

Child Care Primer

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The Importance of Professional Development in Child Care

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

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

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

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

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

Save the Date

Learning Day 2019
Mind Management—
Just Breathe

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

For more information see page 4.



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

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

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Child and Adult Care Food Program

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

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

Are you interested in learning more about the food program?

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

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

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:

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



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

Child Care Choices, a Program of the Mental Health Association, Frederick Community College, the Interagency Early Childhood Committee (IECC), and the Frederick County Judy Center present: A Learning Day for Child Care Providers.

Learning Day²⁰¹⁹



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

Mind Management – Just Breathe

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

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

About the Opening Session Presenter:

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

Look for information coming soon!

Professional Development Trainings



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

Book your on-site training today.

Maryland EXCELS

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

Stephanie Portillo, Child Care Choices
301-662-4549 or sportillo@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** if you need help.

Frederick Office of Child Care
5303 Spectrum Drive Suite G
Frederick, MD 21703

Maryland EXCELS Training
6:30 pm – 8:30 pm

September 9th: Maryland EXCELS: Getting to Level 2
October 14: Maryland EXCELS Overview
November 11: Maryland Credential Program

Maryland EXCELS Support Group
6:30 pm – 8:30 pm

September 16th & 30th
October 7th & 28th
November 4th & 18th

Child Care Choices Offers Tools for Success

Child Care Choices is a program providing comprehensive solutions for new and existing early childhood professionals provided at low or no cost. Resources include an extensive lending library, laminator, die cutter, and our caring staff.

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

Program Support

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

Professional Development

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

Business Solutions

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



Child Care Choices

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

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

www.childcarechoices.info
childcarechoices@fcmha.org

Training Calendar

Workshop Registration Policies



New Workshops

What's in Their Backpack?
The Impact of Trauma

Cultivating Creative
Problem Solvers

Chatting with Children:
Interactions that Go Places

Fun with Found Materials

Exploring the Great
Outdoors in Autumn

Jumping Into Science

It's Conference Time

All Children Are Gifted

and many more...

Online registration is
now available!

Go to

www.childcarechoices.info

and register today.



Three Ways
to Register!

- 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!

What's In Their Backpack: The Impact of Trauma

This engaging workshop discusses the effects and impact that trauma can have on the brain. It not only affects children in the moment, but throughout life if gone untreated. By understanding the effects of trauma on the brain, we can gain insight into children's behavior.

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

NEW!

Stress in Early Childhood: Helping Children Cope

Often children learn how to respond to stress by what they have seen and experienced in the past. It's important to learn how each child acts under stress. In this workshop you will learn techniques for identifying stress in young children and techniques for diffusing it effectively.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Wed., Oct. 16, 7:00 PM-9:00 PM
Location: Child Care Choices Carroll
Audience/Level: All, All
Instructor: Aurora Sanchez

Register Early!

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

Transition Techniques

How long can a child wait? How many transitions do you have during the day? A transition is any time a child shifts from one activity to another, some are planned and some are not. We will discuss development, social emotional skills, how long children can wait and then join forces to come up with CSEFEL based transition techniques that will be very effective in making those transitions easier and flow smoothly.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., Nov. 7, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Sarah Martin

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: Mon., Dec. 9, 6:30 PM-9:30 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Aurora Sanchez

NEW!

PURPLE Tears: Adults' Impact on Infant Emotional Intelligence

This workshop explores the period of PURPLE crying to identify child care and family caregivers' impact on infant emotional development and competence. Participants will consider and develop strategies to support families' ability to cope through this infant phase and other challenging times of child development.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Mon., Nov. 18, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Christie Berkey

NEW!

Why Do Toddlers Bite?

Why do toddlers bite and how can you control it? Participants will learn how to approach, problem solve and develop strategies for biting in the classroom. Participants will also learn how to communicate with parents during biting situations.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Thurs., Dec. 12, 6:30 PM-8:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Sarah Martin

Need some help with your youngest children?

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

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

Building Classroom Communities

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

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

NEW!

Creating Culturally Rich Environments with Loose Parts

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

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

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

NEW!

Marvelous Math

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

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

NEW!

Get Up, Get Out! Preschoolers in Motion

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

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

NEW!

Chatting with Children: Interactions That Go Places

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

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

NEW!

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: Thurs., Sept. 26, 6:30 PM-9:30 PM
Location: Child Care Choices Carroll
Audience/Level: All, All
Instructor: Nicole Monroe

NEW!

Fun with Found Materials

Do you have a collection of "stuff" that you are not sure what you could create with it? In this workshop, we will explore how to use found materials in a creative way and engage young children in the process.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Tues., Oct. 1, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Kathy Bish

NEW!

Exploring the Great Outdoors in Autumn

The connections we make as children to the nature of the world around us impacts our ability to become attentive, self-confident, respectful, responsible people. Come explore how to incorporate the great outdoors into your program in a meaningful and fun way!

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Wed., Oct. 2, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Emily Tex

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: Tues., Oct. 8, 7:00 PM-9:00 PM
Location: Child Care Choices Carroll
Audience/Level: All, All
Instructor: Nicole Monroe

Combining Living and Learning

Participants will learn ways to create a quality child care environment in their home. The mixed aged group workshop will include space planning, organizational ideas, and ways to encourage independent hands on learning using everyday materials and activities. Providers are encouraged to bring photos of their child care environment to the training.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., Oct. 10, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: Family Child Care Providers, All
Instructor: Marvin Brown

NEW!

Circle Time: You Can Make It Developmentally Appropriate

Are you tired of the same boring circle time routines, calendar, weather, etc? In this interactive session, you will walk away with 3 concrete success strategies to ensure your circle time is more than just a routine experience but an engaging and learning opportunity! You'll learn how to support all domains while involving children in a way that promotes their individual developmental needs.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Thurs., Oct. 17, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Margie Powell



Inclement Weather Policy



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

If voice mail answers, dial extension 170.

NEW!

Lessons to be Learned from the Bowerbird and Nature

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

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

NEW!

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

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

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

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: Tues., Nov. 12, 6:30 PM-9:30 PM
Location: Child Care Choices 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.

Fee: \$20.00 **Clock Hours:** 2 hours
Day/Time: Wed., Nov. 20, 7:00 PM-9:00 PM
Location: Child Care Choices in Carroll
Audience/Level: All, All
Instructor: Aurora Sanchez

NEW!

Lesson Planning for Family Child Care

This workshop focuses on lesson planning in family child care, with emphasis on both individualized and group planning. With foundational information from the Creative Curriculum for Family Child Care, participants will explore factors that influence daily schedules, identify helpful strategies to guide planning, and discuss specific ways to encourage and support children based on needs, interests, and goals. **1.5 hours Curriculum, 1.5 hours Professionalism**

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Tues., Dec. 3, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: Family Child Care Providers, All
Instructor: Christie Berkey

NEW!

Math and Science for Infants and Toddlers

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

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

Medication Administration

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

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

SIDS, SUID and Other Sleep-Related Infant Deaths

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

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

Medication Administration

See previous description.

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

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

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

Basic Health and Safety

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

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

Emergency and Disaster Preparedness

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

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

SIDS, SUID and Other Sleep-Related Infant Deaths

See previous description.

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

Basic Health and Safety

See previous description.

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

Medication Administration

See previous description.

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

NEW!

It's Conference Time

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

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

NEW!

Making Meaningful Connections: Building the Foundation of the Young Brain

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

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

Volunteer Hours/ Professional Activity Units Available

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

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

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" and this shape causes them to process information and respond to situations in a certain way. Rather than the complicated labels of other personality assessments, Psychogeometrics uses 5 basic shapes to help staff understand each other's unique personalities and how to best approach and interact with each other for team cohesiveness.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Wed., Nov. 13, 6:30 PM-9:30 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Emily Tex

Why Risk It?: Managing Risk in Child Care

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

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

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. Join us and explore the Maryland Quality Rating and Improvement Systems (QRIS) including Maryland EXCELS, Classroom Assessment Scoring Systems, Credential, and Accreditation.

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

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: Wed., Oct. 2, 6:30 PM-9:30 PM
Location: Child Care Choices Carroll
Audience/Level: All, All
Instructor: Aurora Sanchez

Understanding Autism Today

Child care providers are key players in creating awareness of autism and can offer support and guidance to families and children with Autism Spectrum Disorder. Participants will hear about recent developments in autism research, learn to identify early warning signs of autism and find local support resources as well as learning effective teaching and documentation strategies for supporting children with Autism Spectrum Disorder.

Fee: \$30.00 **Clock Hours:** 3 hours
Day/Time: Tues., Nov. 5, 6:30 PM-9:30 PM
Location: Child Care Choices Carroll
Audience/Level: All, All
Instructor: Nicole Pierre

NEW!

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: Thurs., Nov. 21, 7:00 PM-9:00 PM
Location: Child Care Choices in Frederick
Audience/Level: All, All
Instructor: Nicole Pierre

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: Wed., Dec. 11, 6:30 PM-9:30 PM
Location: Child Care Choices Frederick
Audience/Level: All, All
Instructor: Nicole Pierre

Online Trainings for Maryland Providers

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

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

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

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

Please call us if you have any questions!



First Aid/CPR

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., Oct. 5, 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., Oct. 5, 12:30 PM-3:30 PM

Location: Child Care Choices in Carroll

Instructor: Sharan Koza

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., Dec. 14, 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., Dec. 14, 12:30 PM-3:30 PM

Location: Child Care Choices in Frederick

Instructor: Sharan Koza

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

Credentialing Assistance Needed?

Are you are looking for assistance with your first application for Credentialing, your Credentialing update or anything in-between?

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.

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., Oct. 30, 6:30-7:00pm

Carroll County:

Mon., Nov. 11, 6:30-7:00pm

Email and computer access with speakers are required for webinar.

Workshop Index

Date	Title	Time	Location	Pg#
Thurs., Sept. 5	What's In Their Backpack: The Impact of Trauma	6:30 PM	CCC FR	8
Tues., Sept. 24	Building Classroom Communities	6:30 PM	CCC FR	9
Tues., Sept. 17	Marvelous Math	6:30 PM	CCC CA	9
Sat., Sept. 21	Medication Administration	9:00 AM	CCC FR	12
Tues., Sept. 24	Get Up, Get Out! Preschoolers in Motion	6:30 PM	CCC CA	9
Wed., Sept. 25	Chatting with Children: Interactions That Go Places	6:30 PM	CCC FR	9
Thurs., Sept. 26	Encouraging Imaginative Play	6:30 PM	CCC CA	10
Mon., Sept. 30	SIDS, SUID and Other Sleep-Related Infant Deaths	6:30 PM	CCC FR	12
Tues., Oct. 1	Fun with Found Materials	6:30 PM	CCC FR	10
Wed., Oct. 2	Exploring the Great Outdoors in Autumn	6:30 PM	CCC FR	10
Wed., Oct. 2	Including All Children and the Americans with Disabilities Act (ADA)	6:30 PM	CCC CA	14
Sat., Oct. 5	National Safety Council Basic First Aid	9:00 AM	CCC CA	15
Sat. Oct. 5	National Safety Council Infant/Child/Adult CPR	12:30 PM	CCC CA	15
Tues., Oct. 8	Jumping Into Science	7:00 PM	CCC CA	10
Thurs., Oct. 10	Combining Living and Learning	6:30 PM	CCC FR	10
Wed., Oct. 16	Stress in Early Childhood: Helping Children Cope	6:30 PM	CCC CA	12
Thurs., Oct. 17	Circle Time: You Can Make It Developmentally Appropriate	6:30 PM	CCC FR	10
Sat., Oct. 19	Medication Administration	9:00 AM	CCC CA	12
Tues., Oct. 22	Lessons to be Learned from the Bowerbird and Nature	6:30 PM	CCC FR	11
Tues., Oct. 22	Working Together: The Importance of Community Helpers in Our Daily Lives	7:00 PM	CCC CA	11
Wed., Oct. 23	Creating Culturally Rich Environments with Loose Parts	6:30 PM	CCC FR	9
Wed., Oct. 30	Supporting Breastfeeding in Child Care	6:30 PM	Webinar	15
Mon., Nov. 4	Basic Health and Safety	6:30 PM	CCC FR	12
Tues., Nov. 5	Understanding Autism Today	6:30 PM	CCC CA	14
Tues., Nov. 5	It's Conference Time	7:00 PM	CCC FR	13

Workshop Index

Date	Title	Time	Location	Pg#
Wed., Nov. 6	Making Meaningful Connections: Building the Foundation of the Young Brain	6:30 PM	CCC FR	13
Thurs., Nov. 7	Transition Techniques	6:30 PM	CCC FR	8
Sat., Nov. 9	Emergency and Disaster Preparedness	9:00 AM	CCC FR	12
Mon., Nov. 11	Supporting Breastfeeding in Child Care	6:30 PM	CCC CA	15
Mon., Nov. 11	SIDS, SUID and Other Sleep-Related Infant Deaths	7:00 PM	CCC CA	12
Tues., Nov. 12	Indoor & Outdoor Nature Based Learning for Infants & Toddlers	6:30 PM	CCC CA	11
Wed., Nov. 13	Building Strong Teams Through Understanding Personality Types	6:30 PM	CCC FR	13
Thurs., Nov. 14	Why Risk It? Managing Risk in Child Care	6:30 PM	CCC FR	13
Mon., Nov. 18	PURPLE Tears: Adults' Impact on Infant Emotional Intelligence	6:30 PM	CCC FR	8
Tues., Nov. 19	Achieving Quality Standards in Early Education	6:30 PM	CCC CA	13
Wed., Nov. 20	Infant and Toddler STEM	6:30 PM	CCC CA	11
Thurs., Nov. 21	All Children Are Gifted	7:00 PM	CCC FR	14
Mon., Dec. 2	Basic Health and Safety	6:30 PM	CCC CA	12
Tues., Dec. 3	Lesson Planning for Family Child Care	6:30 PM	CCC FR	11
Sat., Dec. 7	Medication Administration	9:00 AM	CCC FR	12
Mon., Dec. 9	Cultivating Creative Problem Solvers	6:30 PM	CCC CA	8
Tues., Dec. 10	Math and Science for Infants and Toddlers	6:30 PM	CCC FR	11
Wed., Dec. 11	Including All Children and the Americans with Disabilities Act (ADA)	6:30 PM	CCC FR	14
Thurs., Dec. 12	Why Do Toddlers Bite?	6:30 PM	CCC FR	8
Sat., Dec. 14	National Safety Council Basic First Aid	9:00 AM	CCC FR	15
Sat. Dec. 14	National Safety Council Infant/Child/Adult CPR	12:30 PM	CCC FR	15

LOCATION KEY:

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

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

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

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: ____/____
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.