[Abilities Network®]
PROJECT ACT

SEPTEMBER 2021

# NETWORK NEWS

Baltimore County Child Resource Center




## Find Us

3103 B EMMORTON RDSUITE B1
ABINGDON, MD 21009
(443) 761-0206

We are currently using a hybrid model and providing some in-person services. For more information, please contact us at:
CRCHC@ABILITIESNETWORK.ORG

MONDAY - FRIDAY
9:00 AM - 4:00 PM

FAX
(410) 828-7708

Exciting News! Project ACT's Annual Conference is back this year! Our 11th Annual Early Childhood Conference will be held VIRTUALLY on Saturday, October 9th.

The theme this year is R.E.S.P.E.C.T, FIND OUT WHAT IT MEANS IN E.C.E. There will be an amazing keynote speaker who will encourage us to respect our own knowledge and wisdom.

Each session will focus on how respect can be woven into each day with young children and the impact it has on relationships and development.

**Register now at anprojectact.org.**





## Self-Care Corner

In order to care for others, you MUST take care of yourself. Last issue, we talked about incorporating outdoors and nature into our self care plan. Today it's all about breathing.

Research shows that deep breathing is one of the best ways to reduce stress. The great thing about deep breathing is that you can do it ***any where at any time.***

**Try this box breathing technique: Inhale for 4 seconds, hold for 4 seconds, exhale for seconds, hold for 4 seconds. Repeat for at least one minute.**

Consider adding some gentle stretches while you breathe. Neck rolls, shoulder circles and pretzel twists can ease tension too.

Be sure to schedule some time to take some intentional breaths throughout the day!






New

- Looking for ideas on how promote a community of kindness in your program? Register for Spread Kindness, Prevent Bullying on 11/15.
- Interested in using anti-biased goals to develop strategies to promote positive identity in all boys? Check out our BRAND NEW training, Promoting Positive Self Identity in Boys on 9/27.
- Movies your thing? Watch "Resilience: The Biology of Stress and the Science of Hope" on 12/8 and discover strategies to help children combat toxic stress.

# Training Registration Policies

**Training Sessions**

*Due to Abilities Network guidelines, trainings are now being offered in an online training format. Each participant will need INDIVIDUAL access to a computer, smartphone, or tablet. Specific webinar access details will be sent prior to the training. Please monitor your email for updates. The webinar platform that we use is ZOOM. There will be a knowledge measure and training evaluation provided via Survey Monkey. The knowledge measure and training evaluation are required components of the webinar.*

Training sessions begin promptly; plan to log in 10 minutes EARLY for the training. Sign-in will be allowed until 15 minutes after the start of the training; after 15 minutes you will not be permitted to join the training and this will be considered a "missed class". Refunds or credits are not issued for a missed class.

A certificate will only be given for attending the entire training session/series (ex: if you leave early you will not receive a certificate). If you miss any part of a multi-part course, you will not receive a certificate. All training sessions end on time.

**Training Format**

Training sessions are recognized and approved by the Maryland State Department of Education – Office of Child Care (OCC). In accordance with COMAR, an assessment is given at all training sessions as required. This may be in the form of an activity, group project, homework or written test. A passing score on the assessment is required for successful completion of course and receipt of a Core of Knowledge certificate.

Certificates are sent by email within 10 business days of the training session unless otherwise noted by the trainer. ***Certificates are not awarded the same day as the training.***

**Participants Only**

Training sessions are designed for REGISTERED ADULTS only. Please make other arrangements for your children, so they will be safe and happy while you attend the training.

**Refunds/Credits**

Training sessions are non-refundable. In the event a participant wishes to cancel registration, a credit for future training may be issued. Cancellations must be received 48 hours before the scheduled start time to be eligible for a credit. The credit must be used within 6 months. Missed training sessions will not be refunded or credited (including late arrivals or leaving early). Beginning July 1 2018: There will be a processing fee of $10 for all duplicate certificate requests.

**Class Cancellations**

Training sessions may be cancelled due to low enrollment or other administrative reasons. You will be notified by email if a class is cancelled due to these circumstances. To find out if training is cancelled, call 410-828-7700.

In the event Abilities Network cancels a training session, we will reschedule or substitute the training. If the training cannot be rescheduled, a substitution cannot be arranged, or if you are unable to attend the rescheduled training, you will receive a full refund.

Growing the Brain: Learning the Basics

DECEMBER 2, 2021

Register & Pay Online

www.anprojectact.org



## LOCATE: Child Care

Every day, parents contact LOCATE: Child Care. Parents need comprehensive information to help them make informed decisions for their child. The more complete and current your information is, the better we can help parents find and choose your program. Please review and update your provider record today. You can update your record now. Once you enter your information, it will be reviewed and activated in our database. Everyone who updates their record will receive an entry in our monthly drawing for a $25 Amazon gift card. If you need a paper copy of our questionnaire, please call the provider line at 866.752.1614.







## CHILD CARE RESOURCE AND REFERRAL COMPLAINT POLICY

Every member agency of the Maryland Child Care Resource Network strives to provide high quality service to the child care programs and families in their jurisdiction and throughout Maryland. It is our mission to ensure that every interaction with staff at the Child Care Resource Centers is positive and professional.

If you have concerns about an incident or some aspect of service at a Child Care Resource Center, please contact the director/manager directly. Contact information for these individuals can be found here.

If you are not satisfied with the way your concern is handled by the director/manager at the Child Care Resource Center, please contact Maryland Family Network at 410-659-7701 or email us. As the Statewide Coordinating Entity of the Maryland Child Care Resource Network, MFN will investigate the complaint or concern regarding services and take appropriate action.

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



# SEE WHAT'S NEW at PROJECT ACT!

## WHO WE ARE

Project ACT, a program of Abilities Network, provides training, coaching and consultation to the child care community, with a focus on best practices, social emotional development, and inclusion of children with special needs.

**Interested in training with us?**

[ Abilities Network® ]

SEEING ABILITIES NOT DISABILITIES.

## TRAINING

Project ACT provides high quality trainings developed by content experts based on current research, giving practical strategies for early childhood programs. Our interactive trainings are designed to meet the needs of adult learners and have been licensed by the Maryalnd State Department of Education for Core of Knowledge hours.

## DID YOU KNOW?

- Project ACT offers over 100 trainings and is adding new topics regularly!
- We can come to you and provide training on your schedule!
- Skill Builder Series are available at discounted rates!

**See what we have to offer!**

**www.anprojectact.org**

**Passionate about Early Childhood**

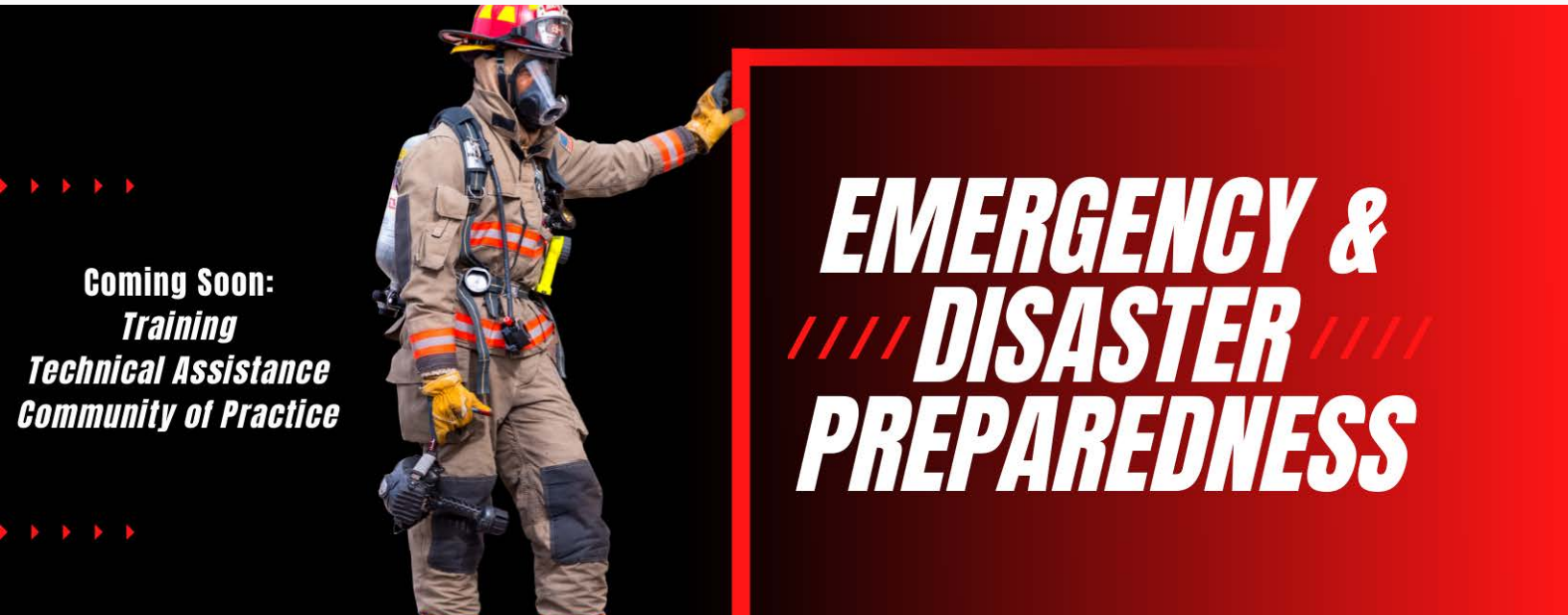
I am passionate about teaching early childhood because it gives me the opportunity to shape young minds. Children, especially those in this age range, are more open to learn and develop their skills. Being a teacher allows me to help them understand their likes and dislikes as well as expand their talents. Early education is where children can form a base for the rest of their education, and it is important that we help set up that base. This can be done by learning through play or emotionally connecting with each child. Even the littlest moment can make an impact on how the child acts and I want to continue in this field to make that difference as well as prepare children for the rest of their educational career.




Growing up I did not receive the support to pursue my goals which pushed me to become a preschool teacher so that I could motivate students to reach for theirs. Supporting a student and letting them know that they can reach their goals is one of the most important moments in their life because it develops confidence that they are able to do whatever they put their mind to. Also, it benefits me and my career because I can see my progress through my students. Their success, based on what I have taught them, inspires me to work harder and improve my planning. I am also learning as I am teaching, based on the incorporation of new techniques and insight from the student's growth. It allows me to become a better teacher and continue to grow in my field.

--By Angelina Pinto

**WOULD YOU LIKE TO SEE YOUR WORDS PUBLISHED IN OUR NEWSLETTER?**
**WOULD YOU LIKE TO QUALIFY FOR A PAU? CHECK OUT OUR WEBSITE FOR MORE INFO!**



## Free Virtual Workshop for Parents and Caregivers



**FREE SUPPORT**

for difficulties with :

- Morning Madness
- Potty Training
- Challenging behaviors
- Picky Eaters
- Emotional regulation
- Sensory sensitivities

Prizes and free resources at each session!

For more information, visit our website.

**WE LOVE OUR MEMBERS!!**

**BECOME A MEMBER AND RECEIVE DISCOUNTED TRAININGS AND FREE EXCLUSIVE PERKS MONTHLY!**

# NOTE:

**THERE WILL BE A PRICE INCREASE FOR TRAININGS AND MEMBERSHIPS ON JANUARY 1ST**

## Follow Us!

@childresourcecenter

TEACHERS pay TEACHERS
an open marketplace for educators

Pinterest

[ Abilities Network ]
SEEING ABILITIES NOT DISABILITIES.

MARYLAND FAMILY NETWORK
Leading Maryland's Child Care Resource Centers

MARYLAND STATE DEPARTMENT OF EDUCATION
EQUITY AND EXCELLENCE

MARYLAND CHILD CARE RESOURCE NETWORK

The Project ACT Child Resource Center of Baltimore, Harford and Cecil County is a member of the Maryland Child Care Resource Network with funding provided from the Maryland State Department of Education, through Maryland Family Network, and Abilities Network.

# Training Calendar

| Date/ Time | Training Name | COK Hour | Description | Cost |
|---|---|---|---|---|
| 9/7/21 6:30-8:30 | Recognizing and Reporting Child Abuse and Neglect | HSN-2 | Participants will define the different types of child abuse and neglect. They will understand their role as a mandated reporter, and learn how to respond to a child who discloses abuse or neglect. | $25 nonmember<br>$20 member<br>$0 Unlimited Pass Holder |
| 9/8/21 6:30-9:30 | Including All Children and the Americans with Disabilities Act | SN-3 | This workshop will provide participants with an understanding of the requirements for ADA and inclusionary practices. Participants will leave with a better understanding of best practices and available resources. *This training will meet the 3 hour training requirement for MSDE.* | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |
| 9/9/20 6:30-9:30 | What Should We Talk About? Best Practices in Communicating with Infants and Toddlers | CD-2<br>SN-1 | Participants will learn a variety of communication tools they can embed into their daily practices to support the language development of infants and toddlers. Through interactive activities, you will gain skills and confidence to use when you get back to your program. PREREQUISITE: Participants should recognize and demonstrate the importance of using various techniques to develop language and communication skills with infants and toddlers. | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |
| 9/13/21 and 9/14/21 6:30-9:30 | FLIP IT! Transforming Challenging Behavior | CD-6 | This training is intended for participants who are interested in supporting the social and emotional development of young children and reducing their instances of challenging behaviors. *FLIP IT*® is a strategy | $60 nonmember<br>$55 member<br>$0 Unlimited Pass Holder |

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| | | | that offers a simple, kind, strength-based, commonsense and effective four step process to address children's day to day challenging behavior. The four steps are embodied in the FLIP mnemonic which stands for F – Feelings, L – Limits, I – Inquiries and P – Prompts. *FLIP IT*® is nothing new, but transforms best practice into a strategy that is easy to remember, applicable in a variety of challenging situations and portable. | |
| 9/15/21<br>6:30-8:30 | **Program for Infant Toddler Care:** Supporting Culturally Diverse Families | COM-1<br>PRO-1 | Cultural diversity enriches child care programs. At the same time, it challenges caregivers to provide culturally sensitive care to each child and family served. In this workshop, participants will consider the ways in which they can support culturally diverse families within the child care setting and identify some of the cultural differences they experience on a day to day basis. | $25 nonmember<br>$20 member<br>$0 Unlimited Pass Holder |
| 9/21/21<br>6:30-9:30 | Developmentally Appropriate Art | CUR-2<br>COM-1 | This training teaches participants how to implement a developmentally appropriate art curriculum and how to create an environment where art is an integral part of the day. It explores visual arts, how to implement a variety of art experiences for children of all ages, and the educator's role in facilitating creative art activities and engaging chi in conversations. It also provides strategies for involving parents in art activities at school and in the community. | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |

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| 9/22/21<br>6:30-9:30 | Building Classroom Communities | CUR-1.5<br>COM-1.5 | This training addresses the various components involved in creating a supportive classroom community. In such an environment, teachers and children come to know and care about each other and develop mutual regard and concern for each other, so everyone can learn and grow. The training explores the three major leadership styles and their impact on a classroom, and it demonstrates how to utilize essential skills for building positive relationships between all staff and children. The elements of a caring classroom community are identified; an action plan with practical and personalized strategies will be created so you can start the school year off on a great note! | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |
| 9/23/21<br>6:30-8:30 | How to Create a Meaningful Lesson Plan | CUR-2 | Lesson plans support the goals and objectives that you set for children. Writing plans that focus on all areas of the curriculum and changes to the environment will assist in planning and implementing for the group as well as differentiated instruction. The inclusion of assessment on your plans will also help to support documentation of children's growth and development. | $25 nonmember<br>$20 member<br>$0 Unlimited Pass Holder |
| 9/27/21 | Promoting Positive Self Identity in Boys | CD-1<br>CUR-1<br>SN-1 | Boys in early childhood are disproportionately being expelled, suspended, and disciplined. This can impact boys' sense of identity well into their later development. Therefore, it is important for early childhood educators to recognize the role they play in promoting a positive sense of self. During this training, participants will explore how | **$5 Nonmember/Member**<br>**$0 Unlimited Pass Holder**<br>*Discount courtesy of the Baltimore County Early Childhood Advisory Council* |

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| | | | specific forms of identity including culture, gender, and ability are developed in young boys. Participants will also utilize anti-biased goals to develop actionable strategies to use within their own environments to promote positive identity in all boys. | |
| 9/28/21<br>6:30-9:30 | Developmentally Appropriate Practice: Recognizing the Essentials | CUR-3 | This training teaches about the essentials of Developmentally Appropriate Practices (known as DAP) so that teachers can use knowledge about child development to create a program that is suitable for the age and stage of development of the children in their group. It covers the five essentials of DAP, which are age appropriateness, individual appropriateness, child-guided and teacher-guided experiences, cultural and social responsiveness, and play. | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |
| 9/30/21<br>6:30-9:30 | Using Visual Supports to Create Inclusive Environments | CUR-2<br>SN-1 | During this training, participants will learn what visual supports are as well as how they can be utilized in their programs to support an inclusive environment. This workshop will discuss various benefits and the importance of how visual supports can assist children in being successful. | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |
| 10/4/21<br>and<br>10/5/21<br>6:30-9:30 | Emergency and Disaster Preparedness | HSN-3<br>PRO-3 | Develop a comprehensive plan to follow when a disaster occurs. Natural disasters, medical emergencies, technological hazards, and family and community concerns (disgruntled parents, missing children, pandemic flu) will be covered. Ensure that your plan addresses special needs, notifying parents, sheltering, resources, evacuation and other | $5 Nonmember/Member<br>$0 Unlimited Pass Holder<br>*Discount courtesy of the Maryland State Department of Education* |

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| | | | possibilities. *Must attend both sessions to receive certificate.* | |
| 10/9/21 | CONFERENCE | | | |
| 10/12/21<br>6:30-9:30 | You've Got a Friend: Teaching Friendship Skills | CUR-2<br>CD-1 | Throughout the day, children learn to share, solve problems, and collaborate. They also build friendships that promote positive social and emotional development. These skills don't all come naturally, however, and some children have difficulty interacting with their peers and building friendships. By teaching children social skills and creating opportunities for children to practice these skills, teachers an improve all children's social behaviors potentially for a lifetime. This workshop uses SEFEL based tools and strategies to help providers teach these important skills to the children in their care. | **$5 Nonmember/Member**<br>**$0 Unlimited Pass Holder**<br>*Discount courtesy of the Baltimore County Early Childhood Advisory Council* |
| 10/13/21<br>6:30-9:30 | Including All Children and the Americans with Disabilities Act | SN-3 | This workshop will provide participants with an understanding of the requirements for ADA and inclusionary practices. Participants will leave with a better understanding of best practices and available resources. This training will meet the 3 hour training requirement for MSDE. | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |
| 10/18/21<br>6:30-8:30 | SIDS, SUID and Other Sleep Related Infant Deaths | HSN-2 | 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 deaths. Participants will review what SIDS and sleep related deaths are, review recent research and statistics, recommendations | $25 nonmember<br>$20 member<br>$0 Unlimited Pass Holder |

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| | | | and strategies for keeping children safe. | |
| 10/19/21<br>6:30-9:30 | Capturing Child Development Through Portfolios | CD-3 | Participants will examine samples of what comprises a portfolio, how to appropriately collect samples and record observations and resources available to assist with planning based on observations. Partakers will gain a greater understanding of the connection between compiling a portfolio and understanding a child's individual development throughout the course of a year. | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |
| 10/25/21 | Autism I: Learning the Basics | SN-3 | This training provides an overview of Autism Spectrum Disorders (ASD) and helps participants understand the complexities related to working with children with ASD. It reviews current research and types or successful intervention strategies. Participants learn practical strategies for assisting children with ASD in the classroom. | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |
| 10/27/21<br>6:30-9:30 | The Essence of Language: Appreciating the Importance of Language Development for Children Birth-5 years | CD-1.5<br>SN-1.5 | This training provides participants with an overview of children's typical language development from birth through five, possible "red flags" for language delays and how to assist English Language Learners. Through interactive activities, reviews of research and video, participants share their expertise and gain a comprehensive knowledge of language development and how to assist all children in improving their communication skills. | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |
| 10/28/21<br>6:30-8:30 | Fun with Feelings: Activities that Promote Emotional Intelligence | CD-1<br>SN-1 | During this training, participants will learn strategies and fun activities to assist preschool and school aged children in exploring their feelings for the purpose of promoting Emotional Intelligence. Participants will learn about the connection between Multiple Intelligences | $25 nonmember<br>$20 member<br>$0 Unlimited Pass Holder |

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| | | | and Emotional Intelligence. Participants will learn about potential red flag behaviors that may need to be addressed by a mental health professional. | |
| 11/1/21<br>6:30-9:30 | Making Meaningful Connections: Building the Foundation of the Young Brain | CD-1<br>PRO-1<br>SN-1 | This interactive training will build participants knowledge around how a young child's brain develops. 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. | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |
| 11/3/21<br>6:30-9:30 | Family and Community Partnerships | COM-3 | Participants will explore the goal of parent and family engagement and strategies to create respectful partnerships. Partnerships will examine beliefs systems to create common understanding between provider and family. | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |
| 11/10/21<br>6:30-9:30 | Including All Children and the Americans with Disabilities Act | SN-3 | This workshop will provide participants with an understanding of the requirements for ADA and inclusionary practices. Participants will leave with a better understanding of best practices and available resources. *This training will meet the 3 hour training requirement for MSDE.* | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |

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| 11/15/21 | Spread Kindness, Prevent Bullying | CD-1.5<br>COM-1.5 | This training will provide participants with the foundation of instilling kindness in children as the starting point for preventing bullying. Participants will explore concepts how to age appropriately introduce these to young children—caring, kindness, generosity, and community. Participants will learn how to develop a community between the children in order to spread kindness and prevent bullying. | **$5 Nonmember/Member**<br>**$0 Unlimited Pass Holder**<br>*Discount courtesy of the Baltimore County Early Childhood Advisory Council* |
| 11/17/21<br>6:30-9:30 | Basic Health and Safety | HSN-3 | This workshop provides basic information about critical health and safety topics for all child care providers to meet the requirement of the proposed licensing regulation regarding training in basic health and safety areas. Key topics include: establishing and maintaining a safe and healthy environment; safe practices to prevent and reduce injuries, identification and reporting of abuse or neglect and proper sanitation practices and procedures. Completion of this training does not meet regulatory requirements for specified training in Medication Administration, CPR/First Aid, or Emergency and Disaster Preparedness. | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |
| 11/18/21<br>6:30-8:30 | **Program for Infant Toddler Care:** Routines and Cultures | CUR-1<br>CD-1 | Cultural values are embedded in everyday routines of caregiving. Caregivers have a profound effect on the development of infants and toddlers because they engage in basis activities, toileting, feeding, and napping. In this class, participants will consider these three routines and how culture influences each of them. | $25 nonmember<br>$20 member<br>$0 Unlimited Pass Holder |

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| | | | Participants will have the opportunity to expand their understanding of what is comfortable for them and how different cultures treat these routines. | |
| 12/1/21<br>6:30-9:30 | Including All Children and the Americans with Disabilities Act | SN-3 | This workshop will provide participants with an understanding of the requirements for ADA and inclusionary practices. Participants will leave with a better understanding of best practices and available resources. *This training will meet the 3 hour training requirement for MSDE.* | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |
| 12/2/21<br>6:30-9:30 | Growing the Brain: Learning the Basics | CD-3 | This session will look at how the brain grows and develops from conception to 5 years old and describe the main parts of the brain and their functions, as well as explore how you can support healthy brain development in early childhood. | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |
| 12/6/21<br>6:30-9:30 | Keys to Inclusion and Behavior Management | CUR-2<br>SN-1 | This training addresses best practices in Early Childhood Education, with regards to inclusion and behavior management. Through hands-on activities and experiences, teachers will explore and increase their familiarity with best practices, such as an engaging classroom arrangement, balanced visual schedules, effective transitions, how to best utilize classroom staff, using proactive language for behavior management and the importance of teaching about emotions. | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |

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| 12/8/21<br>6:30-8:30 | Resiliency and Adverse Childhood Experiences (ACES) | CD-2 | 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 communities 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 focus on the data and offer solutions to help children deal with and overcome the effects of toxic stress. | **$5 Nonmember/Member**<br>**$0 Unlimited Pass Holder**<br>*Discount courtesy of the Baltimore County Early Childhood Advisory Council* |
| 12/14/21<br>6:30-9:30 | Developmentally Appropriate Practices | CUR-3 | This interactive training provides participants with an overview of developmentally appropriate practices, as defined by the National Association for the Education of Young Children and shares practical strategies for creating inviting environments for infants, toddlers, and preschoolers. Learning centers are an effective way to create an ideal classroom environment. Participants will learn how to use classroom learning centers and have opportunities to teach each other about these areas. This training provides many tips for creating fun and engaging learning opportunities for children. | $30 nonmember<br>$25 member<br>$0 Unlimited Pass Holder |

**To register, visit [www.anprojectact.org](http://www.anprojectact.org)**

# Did you know that you can take training courses at your own pace through Smart Horizons?

## Child Care Professional Education Center

Our training courses are designed to help early childhood professionals complete annual training requirements and acquire required training hours for those seeking a Child Development Associate (CDA) credential, CDA credential renewal or in-service training. Our courses provide a variety of engaging topics designed specifically for the early childhood professional.

**Courses are available 24 hours a day, 365 days a year!**

Access the entire library of online self-paced training at the site below.

https://www.smarthorizons.org/landing/antm/