

Child Care Primer

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

No Small Matter

Press Release

No Small Matter is the first feature documentary to explore the most overlooked, underestimated, and powerful force for good in America today: early childhood education. Through poignant stories and surprising humor, the film lays out the overwhelming evidence for the importance of the first five years, and reveals how our failure to act on that evidence has resulted in an everyday crisis for American families, and a slow-motion catastrophe for the country.

No Small Matter is built from stories of real children, families, and teachers, illustrating the impact of high-quality early childhood experiences. We meet parents who are struggling to do their best for their kids, incredible teachers who model what early childhood classrooms should and could be like, and children learning and developing in real time. These positive, hopeful stories serve as motivational tools in both the film and the No Small Matter campaign: Change is necessary, critical, and attainable if we put our minds to it.

The film is also firmly grounded in science, opening up the “black box” of what’s happening inside children’s brains with exciting, stimulating animation and the voices of compelling scientists, physicians, and ECE experts. Using findings from message framing reports (Frameworks Institute), behavioral economists such as James Heckman, and the latest research in brain imaging and child development, we break down complicated scientific details into layman’s terms, demystifying prevailing ideas that hinder our thinking about children’s behavior, and paving the way for us all to see what children need more clearly. When it comes to understanding the incredible dynamism of how a child’s mind develops, seeing is believing — from firing neurons to still face experiments — and these illustrations drive home the critical nature of these early years.

Most important of all, the facts and figures in the film must stick with the viewer and drive them to act. From celebrity parent cameos to the “marshmallow test” with Cookie Monster to hilarious moments with the children we meet along the way — all will help No Small Matter move the viewer in ways that a fact sheet simply cannot.

Film Screening *No Small Matter*

Child Care Choices and Maryland Association for the Education of Young Children are hosting a screening of this documentary with discussion afterwards.

Tuesday, May 14, 2019
6:30-9:30pm
2 hours COK Professionalism
FREE

Registration is required as seating is limited.
Light refreshments will be served.

See page 6 for flyer.

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ACHIEVING QUALITY STANDARDS In Your Program

All programs and providers have the opportunity to contribute and commit to a common goal that all children should be provided the highest quality care and education.

Quality depends on our efforts to be prepared professionally and to participate in continuous professional development. This goes beyond meeting licensing requirements.

So how do you do this? You can begin by signing up for our new workshop, "Achieving Quality Standards in Early Education."

This workshop will walk you through the different resources and tools for meeting quality standards.

You can follow this up with a visit to the Resource Center in your area for Technical Support, Support Groups and Training.

For more information, see page 14.

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

Michele Stottlemeyer x239 mstottlemeyer@fcmha.org
Early Childhood Specialist

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

Carroll County Office

(410) 751-2917

Kendall Riegert kriegert@fcmha.org
Carroll County Coordinator

Fawn Turner fturner@fcmha.org
Early Childhood Specialist

Nancy Barry nbarry@fcmha.org
Resource Center Specialist

Resource Center Closings

The Resource Room in both
Frederick and Carroll Counties
will be closed for the following days:



Monday, May 27th
Thursday, July 4th

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

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.

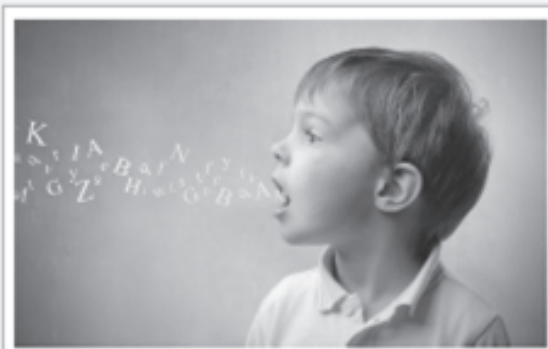
When a parent calls LOCATE with a complaint, the referral specialist advises him/her to register the complaint directly with the appropriate regulatory agency and/or Protective Services. Names and telephone numbers of the person with whom the parent should speak are provided.

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.

ARTICULATION: Fostering the Transition from Child Care to Public School



Do you want to help children successfully transition from your child care program to the public schools? Want to learn how to make your teaching even more effective? Come and learn about best practices and ideas for articulating with teachers in all settings. You will leave the session with ideas for scheduling articulation meetings, holding meetings that will benefit both providers and teachers, and ways to support children as they transition. **All materials will be provided.**



Day/Time: Mon., May 6, 2019, 6:00-8:00pm

Fee: \$10

Clock Hours: 2 hours Professionalism

Location: Hillcrest Elementary

1285 Hillcrest Drive, Frederick, MD 21703

Questions? Call Leslie Frei at
301-696-6809 Ext. 66809

Call Child Care Choices today to register at 301-662-4549 or go to the Child Care Choices website at www.childcarechoices.info to register online.

NO SMALL MATTER

YOU'RE INVITED!! *No Small Matter* Screening

May 14, 2019
6:30-9:30 PM

Child Care Choices, a Program of the Mental Health Association
226 South Jefferson Street, Frederick, MD, 21701

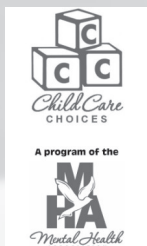
No Small Matter is the first feature documentary to explore the most overlooked, underestimated, and powerful force for good in America today: early childhood education.

Through poignant stories and surprising humor, the film lays out the overwhelming evidence for the importance of the first five years, and reveals how our failure to act on that evidence has resulted in an everyday crisis for American families, and a slow-motion catastrophe for the country.

Join MDAEYC for an exciting evening of entertainment, networking and conversation. Participate in a discussion around the importance of elevating the early childhood profession. Gain information and resources to get involved and make an immediate impact in the lives of young children.

Participants will receive 2 training hours in Professionalism.

Visit www.mdaeyc.org for more information and to register.
Reserve your spot today! Seats are limited.



mdaeyc

Maryland Association for the
Education of Young Children



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



MARYLAND CHILD CARE
RESOURCE NETWORK



This year, “Don’t Fry Day”
To Encourage Sun Safety Awareness,
is May 24, 2019.

To help reduce rising rates of skin cancer from overexposure to the ultraviolet (UV) rays of the sun, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as “*Don’t Fry Day*” to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors.

There are many ways to encourage sun safety in your program. Before heading outside remember to: apply a broad-spectrum, water-resistant sunscreen, wear protective clothing, wear polarized sunglasses, and limit the time in the sun when the rays are most intense, usually between 10am and 4pm.

You can find more information about sun safety and ways to include it into your program at <https://www.skincancerprevention.org/programs/dont-fry-day> and <https://www.neefusa.org/sunwise>.

Maryland EXCELS

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

For more information contact:

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

2019 Training at the Office of Child Care (Frederick)

May 13 - Cultural Competency: What does it really mean?

June 10 - Get to Know 2.0

July 15 - Inclusive Practice and Maryland EXCELS

August 12 - Maryland EXCELS: Level 3 Aiming for Higher Quality

2019 Support/Work Groups (Frederick)

May 6 & May 20

June 3 & June 17

July 8 & July 22

August 5 & August 19

Training Calendar

Workshop Registration Policies



**New
Workshops**

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

Summer Science Activities
for Preschool Children

Hands-On Art for Twos

Early Childhood STEAM

Creating Preschool Coding

Achieving Quality Standards
in Early Education

How to Navigate Conflict in
the Workplace

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

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

NEW!

Resiliency and Adverse Childhood Experiences (ACEs)

The powerful documentary, *Resilience: The Biology of Stress and the Science of Hope*, explores the profound long-term effects of toxic stress, a condition that, sadly, affects many of the young children in our community and has a direct correlation to adult health problems such as heart disease, cancer and obesity. Large and small group interactive discussion after screening the film will center on the scientific data and offer solutions to help children deal with and overcome the effects of toxic stress. Participants will identify the effects of toxic stress on the body and discover ways to increase resilience in children.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Wed., May 22, 7:00 PM-9:00 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Patty Morison

NEW!

Adverse Childhood Experiences (ACEs) & Trauma Informed Care

This training builds upon the workshop: *Resiliency and Adverse Childhood Experiences*, a **prerequisite for this course**. Environments that promote safety and trust, both at home and in your programs, help young children heal from traumatic experiences by restoring a feeling of control and predictability. Learn how ACEs affect the development of the brain, and consequentially, how children ultimately behave and what you as the child care provider can do to teach resilience to mitigate the harm.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Wed., June 12, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Patty Morison

Are you looking to get more involved in your profession? Do you want to network with other providers ?

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

For more information see page 18

Kids in Motion: Music and Movement Activities for the Whole Child

This highly interactive training incorporates current research and theory on the benefits of music and movement for the "whole child," including, a child's physical development as well as their social-emotional development and cognitive growth. Participants will explore how music and movement is experienced by young children of other cultures and will, through hands-on activities, explore fun, practical ways to utilize music and movement every day, throughout the day. **1 hr CD, 1 hr Curr, 1 hr SN.**

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., June 20, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Melissa Brown

NEW!

Character Development in Preschool

Find out who said, "Character is like a tree and reputation like its shadow." The shadow is what we think of it; the tree is the real thing. Explore effective practices and activities that help to develop positive character traits - honesty, empathy, citizenship - in preschool-aged children.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Wed., June 26, 6:30 PM-9:30 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Aurora Sanchez

Why Play Matters

This interactive training will seek to build participants knowledge and understanding of the importance of play in the physical, cognitive and social development of children. This training will conclude with discussing strategies for integrating developmentally appropriate practices into curriculum and daily activities to meet the individual needs of children.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Mon., July 15, 6:30 PM-8:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Sarah Martin

NEW!

Resiliency and Adverse Childhood Experiences (ACEs)

The powerful documentary, Resilience: The Biology of Stress and the Science of Hope, explores the profound long-term effects of toxic stress, a condition that, sadly, affects many of the young children in our community and has a direct correlation to adult health problems such as heart disease, cancer and obesity. Large and small group interactive discussion after screening the film will center on the scientific data and offer solutions to help children deal with and overcome the effects of toxic stress. Participants will identify the effects of toxic stress on the body and discover ways to increase resilience in children.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Wed., July 31, 7:00 PM-9:00 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Patty Morison

NEW!

Understanding Linguistic and Cultural Diversity and Language Acquisition

This training explores best practices for working with children who are English Language Learners to help them be successful participants in their preschool setting, while supporting their ability to learn English. Participants will learn the stages of second language acquisition and ways to help support children as they move through each phase. Participants will also learn a variety of strategies for supporting children in the classroom and working with families to create a successful learning environment.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Wed., Aug. 7, 7:00 PM-9:00 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Melissa Brown

Credentialing or Accreditation Assistance Needed?

Call 301-662-4549 or email childcarechoices@fcmha.org for more information.

NEW!

Adverse Childhood Experiences (ACEs) & Trauma Informed Care

This training builds upon the workshop: Resiliency and Adverse Childhood Experiences, a **prerequisite for this course**. Environments that promote safety and trust, both at home and in your programs, help young children heal from traumatic experiences by restoring a feeling of control and predictability. Learn how ACEs affect the development of the brain, and consequentially, how children ultimately behave and what you as the child care provider can do to teach resilience to mitigate the harm.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Wed., Aug. 21, 6:30 PM-9:30 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Patty Morison

NEW!

Connecting Assessment to Curriculum and Instruction

This workshop explains the assessment-instructional cycle. Participants will leave with an understanding of how to assess children, analyze the data and make modifications to the curriculum to meet the learning needs of all children.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Thurs., Aug. 22, 7:00 PM-9:00 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Kathy Bish

Center Directors

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

Child Care Choices trainers are available for a wide variety of workshops, at your center on your professional development days or evenings.

Please contact us 301-662-4549 or childcarechoices@fcmha.org for fee and scheduling information.

NEW!

Working Together: Community & Its Helpers All Around Town

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

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Tues., May 21, 6:30 PM-9:30 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Aurora Sanchez

Introduction to Healthy Beginnings

This two session workshop provides a foundation for understanding and using Healthy Beginnings as a child development tool. An introduction to the new Healthy Beginnings guide is provided and connections are made between the new guide and MMSR. The training also provides opportunities for using *Healthy Beginnings* as a tool for creating and planning a program for infants and toddlers. Through learning activities and the use of *Healthy Beginnings* during the training, participants examine environment, planning, assessment and working with families. **2 hrs Comm, 2 hrs Curr, 1 hr CD, 1 hr PRO. Participants must attend both sessions to receive a certificate.**

Fee: \$45.00 **Clock Hours:** 6 hours
Day/Time: Tues., May 28 and Thurs., May 30, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Nicole Pierre

NEW!

Who's Coming To Your Program?

Communities are increasingly more diverse and the needs of the families representing that diversity must be recognized and supported. This training will help you develop activities that will support the many diverse families coming to your program.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Tues., June 18, 6:30 PM-9:30 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Nicole Pierre

NEW!

Infant and Toddler STEM

From birth children are inquisitive. You can nurture early science, technology, engineering and math (STEM) concepts and skills through daily routines and play and exploration activities that you provide for the babies and children in your program. By talking, reading, singing, playing, signing, or using other ways to communicate – whatever works best for your infants and toddlers – you can help them purposefully develop STEM skills.

Fee: \$20.00 **Clock Hours:** 2hours
Day/Time: Thurs., June 27, 6:30 PM-8:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Michele Stottlemeyer

Working with Mixed Age Groups

Working with a group of children who are different ages presents child care providers with unique challenges and opportunities. Learn strategies to overcome challenges, create daily schedules and meet the needs of each child. **2 hours Child Development, 1 hour Curriculum.**

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., July 18, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Emily Tex

NEW!

Hands-On Art for Twos

Art exploration with open ended materials provides countless opportunities for children to develop fine motor, social emotional, emerging perceptual-motor as well as pre-reading and writing skills. Explore a variety experiences which are developmentally appropriate for the young child.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Wed., July 24, 6:30 PM-9:30 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Nicole Monroe

Register Early!

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

NEW!

Indoor & Outdoor Nature Based Learning for Infants & Toddlers

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

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., July 25, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Michele Stottlemeyer

NEW!

Story Stretchers 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: \$20.00 **Clock Hours:** 2 hours
Day/Time: Thurs., Aug. 8, 6:30 PM-8:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Michele Stottlemeyer

NEW!

Creating Preschool Coding Stories and Games

Coding stories and coding games are playful, hands-on ways for children to explore and experiment with early coding. If coding is new to you, you will find that it builds on many early math and literacy concepts you are familiar with.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Thurs., Aug. 15, 7:00 PM-9:00 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Emily Tex

Volunteer Hours/ Professional Activity Units Available

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

For more information or to set up a volunteer time, please call us at 301-662-4549.

NEW!

Early Childhood STEAM

In this interactive training, activities from the STEAM Mobil Learning Lab will be shared. Participants will explore how STEAM (Science, Technology, Engineering, Arts and Math) concepts can be encouraged in the early childhood environment. We will take a good look at how these concepts support creative thinking and problem solving skills which lead to future success.

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

Online Trainings for Maryland Providers

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

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

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

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



NEW!

SIDS, SUID and Other Sleep-Related Infant Deaths

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

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Thurs., May 16, 7:00 PM-9:00 PM
Location: Child Care Choices in 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., May 18, 9:00 AM-4:00 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: HealthLink

NEW!

Managing Stress at Any Age

This training is designed to increase participants' knowledge of stress and how to manage its symptoms. This training introduces participants to "good" and "bad" stress as well as other types of stress such as acute stress and post traumatic stress disorder, and participants will learn initial signs and symptoms of each type of stress. The participants will also be able to examine the similarities and differences of stress in infants, toddlers, preschool children, school-aged children, adolescents and adults. **2 hours Health, Safety and Nutrition and 1 hour Professionalism.**

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Wed., May 29, 6:30 PM-9:30 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Kendall Riegert

Basic Health and Safety

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

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Mon., June 10, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Nicole Pierre

NEW!

SIDS, SUID and Other Sleep-Related Infant Deaths

See previous description.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Mon., June 10, 7:00 PM-9:00 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Nicole Monroe

Supporting Breastfeeding in Child Care

Available in class or as a webinar

This combination 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.

Carroll County:
Mon., June 10, 6:30-7:00pm

Webinar:
Wed., July 10, 6:30-7:00pm

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

Medication Administration

See previous description.

Fee: \$60.00 **Clock Hours:** 6 hours
Day/Time: Sat., June 29, 9:00 AM-4:00 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: HealthLink

Medication Administration

See previous description.

Fee: \$60.00 **Clock Hours:** 6 hours
Day/Time: Sat., July 27, 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.

Basic Health and Safety

See previous description.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., Aug. 8, 6:30 PM-9:30 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Nicole Pierre

Medication Administration

See previous description.

Fee: \$60.00 **Clock Hours:** 6 hours
Day/Time: Sat., Aug. 31, 9:00 AM-4:00 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: HealthLink



NEW!

Achieving Quality Standards in Early Education

All programs have the opportunity to contribute and commit to a common goal that all children should be provided with the best care and education possible.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., May 23, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Emily Tex

NEW!

Building Strong Teams Through Understanding Personality Types

This training explores the 17 essential qualities of team player, the top 11 reasons why there is a breakdown in teamwork, and then explores the different personalities that make up a team through the lens of Psychogeometrics. Your team will gain new insights into how each team member is “shaped”.

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

NEW!

How to Expertly Navigate Conflict in the Workplace

Conflict is inevitable as people work together. Learn the common sources of conflicts in the work place, how to get to the root of the conflict, and how to handle it in a professional manner so that the workplace can stay productive.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Wed., Aug. 14, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: Center Directors/Staff, All
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: \$30.00 **Clock Hours:** 3 hours
Day/Time: Mon., Aug. 19, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Sarah Martin

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: Mon., May 13, 6:30 PM-9:30 PM
Location: Child Care Choices in Carroll
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: Tues., July 23, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Nicole Pierre

NEW!

Understanding Autism Today

With the right information, child care providers hold the key to creating awareness of Autism and supporting children with Autism Spectrum Disorder and their families.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Tues., Aug. 13, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Nicole Pierre

Need some help with your youngest children?

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

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

National Safety Council Basic First Aid

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., June 15, 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., June 15, 12:30 PM-3:30 PM
Location: Child Care Choices in Carroll
Instructor: Sharan Koza

National Safety Council Basic First Aid

See previous description.

Fee: \$50.00
Day/Time: Sat., Aug. 24, 9:00 AM-12:00 PM
Location: Child Care Choices in Frederick
Instructor: Sharan Koza

National Safety Council Infant/Child/Adult CPR

See previous description.

Fee: \$50.00
Day/Time: Sat., Aug. 24, 12:30 PM-3:30 PM
Location: Child Care Choices in Frederick
Instructor: Sharan Koza

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 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.

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

Workshop Index

Date	Title	Time	Location	Pg#
Mon., May 13	Including All Children and the Americans with Disabilities Act (ADA)	6:30 PM	CCC CA	15
Thu., May 16	SIDS, SUID and Other Sleep-Related Infant Deaths	7:00 PM	CCC FR	13
Sat., May 18	Medication Administration	9:00 AM	CCC FR	13
Tue., May 21	Working Together: Community & Its Helpers All Around Town	6:30 PM	CCC CA	11
Wed., May 22	Resiliency and Adverse Childhood Experiences (ACEs)	7:00 PM	CCC FR	9
Thu., May 23	Achieving Quality Standards in Early Education	6:30 PM	CCC FR	14
Tue., May 28 Thurs., May 30	Introduction to Healthy Beginnings (Two Part Training)	6:30 PM	CCC FR	11
Wed., May 29	Managing Stress at Any Age	6:30 PM	CCC CA	13
Mon., June 10	Basic Health and Safety	6:30 PM	CCC FR	13
Mon., June 10	Supporting Breastfeeding in Child Care	6:30 PM	CCC CA	13
Mon., June 10	SIDS, SUID and Other Sleep-Related Infant Deaths	7:00 PM	CCC CA	13
Wed., June 12	Adverse Childhood Experiences (ACEs) & Trauma Informed Care	6:30 PM	CCC FR	9
Sat., June 15	National Safety Council Basic First Aid	9:00 AM	CCC CA	15
Sat., June 15	National Safety Council Infant/Child/Adult CPR	12:30 PM	CCC CA	15
Tue., June 18	Who's Coming To Your Program?	6:30 PM	CCC CA	11
Thu., June 20	Kids In Motion! Music and Movement Activities for the Whole Child	6:30 PM	CCC FR	9
Wed., June 26	Character Development in Preschool	6:30 PM	CCC CA	9
Thu., June 27	Infant and Toddler STEM	6:30 PM	CCC FR	11
Sat., June 29	Medication Administration	9:00 AM	CCC CA	14
Tue., July 09	Building Strong Teams Through Understanding Personality Types	6:30 PM	CCC CA	14
Wed., July 10	Supporting Breastfeeding in Child Care	6:30 PM	WEB	13
Mon., July 15	Why Play Matters	6:30 PM	CCC FR	9
Thu., July 18	Working with Mixed Age Groups	6:30 PM	CCC FR	11

Workshop Index

Date	Title	Time	Location	Pg#
Tue., July 23	Including All Children and the Americans with Disabilities Act (ADA)	6:30 PM	CCC FR	15
Wed., July 24	Hands-On Art for Twos	6:30 PM	CCC CA	11
Thu., July 25	Indoor & Outdoor Nature Based Learning for Infants & Toddlers	6:30 PM	CCC FR	12
Sat., July 27	Medication Administration	9:00 AM	CCC FR	14
Tue., July 30	Early Childhood STEAM	6:30 PM	CCC FR	12
Wed., July 31	Resiliency and Adverse Childhood Experiences (ACEs)	7:00 PM	CCC CA	10
Wed., Aug. 07	Understanding Linguistic and Cultural Diversity and Language Acquisition	7:00 PM	CCC FR	10
Thu., Aug. 08	Basic Health and Safety	6:30 PM	CCC CA	14
Thu., Aug. 08	Story Stretchers for Infants and Toddlers	6:30 PM	CCC FR	12
Tue., Aug. 13	Understanding Autism Today	6:30 PM	CCC FR	15
Wed., Aug. 14	How to Expertly Navigate Conflict in the Workplace	6:30 PM	CCC FR	14
Thu., Aug. 15	Creating Preschool Coding Stories and Games	7:00 PM	CCC CA	12
Mon., Aug. 19	Center Aide Orientation	6:30 PM	CCC FR	14
Wed., Aug. 21	Adverse Childhood Experiences (ACEs) & Trauma Informed Care	6:30 PM	CCC CA	10
Thu., Aug. 22	Connecting Assessment to Curriculum and Instruction	7:00 PM	CCC FR	10
Sat., Aug. 24	National Safety Council Basic First Aid	9:00 AM	CCC FR	15
Sat., Aug. 24	National Safety Council Infant/Child/Adult CPR	12:30 PM	CCC FR	15
Sat., Aug. 31	Medication Administration	9:00 AM	CCC FR	14

LOCATION KEY: **CARR** – Child Care Choices in Carroll
255 Clifton Blvd., Suite 319, Westminster

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

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

Professional Early Educator Associations

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

Family Child Care Associations

Family Child Care Association of Frederick County

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

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

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

Carroll County Family Child Care Association

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

Annual fee for membership is only \$40.00.

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

Northern Frederick County Early Childhood Educators

Our association meets the 2nd Thursday of the month at Acacia Masonic Lodge in Thurmont. You can find out more information on our website at www.nfcece.org.

President-Heather Fitzgerald, 301-748-8798 or nfcece@gmail.com.

Child Care Center Associations

Frederick County Director's Group

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

Meeting Dates: May 2nd.

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

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

Early Childhood Educator's Association of Carroll County (ECEA)

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

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

For more information about ECEA, contact Stephanie Boggs at stephanieboggs1pp@comcast.net and Katie Peregoy at katie@graceunitedlc.com.

State Child Care Associations

Maryland State Child Care Association (MSCCA)

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

Please contact MSCCA1@comcast.net for information on how to join.

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 5. 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: ____/____

Payer Name _____
Card Identification Number _____ (Last 3 digits on back of card)

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. This publication was produced as a work for hire for the benefit of and, with funds from, the Maryland State Department of Education.