opportunities for  
Virtual Community of Practices in 2022!

**Maryland EXCELS** : Monday January 10th 1pm-2pm

Register here : <https://us02web.zoom.us/j/84494531000>

**Challenging Behavior** : Tuesday January 11th 1pm-2pm

Register here : <https://us02web.zoom.us/j/91982772300>

**CDA** : Monday January 24th 1pm-2pm

Register here : <https://us02web.zoom.us/j/91982772300>

**Credential** : Monday February 7th 1pm-2pm

Register here : <https://us02web.zoom.us/j/91982772300>



**Save the Date**  
**Saturday April 30th**  
**Children's Festival**  
**Back in the Park!**

**Baker Park, Frederick MD**

**Look for more information**  
**soon!**

Email [ChildCareChoices@fcmha.org](mailto:ChildCareChoices@fcmha.org) if  
you are interested in being part of the  
Children's Festival Committee (meets  
the first Thursday of the month)

**Carroll Community College will**  
**hold its 30<sup>th</sup> Annual Training**  
**Day for Child Care**  
**Professionals on**  
**Saturday, March 19, 2022 at**  
**Carroll Community College.**  
**Contact Barbara Burke at**  
**410-386-8019 or**  
**[BBurke@carrollcc.edu](mailto:BBurke@carrollcc.edu) or go to**  
**the website: [www.carrollcc.edu](http://www.carrollcc.edu)**  
**to register.**

# Training Calendar

## Workshop Registration Policies



**New  
Webinars  
and Workshops**

More Than A Fence:  
Reimagining Outdoor  
Spaces for Young  
Children

Understanding Attention  
Deficit Hyperactivity  
Disorder

Cultural Competency in  
Early Childhood  
Education

Creating a Writing Center  
from Dollar & Thrift Store  
Finds

Family-Provider  
Partnerships

Online registration is  
now available!

Go to

[www.childcarechoices.info](http://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.**
- A class **may be cancelled** if it does not have eight or more participants registered **one week prior** to the starting date.
- 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.**
- Webinar participants **must use a computer or a tablet**, a phone is not acceptable.
- 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.
- **Certificates will be sent at the conclusion of each workshop.** Training certificates will be mailed within five business days of the conclusion of the class (Monday-Thursday). All of our classes include an assessment component to allow participants to **earn** Core of Knowledge hours. Assessments must be turned in (via google form 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.
- 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.



**Three Ways to  
Register!**

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

Online at [www.childcarechoices.info](http://www.childcarechoices.info)

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 01/01/2026.

## The Benefits of Play

We know that children learn through play. In this workshop, participants will enhance their knowledge of the purpose of play by looking at the latest research. If you want to learn more or rediscover the purpose behind the learning activities we plan for the children, come and join us.

**Fee:** \$5.00      **Clock Hours:** 2 hours  
**Day/Time:** Thurs., Jan. 27, 6:30pm-8:30pm  
**Location:** Webinar  
**Instructor:** Aurora Sanchez

## Mindfulness and Yoga for Young Children and Adults

The childcare professional will become aware of ways to use mindfulness and yoga in their programs.

**2hrs Child Development & 1hr Professionalism**

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Tues., Feb. 8, 6:00pm-9:00pm  
**Location:** Webinar  
**Instructor:** Emily Tex

## Making Meaningful Connections: Building the Foundations 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.

**1hr Child Development, 1hr Professionalism & 1hr Special Needs**

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Tues., Mar. 1, 6:00pm-9:00pm  
**Location:** Webinar  
**Instructor:** Emily Tex

**NEW!**

## Cultural Competency in Early Childhood Education

Participants will explore different topics relating to culture and cultural competence in early childhood programs. By engaging in self-reflection and small group discussion, participants will create plans to enhance relationships and increase inclusive practices.

**1.5hrs Community & 1.5hrs Professionalism**

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Thurs., Feb. 10, 6:00pm-9:00pm  
**Location:** Webinar  
**Instructor:** Nicole Pierre

## Professional Development Onsite Trainings Virtual or at Your Center!

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 for your staff professional development training days **virtually or at your location!**

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

For more information please contact  
**Phone:** 301.662.4549  
**Email:** [childcarechoices@fcmha.org](mailto:childcarechoices@fcmha.org)

Get your professional development days on the books early!

*Availability for Martin Luther King Jr Day and Presidents Day is Limited. Contact us early to schedule training for those days.*

## Webinar Info

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

NEW!

### More Than A Fence: Reimagining Outdoor Spaces for Young Children

Often overlooked as a potential space for exploration, this workshop explores how a fence in the outdoor learning environment can be transformed. Learn ways to create a unique place of wonder and exploration accessible to all children – when a fence becomes a magical place for play.

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Tues., Jan. 18, 6:00pm-9:00pm  
**Location:** Webinar  
**Instructor:** Emily Tex

### Planning the Day for Infants and Toddlers

An infant and toddler's day is full of routines and experiences. In this session, we will discuss how implement these routines and experiences appropriately. Participants will also have an opportunity to explore and analyze daily schedules and lesson plan formats for infants and toddlers. They will also review and find resources to assist them in planning developmentally appropriate activities.

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Thurs., Jan. 20, 6:00pm-9:00pm  
**Location:** Webinar  
**Instructor:** Michele Stottlemeyer

### Math and Science Board Books for Infants and Toddlers

Infants and toddlers are naturally curious about the world around them. They can begin to develop an understanding of pre-math and pre-science skills with the help of board books.

**Fee:** \$5.00      **Clock Hours:** 2 hours  
**Day/Time:** Thurs., Feb. 3, 6:30pm-8:30pm  
**Location:** Webinar  
**Instructor:** Michele Stottlemeyer

### A Sense of Place

Developing a sense of place through geographic experiences helps build the social and emotional foundation children need and will one day use as adults.

**Fee:** \$5.00      **Clock Hours:** 2 hours  
**Day/Time:** Thurs., Feb. 24, 6:30pm-8:30pm  
**Location:** Webinar  
**Instructor:** Aurora Sanchez

### Baby Blocks: Helping Infants & Toddlers Grow

Playing with blocks is timeless. Block play provides endless opportunities for the enhancement and development of emerging skills in infants and toddlers. This workshop looks at the stages of block play and how to develop strategies to support your youngest learners through block play.

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Thurs., Mar. 3, 6:00pm-9:00pm  
**Location:** Webinar  
**Instructor:** Michele Stottlemeyer

NEW!

### Creating a Writing Center from Dollar & Thrift Store Finds

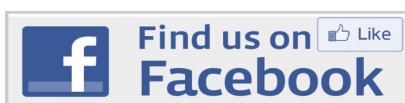
A writing center in the classroom supports children in their ability to express themselves through creative writing and drawing. In this workshop we will explore dollar store and thrift store finds that can combine to create a writing center which spurs children's imaginative writing skills.

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Tues., Mar. 8, 6:00pm-9:00pm  
**Location:** Webinar  
**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





## Ants in Their Pants: Teaching Children Who Must Move to Learn

Kinesthetic learners are naturally active and have a lot of energy to expend. The ideas and strategies in this workshop will help the child care professional work with and meet the needs of all the children in their care, especially the kinesthetic learner.

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Thurs., Mar. 24, 6:00pm-9:00pm  
**Location:** Webinar  
**Instructor:** Emily Tex

## Imagineering in the Classroom

In today's engineering marketplace it has become apparent that adults who are able to use their creativity and imaginations are in high demand, studies have shown however that adult creativity is on the decline. In this workshop we will look at strategies and materials which you can use to support the child's innate creative ability and imagination while he or she explores engineering in the classroom.

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Tues., Mar. 29, 6:00pm-9:00pm  
**Location:** Webinar  
**Instructor:** Emily Tex

## Redesign Your Circle Time

Through engaging discussions, hands-on activities, and thoughtful self-reflection, participants will explore developmentally appropriate best practices regarding Circle Time. How can you shift your focus to social/emotional development? Do children have to sit criss-cross applesauce in order to learn? Do you have to do weather and calendar during Circle Time? Find out these answers and more!

**2hrs Curriculum & 1hr Special Needs**

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Thurs., Mar. 31, 6:00pm-9:00pm  
**Location:** Webinar  
**Instructor:** Michele Stottlemeyer

**Masks are required in our resource rooms and training rooms!**



## 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:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Wed., Jan. 26, 6:00 PM-9:00 PM  
**Location:** Webinar  
**Instructor:** Nicole Pierre

## 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., Feb. 5, 9:00 AM-4:00 PM  
**Location:** Child Care Choices in Frederick  
**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.

## 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:** \$5.00      **Clock Hours:** 2 hours  
**Day/Time:** Wed., March. 9, 6:30PM-8:30 PM  
**Location:** Webinar  
**Instructor:** Aurora Sanchez

## Center Aide Orientation

This workshop satisfies the regulatory requirement for child care center aides. Participants will review professionalism, the basic of supervisions, and interacting with families.

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Wed., Feb. 23, 6:00pm-9:00pm  
**Location:** Webinar  
**Instructor:** Nicole Pierre

## The Child Care Provider As a Professional

Gain a greater understanding of child care initiatives, resources, and professional organizations which can assist you in your business. Discuss what it means to be a professional in child care. Plus, examine the NAEYC child care code of ethics and discuss how it can assist you with your program.

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Wed., Mar. 2, 6:00pm-9:00pm  
**Location:** Webinar  
**Instructor:** Nicole Pierre

**NEW!**

## Family-Provider Partnerships

Understanding the importance of building strong partnerships with families is essential to providing quality child care. Relationships built on trust and respect are the cornerstone that allow children and adults to thrive in a caring community. In this workshop you will learn techniques and strategies to build partnerships with families.

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Wed., Mar. 16, 6:00pm-9:00pm  
**Location:** Webinar  
**Instructor:** Nicole Pierre

### 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:

Main - 301-662-4549

## Make Time Happen: Time Management Tips

This course is designed to teach child care providers how to make the most effective use of the time and how to help handle the time that they cannot control. Topics include how to manage time appropriately through work, rest and play.

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Wed., Marc. 23, 6:00pm-9:00pm  
**Location:** Webinar  
**Instructor:** Aurora Sanchez

## Partnerships for Emotionally Resilient Kids (PERKS)

Partnerships for Emotionally Resilient Kids (PERKS) is a service of Child Care Choices, a program of the Mental Health Association. PERKS is part of Maryland's Infant and Early Childhood Mental Health Consultation Project designed to help children remain in stable, quality early childhood programs. PERKS 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.

PERKS services are currently available to providers in Carroll and Frederick counties. However, our early childhood coaches can help you with environmental support in all counties!

**Give us a call today!**  
**301-662-4549**

## Inclement Weather Policy

For inclement weather cancellation information, call Child Care Choices at 301-662-4549.

If voice mail answers, dial extension 170.

**NEW!**

## Understanding Attention Deficit Hyperactivity Disorder

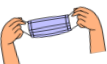
Participants will gain an understanding of ADHD/ADD behaviors, diagnosis procedures and strategies for overcoming challenging behaviors from children with ADHD/ADD.

**Fee:** \$5.00      **Clock Hours:** 2 hours  
**Day/Time:** Tues., Feb. 1, 6:30pm-8:30pm  
**Location:** Webinar  
**Instructor:** Emily Tex

## 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 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:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Thurs., Feb. 17, 6:00 PM-9:00 PM  
**Location:** Webinar  
**Instructor:** Michele Stottlemyer



**Health and Safety Protocols for In-person Trainings**

MHA follows CDC Guidelines. At the time of publication, masks are required in our buildings.

## Supporting Children with Disabilities, Delays, and Special Health Care Needs

Providers will identify programs, terms and resources to support children with special needs; identify their role in the IEP/IFSP process; identify strategies for ensuring access for all children regardless of ability; identify how to select materials, make modifications and adaptations, to enhance learning and motivation for all children.

**Fee:** \$5.00      **Clock Hours:** 3 hours  
**Day/Time:** Thurs., Mar. 10, 6:00 PM-9:00 PM  
**Location:** Webinar  
**Instructor:** Nicole Pierre

## 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., Jan. 29, 9:00 AM-12:00 PM  
**Location:** Child Care Choices in Frederick  
**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., Jan. 29, 12:30 PM-3:30 PM  
**Location:** Child Care Choices in Frederick  
**Instructor:** Crystal Burnett

## EMS Safety Infant/Child/Adult CPR Certification

See Previous Description.

**Fee:** \$50.00  
**Day/Time:** Sat., Mar. 5, 9:00 AM-12:00 PM  
**Location:** Washington County Held at Ritcheys Totlot Child Care Center  
**Instructor:** Crystal Burnett

## EMS Safety Basic First Aid

See Previous Description.

**Fee:** \$50.00  
**Day/Time:** Sat., Mar. 5, 12:30 PM-3:30 PM  
**Location:** Washington County Held at Ritcheys Totlot Child Care Center  
**Instructor:** Crystal Burnett

## EMS Safety Infant/Child/Adult CPR Certification

See Previous Description.

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

## EMS Safety Basic First Aid

See Previous Description.

**Fee:** \$50.00  
**Day/Time:** Sat., Apr. 9, 12:30 PM-3:30 PM  
**Location:** Child Care Choices in Carroll  
**Instructor:** Crystal Burnett

# Workshop Index

Date	Title	Time	Location	Pg#
Tues., Jan. 18	More Than A Fence: Reimagining Outdoor Spaces for Young Children	6:00 PM	Webinar	8
Thurs., Jan. 20	Planning the Day for Infants and Toddlers	6:00 PM	Webinar	8
Wed., Jan. 26	Basic Health and Safety with Breastfeeding in Child Care	6:00 PM	Webinar	9
Thurs., Jan. 27	The Benefits of Play	6:30 PM	Webinar	7
Sat., Jan. 29	EMS Safety Infant/Child/Adult CPR Certification	9:00 AM	CCC FR	11
Sat., Jan. 29	EMS Safety Basic First Aid	12:30 PM	CCC FR	11
Tues., Feb. 1	Understanding Attention Deficit Hyperactivity Disorder	6:30 PM	Webinar	10
Thurs., Feb. 3	Math and Science Board Books for Infants and Toddlers	6:30 PM	Webinar	8
Sat., Feb. 5	Medication Administration	9:00 AM	CCC FR	9
Tues., Feb. 8	Mindfulness and Yoga for Young Children and Adults	6:00 PM	Webinar	7
Thurs., Feb. 10	Cultural Competency in Early Childhood Education	6:00 PM	Webinar	7
Thurs., Feb. 17	Including All Children and the Americans with Disabilities Act (ADA)	6:00 PM	Webinar	11
Wed., Feb. 23	Center Aide Orientation	6:00 PM	Webinar	10
Thurs., Feb. 24	A Sense Of Place	6:30 PM	Webinar	8
Tues., Mar. 1	Making Meaningful Connections: Building the Foundation of the	6:00 PM	Webinar	7
Wed., Mar. 2	The Child Care Provider as a Professional	6:00 PM	Webinar	10
Thurs., Mar. 3	Baby Blocks: Helping Infants & Toddlers Grow	6:00 PM	Webinar	8
Sat., Mar. 5	EMS Safety Infant/Child/Adult CPR Certification	9:00 AM	Totlot	11
Sat., Mar. 5	EMS Safety Basic First Aid	12:30 PM	Totlot	11
Tues., Mar. 8	Creating a Writing Center from Dollar & Thrift Store Finds	6:00 PM	Webinar	8

## LOCATION KEY:

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

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

**Totlot** – Child Care Choices  
Training held at Ritchey's Totlot Child Care  
13514 Little Antietam Rd, Hagerstown, MD 21742

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



# Workshop Index

Date	Title	Time	Location	Pg#
Wed., Mar. 9	SIDS, SUID and Other Sleep-Related Infant Deaths	6:30 PM	Webinar	9
Thurs., Mar. 10	Supporting Children with Disabilities, Delays, and Special Health	6:00 PM	Webinar	11
Wed., Mar. 16	Family-Provider Partnerships	6:00 PM	Webinar	10
Wed., Mar. 23	Make Time Happen: Time Management Tips	6:00 PM	Webinar	10
Thurs., Mar. 24	Ants in Their Pants : Teaching Children Who Must Move to Learn	6:00 PM	Webinar	9
Tues., Mar. 29	Imagineering in the Classroom	6:00 PM	Webinar	9
Thurs., Mar. 31	Redesign Your Circle Time	6:00 PM	Webinar	9
Sat., Apr. 9	EMS Safety Infant/Child/Adult CPR Certification	9:00 AM	CCC CA	11
Sat., Apr. 9	EMS Safety Basic First Aid	12:30 PM	CCC CA	11

## LOCATE: Child Care Complaint Policy

Through the LOCATE service, parents share feedback with the LOCATE staff on the programs in the files: licensed child care centers, registered family child care providers and accredited preschools and camps. While this feedback is at times positive, it sometimes concerns complaints parents have about child caregivers. Of course, LOCATE and the Maryland Child Care Resource Network want to use this information in a way that is fair to providers and parents, while protecting children, as well.

Therefore, the LOCATE Complaint Policy was developed and has been in effect since its approval by the Maryland Committee for Children Board in November, 1983. According to this policy, all complaints made to LOCATE about child care providers/facilities are recorded. The type of complaint is then determined:

- Less Serious Complaint - No Violation: complaints which do not involve violations of child care regulations; complaints about situations which do not pose a threat to the safety, health or welfare of a child.
- Less Serious Complaint Involving Violation: complaints of any violation of Office of Child Care (OCC), Maryland State Department of Education (MSDE) regulations, and/or the Health Department which do not pose a threat to the health, safety or welfare of a child.
- Serious Complaint: any threat to the immediate health, safety, or welfare of a child.

When a parent calls LOCATE with a complaint, the referral specialist advises him/her to register the complaint directly with the appropriate regulatory agency and/or Protective Services. Names and telephone numbers of the person with whom the parent should speak are provided.

When a Serious Complaint is received concerning one of the providers of facilities in the LOCATE system, no referrals are made by the referral specialists to that provider/facility. The LOCATE Director also communicates with the appropriate regulatory agency personnel about the complaint, and maintains the "hold" on the provider/facility until the agency's disposition of the complaint is known. Should the investigation result in no action, the "hold" status is removed from that provider's/facility's records. Should the license or registration be revoked, the record is removed from the LOCATE files. Providers are advised of LOCATE's actions in writing.

A provider may appeal the LOCATE Director's decision to cease referrals. Appeals are first addressed to the LOCATE Advisory Committee. Final appeals may be made to the board of the Maryland Family Network. It is the position of LOCATE and MFN that the Complaint Policy is both fair and workable. Safeguards and due process are afforded to the care givers in the files, and parents' and children's rights to safety are addressed, as well. Any questions on this policy should be addressed to FloJean Speck, LOCATE: Child Care at Maryland Family Network, 410-659-7701 x259 or [fspeck@marylandfamilynetwork.org](mailto:fspeck@marylandfamilynetwork.org).

# 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](http://www.childcarechoices.info)

[childcarechoices@fcmha.org](mailto: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 WORKSHOP REGISTRATION FORM

226 S. Jefferson Street • Frederick, MD 21701 301-662-4549 • 410-751-2917

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 \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ County \_\_\_\_\_  
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 4. By signing below, you are acknowledging that you have read and agree to abide by all of our registration policies.

\_\_\_\_\_  
Signature Date

Workshop Title	Date(s)	Fee
TOTAL		

## 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](http://www.childcarechoices.info).

## 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**  
226 S. Jefferson St.  
Frederick, MD 21701



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



**MARYLAND CHILD CARE  
RESOURCE NETWORK**

#### **Main Office**

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

#### **Satellite Carroll Office**

255 Clifton Blvd., Suite 319, Westminster, MD 21157 Phone: 410-751-2917 Fax: 410-751-6094  
[childcarechoices@fcmha.org](mailto:childcarechoices@fcmha.org)  
[www.childcarechoices.info](http://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.