

Child Care Primer

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Child Care Advocacy

Each person who takes the steps necessary to become a child care provider cares about the well-being of young children and their families. In turn, each provider already advocates for children on a personal level. This is just one part of Child Care Advocacy. In order to make a difference, it is important to continue advocating on a higher level such as attending a Child Advocacy night, speaking with officials who influence policy and becoming informed about legislation.

Advocacy can happen in many ways. In addition to being an early childcare provider, providers can also advocate in the following ways:

- Gain knowledge of law creation and budgets
- Read bills and committee reports
- Stay up-to-date with public policy
- Contact elected officials via phone, mail and email
- Meet with elected officials

An important part of advocacy is contacting your elected officials. Letters or emails should be no more than one page in length, clearly identify the purpose of your letter as well as identifying yourself as a child care provider and indicating how proposed legislation will impact you and the children in your care. More information on what to include and information on advocacy in general can be found by visiting Maryland Family Network's Public Policy page at: <http://www.marylandfamilynetwork.org/public-policy/advocacy-guide/>. If you are interested in contacting your elected officials, a list can be found on page 18.

Interested in Carpooling?

Child Care Choices will be attending the Evening for Children's Advocacy night and would love for you to join us.

We will be leaving Child Care Choices in Frederick at 2pm.

If you are interested in carpooling, please RSVP to Christie Berkey at cberkey@fcmha.org.

More information on the 2020 Evening for children's Advocacy can be found on **page 18**.



For more information on your elected officials, please visit the following website: <https://maryland.maps.arcgis.com/apps/webappviewer/index.html?id=177afa87a67746a4ac5496b2d0897fb7>.

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

The 2020 Evening for Children's Advocacy in Annapolis is one way to advocate for child care by meeting with elected officials about the importance of quality early child care learning beginning at birth. Child Care Providers who are currently a part of the Maryland Child Care Credential can also receive a PAU for attending. See more information on page 18. To register for the **2020 Evening for Children's Advocacy in Annapolis** and receive a PAU for attending, please visit the following website: <http://marylandfamilynetwork.nonprofitsoapbox.com/eveninginannapolis>.

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Save the Date

29th Annual Training Day for Child Care Professionals

The Training Day will be held on
Saturday, April 18th.

More information to follow.

31st Annual Children's Festival



The 31st Annual Children's Festival will be held
in Baker Park on April 25th! Look for
information on our website in February.
www.childcarechoices.info.

The Children's Festival Committee is also looking
for interested people to join the planning
committee. The first meeting is January 2nd
from 12-1pm at MHA, 226 S. Jefferson Street in
the George L. Shields Community Services Wing.

Please contact Patty Morison
pmorison@fcmha.org if interested.

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.

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

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

Joy Nichols-Fountain x239 jnichols-fountain@fcmha.org
Early Childhood Specialist

Samantha Carter x327 scarter@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

Resource Center Closings



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

January 1st, New Year's Day
January 15th, Staff Training Day
January 20th, Martin Luther King, Jr. Day
February 17th, Presidents' Day

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

WELCOME NEW STAFF



Please Welcome **Joy Nichols-Fountain** to the Child Care Choices Team.

"It is wonderful to be a part of Child Care Choices Early Childhood Specialist Team! I am looking forward to helping and assisting the community with the many dynamic services we offer. I started my career in the early childhood field as a tutorial assistance for a local middle school

where I attended college in Georgia. After that experience, I realized working with youth was in my future. I declared my major in Psychology and my minor in Education.

I returned to Maryland and began working in a child care center after college graduation as an infant teacher and was soon delegated to work with all ages in the center. After leaving the classroom I pursued a position as a Child Care Education Director and remained in this area of the field. While working as a director I volunteered with Head Start as their Parent Board Chairperson for several years and with other youth organizations in the Frederick County community. In my spare time I like to go salsa dancing, vacation at the beach and spend time with my 4 children!" ~ Joy

Please Welcome **Samantha Carter** to the Child Care Choices Team.



"I am very excited to be the newest Early Childhood Specialist to join Child Care Choices. I attended Saint Francis University in Pennsylvania and graduated with a BA in Psychology along with a minor in Sociology and Education. I returned home after graduation and began working for the YMCA of Frederick County's child care department. In the fall of 2016, I became a substitute director at the YMCA of Frederick County. While in that position, I gained experience working with a wide variety of children in the Before and After School Enrichment Program, Head Start, the Early Learning Center and Kids Unlimited, a camp for children with special needs. I have had a desire to work with children since a young age and have a special place in my heart for children with social, behavior and developmental needs. I am thrilled to be utilizing my degree and my experience at Child Care Choices to assist child care programs. I live in Frederick with my husband and our 2 year old Norwegian Elkhound dog. In my free time I enjoy spending time with my family. " ~Sami

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.

Discounted Training Opportunities

Early Intervention Coaching in Child-Care Settings—Creating an Infants and Toddlers Dream Team

Presented by staff from Frederick County Infants and Toddlers Program

FCITP staff will provide an overview of the Infants and Toddlers Program and describe the process for how a child is determined eligible for services; describe the three targeted child outcome areas and how they influence our current practices; review what reflective coaching looks like with an emphasis on what it can look like in a child-care setting; and explore strategies for how we can work with you, together with families, to create an “early intervention dream team” providing meaningful, integrated, and collaborative services to children with special needs in your care.

Fee:	\$15.00
Clock Hours:	2 hours
Day:	Wed., Apr. 15
Time:	7:00 PM-9:00 PM
Location:	Child Care Choices Frederick

Trauma-Informed Mindfulness, Breath & Movement for the Early Childhood Classroom

Immerse yourself in different aspects of self-regulation which will help you and the children you work with manage the stress of transitions, conflicts, and emotional ups and downs. You will have a chance to observe, practice and partner-teach each skill so you will be ready to incorporate these practical skills into your everyday program. You will also learn how the specific self-regulation activity affects the physiology of the stress response and how to incorporate trauma-informed and permission-based language into your program to increase your effectiveness in working with trauma-affected children.

Fee:	FREE
Clock Hours:	3 hours
Time:	8:30 AM-11:30 AM
Choose one:	1/25/20 at Sol Yoga <i>or</i> 2/8/20 at Child Care Choices Frederick (Snow Date: 2/22/20 at Sol Yoga)

Discounted Training Opportunities

Remember the Waverley Elementary Trainings? They are coming to Thurmont Primary School as well.

The following Thurmont and Waverley classes are \$20.00 each.
If you sign up for all three classes, you will receive a \$15.00 discount and receive all three for \$45.00.

Providers will also receive materials in each class that can be used in their programs!

Seating is limited so please sign up quickly to reserve your spot.

<p>Music & Movement Tuesday, March 3, 2020 7:00–9:00 pm Thurmont Primary School 7989 Rocky Ridge Road Thurmont, MD 21788</p>	<p>Mind, Brain & Education Tuesday, March 24, 2020 7:00–9:00 pm Thurmont Primary School 7989 Rocky Ridge Road Thurmont, MD 21788</p>	<p>Restorative Practices Wednesday, April 29, 2020 7:00–9:00 pm Waverley Elementary School 201 Waverley Drive Frederick, MD 21702</p>
<p>Our Music & Movement session will be presented by two Frederick County Public School educators who focus on music education and physical education.</p> <p>Children love music and appreciate any opportunities they have to get up and move around in the classroom. Giving children the opportunity to listen to music, play instruments, experiment with sound, and move their bodies is vital in early care environments.</p> <p>A music and movement center can help children develop their gross and fine motor skills, improve their balance and coordination, hone their listening skills, and learn about cultures around the world.</p> <p>Come learn about how you can incorporate more music and movement with children you serve. Also, learn how you can set up a music and movement learning center within your programs</p>	<p>During the Mind, Brain & Education session you will learn about the importance of understanding the brain in order to best meet the needs of the children you serve.</p> <p>Presenters will focus on how the brain is changed by experience, how it can be rewired with different experiences, strategies everyone working with children can use to be sure students' brains are ready to learn, and strategies to allow for processing time.</p> <p>Come to this session and learn how you can best meet the needs of your children!</p> <div data-bbox="565 1457 1019 1898" style="text-align: center;"> <p>\$20 each or 3 for \$45</p> </div>	<p>During the Restorative Practices session, you will get to work with Waverley Elementary School's School Counselor and Behavior Support Specialist who serve PK-5th grade students. These presenters will be focusing on how you can build a strong climate through restorative practices. Restorative circles are an element of restorative practices and these help our children with:</p> <ul style="list-style-type: none"> • Community building • Conflict resolution within the classroom • instruction application • an opportunity for an equal sharing of ideas • academic and behavioral goal setting <p>When we focus on building a strong climate through restorative practices then:</p> <ul style="list-style-type: none"> • Higher math achievement is seen in grades K-3 • Higher academic optimism of teachers is seen • Lower body mass index for students is a factor <p>Come join in the learning of restorative practices and understand how YOU can provide the foundation of restorative practices for your children moving into the public-school system.</p>

Training Calendar

Workshop Registration Policies



New Workshops

Vertical Learning: Creative Uses of Classroom Walls

Cultivating Creative Problem Solvers

Pyramid Model for Preschool Classrooms

Jumping Into Science

Treat Yourself

Literacy Activities from the Mobile Literacy Lab

Redesign Your Circle Time

and many 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 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.

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

NEW!

Vertical Learning: Creative Uses of Classroom Walls

With a concentration of children's activities being on flat horizontal surfaces, the vertical surfaces of the classroom are often overlooked as a place for active child engagement and learning which can support child development. This workshop will take a new and fresh look at the ways to use vertical surfaces to enhance a child's learning experience and how these spaces can benefit child development.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Wed., Jan. 22, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Michele Stottlemeyer

NEW!

Cultivating Creative Problem Solvers

Teachers lose valuable instruction time to time spent mediating conflicts between students. In this training participants will learn how to teach their young students to manage their emotions and resolve conflicts collaboratively with their peers. Participants will also practice appropriate responses to resolving conflict.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Tues., Jan. 28, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Bunny Edgerton

NEW!

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: \$20.00 **Clock Hours:** 2 hours
Day/Time: Wed., Feb. 5, 7:00 PM-9:00 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Bunny Edgerton

"Great activities—Great handouts with examples for things to do and use in our classrooms." ~From a Provider who attended the "How to Develop Critical Thinking Skills in Children" Workshop

NEW!

How to Develop Critical Thinking Skills in Children

In this workshop, participants will learn about early brain development and why the most important time to develop critical thinking skills is in preschool. Participants will learn what early childhood educators and care providers need to do to help students flourish academically. **1.5 hours Child Development and 1.5 hours Curriculum**

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., Feb. 27, 6:30 PM-9:30 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Aurora Sanchez

NEW!

Pyramid Model for Preschool Classrooms – Module 1: Building Nurturing & Responsive Relationships and Creating Supportive Environments

Join us as we delve into evidence-based approaches, activities, strategies and best practices related to healthy social and emotional development for young children. Module 1 focuses on the intricacies and intentionality of nurturing and facilitating responsive relationships, high quality supportive environments for children, and the critical role of teaching personnel. **Must attend both sessions to receive certificate.**

Fee: \$50.00 **Clock Hours:** 6 hours
Day/Time: Wed., Mar. 4 & 11, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Margie Powell

NEW!

Toddler Patterns of Learning: Play Schemas

Young children exhibit repeated patterns in play called schemas that help them to formulate knowledge. In this workshop we will take a closer look at play schemas and how they can help inform planning to meet the needs of children.

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



Professional Development Assistance Needed?

Help is available by appointment on Wednesday nights in Frederick County and Monday nights in Carroll County.

Please make sure to call ahead to guarantee a staff member is available to assist you. For more information or to make an appointment call 301-662-4549 or email childcarechoices@fcmha.org.

NEW!

Pyramid Model for Preschool Classrooms – Module 2: Targeted Social Emotional Supports

Join us as we delve further into evidence-based approaches, activities, strategies and best practices related to healthy social (S) and emotional (E) development for young children. Module 2 builds upon Module 1 and focuses on preventative measures to alleviate challenging behavior, tools and skills for teaching SE literacy and intelligence skills, friendship skills, anger and impulse control, and problem solving. *(Prerequisite: Module 1)*. **Must attend both sessions to receive certificate.**

Fee: \$50.00 **Clock Hours:** 6 hours
Day/Time: Wed., Mar. 25 & Apr. 1, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Margie Powell

NEW!

Behavior Guidance for Infants and Toddlers

This training will outline the developmentally appropriate, yet sometimes challenging, behaviors of children, birth through age 3. Providers will complete the training with new strategies to implement with children in their programs. Participants will begin to develop the knowledge and strategies necessary to properly redirect children's negative or challenging behaviors into positive and appropriate behaviors.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., Mar. 26, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Michele Stottlemeyer

NEW!

Nurturing Brain Development

In this workshop we will look at the science of infant brain development and focus on caring techniques that promote brain development, social emotional development and communication.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., Apr. 9, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Michele Stottlemeyer

Recognizing and Responding to Challenging Behaviors

This workshop reviews the importance of recognizing challenging behaviors. Participants will learn what challenging behaviors look like, how to identify them, and what they can do to help. Participants will also learn how to create written observations of behaviors to identify patterns and implement strategies to prevent challenging behaviors from occurring.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Tues., Apr. 21, 6:30 PM-8:30 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Fawn Turner

2020 Frederick County Car Seat Check-up Events *By Appointment Only*

83% of Maryland car seats are installed incorrectly. Could yours be one of them?

April 17 and May 15
10 am–1 pm

Mental Health Association
226 S Jefferson St
Frederick, MD 21701

Clients with appointments will be seen first

Make an appointment:
Text 240-877-4087
Call 301-600-3326

Email SafeKids@FrederickCountyMD.gov

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., Apr. 15, 6:30 PM-9:30 PM
Location: Child Care Choices Carroll
Audience/Level: All, All
Instructor: Nicole Monroe

NEW!

Encouraging Imaginative Play

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.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Wed., Jan. 15, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Bunny Edgerton

Professional Development 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 at your location for staff professional development including 2-hour, 3-hour, and 6-hour workshops to satisfy licensing and credentialing requirements.

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

Workshops are in all Core of Knowledge Areas and a wide variety of topics such as Literacy, STEAM, Infant/Toddler, Dual Language Learners, Quality Improvement, and more.

For more information please contact
 Christie Berkey
Phone: 301.662.4549
Email: cberkey@fcmha.org

Get your professional development days on the books early!

NEW!

Jumping Into Science

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.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Thurs., Jan. 23, 6:30 PM-8:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Sarah Martin

Engaging Indoor Activities for Inclement Weather

How do you keep children learning and engaged when the weather is bad? This training will review the teachable moments that exist when children cannot go outside; and you will learn how to choose and plan for a variety of indoor classroom activities. Try out some fun large and small group activities!

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Tues., Feb. 4, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Kathy Bish

“The kids will love new things to do and look forward to new exciting games and stories to listen and do.” ~From a Provider who attended the “Engaging Indoor Activities for Inclement Weather” Workshop

Register Early!

Classes with low enrollment will be cancelled so don't delay!

NEW!

More than Twinkle Twinkle: Using Music with Infants and Toddlers

Music and movement is a fun way to help infants and toddlers increase vocabulary, and build muscle tone and social connections. This workshop explores the many ways in which music and movement for infants and toddlers can be incorporated into classroom as well as individualizing music and movement to meet the needs of individual children in your program.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., Mar. 5, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Michele Stottlemeyer

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. While 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: Mon., Mar. 9, 6:30 PM-9:30 PM
Location: Child Care Choices Carroll
Audience/Level: All, All
Instructor: Nicole Monroe

NEW!

Literacy Activities from the Mobile Literacy Lab

This "make and take" session will provide participants with ideas and activities to extend learning through the use of children's literature and discover how to identify quality resources.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., Mar. 12, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Michele Stottlemeyer

NEW!

Exploring Social Studies Concepts with Children's Books

Young children are naturally curious about the people and places in their world, this desire to learn about their world is what social studies is all about. Creating a learning environment that encourages exploration of our world and its people is an important component of early education. Children's literature that focuses on the various concepts of social studies is an ideal catalyst to help children learn about the world and its peoples.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Wed., Mar. 18, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Kathy Bish

NEW!

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 to implement these routines and experiences appropriately. Participants will also have an opportunity to explore and analyze daily schedules and lesson plan formats and find resources to assist them in planning developmentally appropriate activities.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., Apr. 2, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Michele Stottlemeyer

Developmentally Appropriate Practice: Recognizing the Essentials

This training teaches the 5 essentials of Developmentally Appropriate Practice (DAP) so that providers can use knowledge about child development to create a program that is suitable for the age and stage of development of their children in their group. The 5 essentials of DAP are: age appropriateness, individual appropriateness, child-guided and teacher guided experiences, cultural and social responsiveness, and play.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Tues., Apr. 7, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Emily Tex

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., Feb. 22, 9:00 AM-4:00 PM
Location: Child Care Choices in Frederick
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.

Please contact the office if you have any additional questions.

Medication Administration

See previous description.

Fee: \$60.00 **Clock Hours:** 6 hours
Day/Time: Sat., Mar. 14, 9:00 AM-4:00 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: HealthLink

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: Wed., Mar. 18, 6:30 PM-9:30 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Nicole Pierre

SIDS, SUID and Other Sleep-Related Infant Deaths (Webinar)

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. **An email account and computer access with speakers are required.**

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Mon., Mar. 23, 6:30 PM-8:30 PM
Location: WEBINAR
Audience/Level: All, All
Instructor: Terry Falkenberg

SIDS, SUID and Other Sleep-Related Infant Deaths

See previous description.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Mon., Apr. 13, 7:00 PM-9:00 PM
Location: Child Care Choices Carroll
Audience/Level: All, All
Instructor: Aurora Sanchez

Basic Health and Safety

See previous description.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Tues., Apr. 14, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Nicole Pierre

Volunteer Hours/ PAUs 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.

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

NEW!

Treat Yourself

This training addresses the importance of self-care for teachers and administrators. Through self-reflective, hands-on activities and experiences, teachers will explore and increase their familiarity with best practices in self-care, including breathing techniques, using mantras, getting enough rest, and feeling gratitude. Providers will create a plan to increase the use of self-care strategies in their program. **1 hour Professionalism and 1 hour Special Needs**

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Thurs., Feb. 20, 6:30 PM-8:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Sarah Martin

NEW!

It's Conference Time

In this workshop participants will dive into the benefits and the planning steps to implement successful family/teacher conferences. It is important to establish a consistent line of communication with families. Conferences provide programs the opportunity to build a rapport with families, share important information about their child's development as well a time for teachers to learn from families.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Tues., Feb. 25, 7:00 PM-9:00 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Nicole Monroe

NEW!

Making Contracts and Policies Work for Your Family Child Care

Educators learn the importance of putting everything in writing so it is clear what is expected of the child care provider and what is expected of the parent. This helps child care providers understand the business side of child care and why it is important to create policies.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Tues., Mar. 10, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Emily Tex

NEW!

Beyond Management: How to Be An Effective Leader

In this workshop, participants will recognize differences between leadership and management and identify specific characteristics of people whom they consider to be effective leaders.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., Mar. 19, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Michele Stottlemyer

"I feel that I can better assist the children who take medications in my classroom.

~From a Provider who attended the "Medication Administration" Workshop

Introduction to NAFCC Accreditation

This workshop will explain the basics of family child care accreditation including: self-study, application, observation, and award decision and will address provider questions and concerns regarding the process, support groups, and funding.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Mon., Mar. 30, 6:30 PM-8:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Christie Berkey

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

Using Art to Heal Trauma

Giving children opportunities to express themselves through creative art activities enables them to process experiences that trouble them. Explore the impact of trauma on the developing brain and explore the benefits to children of open art centers and free expressive art.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Tues., Jan. 14, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Emily Tex

NEW!

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! **1 hour Special Needs and 2 hours Curriculum**

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

All Children Are Gifted

Understanding the special needs of children prepares child development professionals to create environments and programs for the children in their care.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Tues., Feb. 18, 7:00 PM-9:00 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Aurora Sanchez

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., Mar. 3, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Nicole Pierre

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

See previous description.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Wed., Apr. 1, 6:30 PM-9:30 PM
Location: Child Care Choices Carroll
Audience/Level: All, All
Instructor: Nicole Pierre

Supporting Breastfeeding in Child Care

Available in class or as a webinar

This training meets the Pre Service requirements for child care providers caring for children under the age of two.

You will receive a certificate for .5 hour of continued training for only \$5.00.

Webinar:

Wed., Feb. 26, 6:30-7:00pm

*Email and computer access with speakers are **required**.*

Carroll County:

Mon., Apr. 13, 6:30-7:00pm



Inclement Weather Policy



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

If voice mail answers, dial extension 170.

National Safety Council Basic

First Aid - 2 Year Card

This course is appropriate for all child care providers who need to learn or review basic first aid. Three-year course completion cards are included and satisfy all child care requirements.

Fee: \$50.00

Day/Time: Sat., Feb. 1, 9:00 AM-12:00 PM

Location: Child Care Choices in Frederick

Instructor: Sharan Koza

National Safety Council Infant/Child/Adult CPR

The National Safety Council CPR Program includes Adult, Infant, Child CPR, and choking procedures. This course satisfies all state requirements.

Fee: \$50.00

Day/Time: Sat., Feb. 1, 12:30 PM-3:30 PM

Location: Child Care Choices in Frederick

Instructor: Sharan Koza

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

National Safety Council Basic

First Aid - 2 Year Card

This course is appropriate for all child care providers who need to learn or review basic first aid. Three-year course completion cards are included and satisfy all child care requirements.

Fee: \$50.00

Day/Time: Sat., Apr. 4, 9:00 AM-12:00 PM

Location: Child Care Choices in Carroll

Instructor: Sharan Koza

National Safety Council Infant/Child/Adult CPR

The National Safety Council CPR Program includes Adult, Infant, Child CPR, and choking procedures. This course satisfies all state requirements.

Fee: \$50.00

Day/Time: Sat., Apr. 4, 12:30 PM-3:30 PM

Location: Child Care Choices in Carroll

Instructor: Sharan Koza

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 x165 or sportillo@fcmha.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.**

Frederick County

Frederick Office of Child Care
5303 Spectrum Drive Suite G, Frederick

Maryland EXCELS Support Group

6:30 pm – 8:30 pm

January 6

January 20

Maryland EXCELS Training

6:30 pm – 8:30 pm

January 13: Writing Quality Policies and Procedures: How to Develop and Document Daily Practices
February 10: The Value of Positive Guidance

Carroll County

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

Maryland EXCELS Support Group

6:00 pm – 8:00 pm

January 13

February 10

March 16

April 20

Workshop Index

Date	Title	Time	Location	Pg#
Tues., Jan. 14	Using Art to Heal Trauma	6:30 PM	CCC FR	14
Wed., Jan. 15	Encouraging Imaginative Play	6:30 PM	CCC FR	10
Wed., Jan. 22	Vertical Learning: Creative Uses of Classroom Walls	6:30 PM	CCC FR	8
Thurs., Jan. 23	Jumping into Science	6:30 PM	CCC FR	10
Tues., Jan. 28	Cultivating Creative Problem Solvers	6:30 PM	CCC FR	8
Thurs., Jan. 30	Redesign Your Circle Time	6:30 PM	CCC CA	14
Sat., Feb. 1	National Safety Council Basic First Aid	9:00 AM	CCC FR	15
Sat., Feb. 1	National Safety Council Infant/Child/Adult CPR	12:30 PM	CCC FR	15
Tues., Feb. 4	Engaging Indoor Activities for Inclement Weather	6:30 PM	CCC FR	10
Wed., Feb. 5	The Benefits of Play	7:00 PM	CCC FR	8
Tues., Feb. 18	All Children Are Gifted	7:00 PM	CCC CA	14
Thurs., Feb. 20	Treat Yourself	6:30 PM	CCC FR	13
Sat., Feb. 22	Medication Administration	9:00 AM	CCC FR	12
Tues., Feb. 25	It's Conference Time	7:00 PM	CCC CA	13
Wed., Feb. 26	Supporting Breastfeeding in Child Care	6:30 PM	Webinar	14
Thurs., Feb. 27	How to Develop Critical Thinking Skills in Children	6:30 PM	CCC CA	8
Tues., Mar. 3	Music & Movement	7:00 PM	TPS	6
Tues., Mar. 3	Including All Children and the Americans with Disabilities Act (ADA)	6:30 PM	CCC FR	14
Wed., Mar. 4 & Wed., Mar. 11	Pyramid Model for Preschool Classrooms - Module 1	6:30 PM	CCC FR	8
Thurs., Mar. 5	More than Twinkle Twinkle: Using Music with Infants and	6:30 PM	CCC FR	11
Mon., Mar. 9	Chatting with Children: Interactions That Go Places	6:30 PM	CCC CA	11
Tues., Mar. 10	Making Contracts and Policies Work for Your Family Child Care	6:30 PM	CCC FR	13
Thurs., Mar. 12	Literacy Activities from the Mobile Literacy Lab	6:30 PM	CCC FR	11
Sat., Mar. 14	Medication Administration	9:00 AM	CCC CA	12
Wed., Mar. 18	Exploring Social Studies Concepts with Children's Books	6:30 PM	CCC FR	11
Wed., Mar. 18	Basic Health and Safety	6:30 PM	CCC CA	12
Thurs., Mar. 19	Beyond Management: How to Be An Effective Leader	6:30 PM	CCC FR	13
Mon., Mar. 23	SIDS, SUID and Other Sleep-Related Infant Deaths	6:30 PM	Webinar	12

Workshop Index

Date	Title	Time	Location	Pg#
Tues., Mar. 24	Toddler Patterns of Learning: Play Schemas	6:30 PM	CCC CA	8
Tues., Mar. 24	Mind, Brain & Education	7:00 PM	TPS	6
Wed., Mar. 25 & Wed., Apr. 1	Pyramid Model for Preschool Classrooms – Module 2	6:30 PM	CCC FR	9
Thurs., Mar. 26	Behavior Guidance for Infants and Toddlers	6:30 PM	CCC FR	9
Mon., Mar. 30	Introduction to NAFCC Accreditation	6:30 PM	CCC FR	13
Wed., Apr. 1	Including All Children and the Americans with Disabilities Act (ADA)	6:30 PM	CCC CA	14
Thurs., Apr. 2	Planning the Day for Infants and Toddlers	6:30 PM	CCC FR	11
Sat., Apr. 4	National Safety Council Basic First Aid	9:00 AM	CCC CA	15
Sat., Apr. 4	National Safety Council Infant/Child/Adult CPR	12:30 PM	CCC CA	15
Tues., Apr. 7	Developmentally Appropriate Practice: Recognizing the Essentials	6:30 PM	CCC FR	11
Thurs., Apr. 9	Nurturing Brain Development	6:30 PM	CCC FR	9
Mon., Apr. 13	Supporting Breastfeeding in Child Care	6:30 PM	CCC CA	14
Mon., Apr. 13	SIDS, SUID and Other Sleep-Related Infant Deaths	7:00 PM	CCC CA	12
Tues., Apr. 14	Basic Health and Safety	6:30 PM	CCC FR	12
Wed., Apr. 15	Creating Culturally Rich Environments with Loose Parts	6:30 PM	CCC CA	10
Wed., Apr. 15	Early Intervention Coaching in Child-Care Settings—Creating an Infants and Toddlers Dream Team	7:00 PM	CCC FR	5
Tues., Apr. 21	Recognizing and Responding to Challenging Behaviors	6:30 PM	CCC CA	9
Wed., Apr. 29	Restorative Practices	7:00 PM	WAVE	6

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

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

TPS – Thurmont Primary School
7989 Rocky Ridge Road, Thurmont

WAVE – Waverley Elementary School
201 Waverly Drive, Frederick

An Evening for Children's Advocacy

Who Are Your Elected Officials?

Governor -
Lawrence J. Hogan Jr.

Lt. Governor -
Boyd K. Rutherford

Attorney General -
Brian E. Frosh

Comptroller -
Peter Franchot

US Senators:
Benjamin L. Cardin
Christopher Van Hollen Jr.

Carroll County

US Representative: 8TH District
Jamin B. (Jamie) Raskin

State Senator: District 5
Justin D. Ready

State Delegates: District 5
Susan W. Krebs
April R. Rose
Haven N. Shoemaker Jr.

Frederick County

US Representative: 6TH District
David Trone

State Senator: District 3A
Ronald N. Young

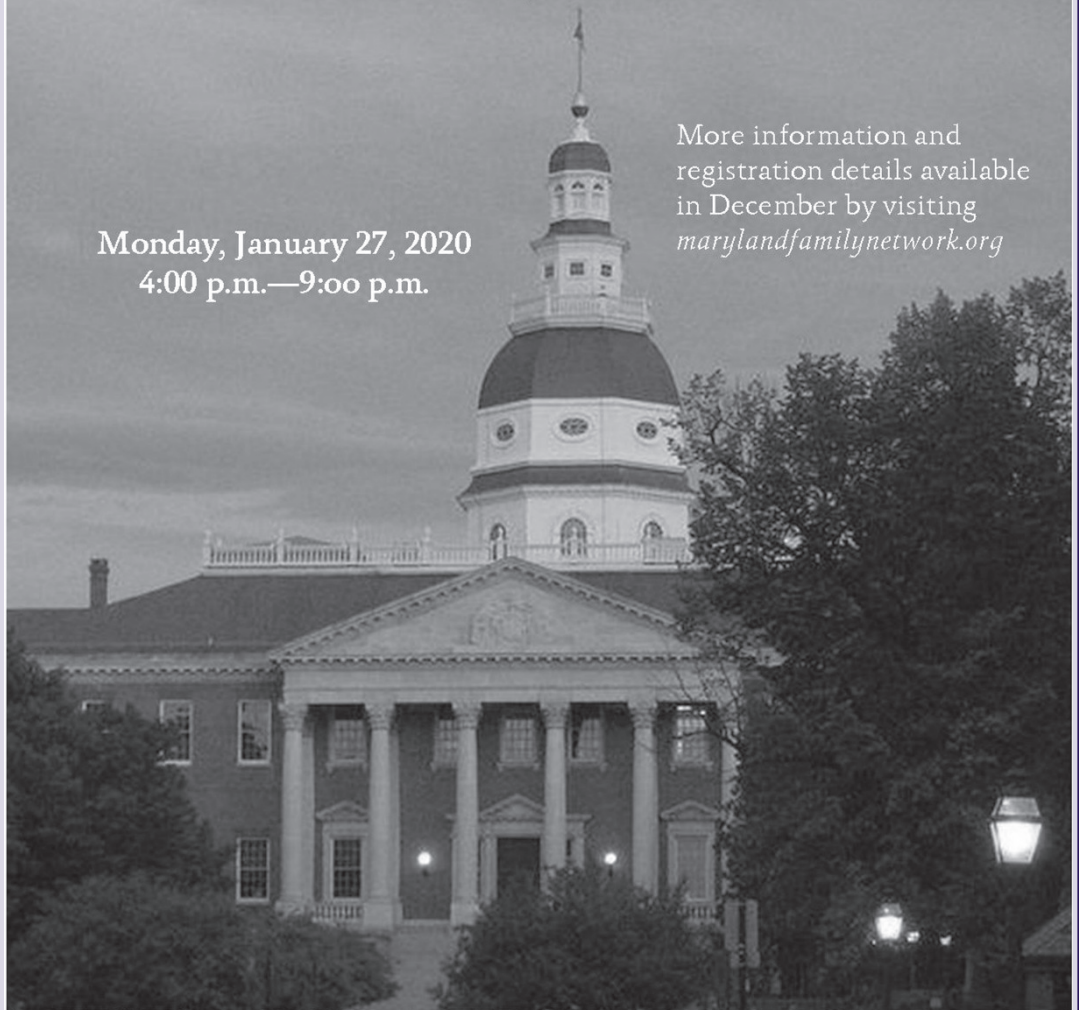
State Delegates: District 3A
Carol L. Krimm
Karen Lewis Young

Save the Date An Evening for Children's Advocacy

Make your voice heard in Annapolis at this annual event for early childhood educators.

Monday, January 27, 2020
4:00 p.m.—9:00 p.m.

More information and registration details available in December by visiting marylandfamilynetwork.org



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.

We have bundle packages and a large number of individual core of knowledge courses available.

Sign up at www.childcarechoices.info and go to our Professional Development page. Please call us if you have any questions!

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 7. 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.

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**

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.