

SEPTEMBER 2020

NETWORK NEWS

Baltimore County Child Resource Center



Find Us

8503 LASALLE RD
TOWSON, MD
PHONE
(443) 900-6458

Our offices are currently closed and we are working remotely. For a quick response, please EMAIL us at:
CRCBC@ABILITIESNETWORK.ORG

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

FAX
(410) 828-7708

It's OK to Laugh!

"We've all heard the popular saying, "Laughter is the best medicine." But does that type of thinking apply to something as serious as a global pandemic? Most psychologists would say yes. Humor helps people take back their sense of power in a powerless situation and it helps them connect with others—two things we have lost during this pandemic.

And although there is nothing particularly funny about what we're going through, science suggests that those funny memes, crazy TikTok videos, and snarky online quotes may be just what we need to ease the overwhelming fear, anxiety, and grief many of us are dealing with on a daily basis.

Even loneliness has become as crushing as the pandemic itself threatening to overwhelm people every day. Clearly, we need something to lighten the stress load we're all experiencing. And humor could be just what the doctor ordered."

—Courtesy of www.verywellmind.com

With that being said, we hope you enjoy some of the humor in this newsletter!

Why don't crabs
give to charity?

Because they are
shellfish.



Non-contact Greetings

DURING COVID-19 PERIOD



ELBOW JUMP



NAMASTE



WAVE



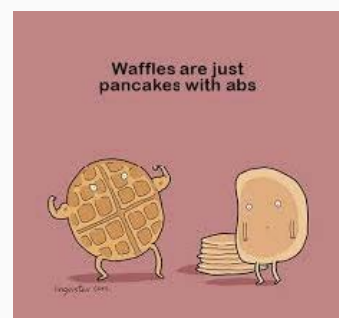
FOOTSHAKE

Preventing the Spread of COVID-19

We have all heard that the best ways to prevent the spread of Covid-19 is to wash hands frequently, wear a mask and practice social distancing. That's way easier said than done in our field. Children should still be greeted with excitement and joy on a daily basis. Above are some non-hand contact greetings that you can use in your program. Some other ideas are: do a short dance together, hip bump, make a heart with your hands, and use the ASL sign for I love you. Consider making visuals of the different options and letting children choose how they want to be greeted.



Why was Cinderella kicked off the baseball team?
She kept running away from the ball!!



CHILD CARE RESOURCE AND REFERRAL COMPLAINT POLICY

Every member of the Maryland Child Care Resource Network strives to provide high quality service to their constituencies. If you have concerns about an incident or some aspect of service at a regional child care resource center, or feel that you or your child has been mistreated by a resource center staff member, contact that resource center directly. If you are not satisfied with the way your concern or complaint is handled by the regional resource center, contact the network manager at Maryland Family Network at 410-659-7701. As the statewide coordinating entity, MFN will investigate the complaint and take appropriate action.

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.



Register & Pay Online

www.anprojectact.org

Training Calendar

Date/ Time	Training Name	COK Hour	Description	Cost
9/2/20 6:30-9:30	Using Visual Supports to Create Inclusive Environments	CUR-2 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 \$25 member \$0 Unlimited Pass Holder
9/8/20 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 \$25 member \$0 Unlimited Pass Holder
9/9/20 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 \$25 member \$0 Unlimited Pass Holder
9/10/20 6:30-8:30	Encouraging Healthy Social Emotional Development in the Young Child, ages 3-5	CD-1 SN-1	This training will increase your knowledge of healthy social emotional development in early childhood. Through research highlighting the importance of social emotional development for children's academic success, you will gain an overview of healthy development, ways to recognize milestones, "red flags" which may indicate possible delays, and strategies to use to promote social and emotional competencies in children ages 3-5.	\$5 courtesy of the Baltimore County Early Childhood Advisory Council \$0 Unlimited Pass Holder

9/14/20 6:30-9:30 Follow Up TA Sessions: 9/21/20 and 9/28/20 6:30-7:30	What's In Their Backpack: The Impact of Trauma	CD-3 If you attend the training and both TA sessions, you are eligible for 2 additional COK hours.	This engaging workshop discusses the affects 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.	\$5 \$0 Unlimited Pass Holder Follow Up TA Sessions are FREE
9/16/20 6:30-9:30	**Cultivating Inclusion Series: Roots of Inclusion	SN-2 PRO-1	During this module, we will focus on establishing the critical foundation needed for developing an inclusive child care program. We will identify leadership styles based on values and beliefs, and define your philosophy on inclusion. We will also explore comprehensive and effective inclusion policies to include in your program handbook. Because building an effective team is critical, we will discuss strategies for recruiting, selecting, and orienting staff and team members.	**FREE (See below.)
9/17/20 9:00 am- 12:00 pm	**Cultivating Inclusion Series: Roots of Inclusion	SN-2 PRO-1	During this module, we will focus on establishing the critical foundation needed for developing an inclusive child care program. We will identify leadership styles based on values and beliefs, and define your philosophy on inclusion. We will also explore comprehensive and effective inclusion policies to include in your program handbook. Because building an effective team is critical, we will discuss strategies for recruiting, selecting, and orienting staff and team members.	**FREE (See below.)
9/22/20 6:30-8:30	Program for Infant Toddler Care: Becoming Aware of Cultural Issues	COM-1 PRO-1	Children will develop a sense of who they are and what is important within the context of culture. Whether at home or in child care, caregivers play a significant role as transmitters of culture. Cultural sensitivity begins with an awareness of early experiences and their influence on our current values and behavior.	\$25 for nonmembers \$20 for members \$0 Unlimited Pass Holders
9/24/20 6:30-9:30	Biting: When, Why and How to Stop It	CD-1 CUR-1 HSN-1	Biting is developmental, but it's a very upsetting behavior for parents and teachers. This training will explore the developmental reasons why some children bite, how to set up environments to reduce the opportunity	\$30 for nonmembers \$25 for members

			for biting to occur and strategies to reduce occurrence.	\$0 for Unlimited Pass Holders
10/6/20 and 10/7/20 6:30-9:30	Emergency and Disaster Preparedness	HSN-3 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 possibilities.	\$60 nonmember \$55 member <i>Must attend both sessions to receive certificate.</i> \$0 Unlimited Pass Holder
10/8/20 6:30-9:30	Building Classroom Communities	CUR-1.5 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 that everyone can learn and grow. The training explores the three major leadership styles and their impact on a classroom and children. Throughout the training, the elements of a caring classroom community are identified. It ends with practical strategies to create a personalized action plan for building a classroom community in your current classroom.	\$5 courtesy of the Baltimore County Early Childhood Advisory Council \$0 Unlimited Pass Holder
10/19/20 6:00-6:30	Supporting Breastfeeding in Child Care	.5 CTE	The Supporting Breastfeeding class meets the training requirement for child care facilities and family child care providers who care for infants and toddlers.	\$10 nonmember \$5 member \$0 Unlimited Pass Holder
10/19/20 7-9	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 and strategies for keeping children safe.	\$25 nonmember \$20 member \$0 Unlimited Pass Holder
10/21/20 6:30-9:30	**Cultivating Inclusion Series: Branches of Inclusion	PRO-2 SN-1	Intentional systems of support are key to sustaining inclusive practices. During this module, we will explore how to plan for meaningful professional development that supports your vision for inclusion and get the most out of trainings and workshops. We	**FREE (See below.)

			will discuss how to utilize coaching and mentoring strategies to continually support the implementation of critical practices.	
10/22/20 9:00 am – 12:00 pm	**Cultivating Inclusion Series: Branches of Inclusion	PRO-2 SN-1	Intentional systems of support are key to sustaining inclusive practices. During this module, we will explore how to plan for meaningful professional development that supports your vision for inclusion and get the most out of trainings and workshops. We will discuss how to utilize coaching and mentoring strategies to continually support the implementation of critical practices.	**FREE (See below.)
10/27/20 6:30-8:30	Program for Infant Toddler Care: Supporting Culturally Diverse Families	COM-1 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 \$20 member \$0 Unlimited Pass Holder
10/28/20 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 \$25 member \$0 Unlimited Pass Holder
11/5/20 6:30-9:30	Terrific Twos	CUR-3	A two year old is full of wonder and curiosity. They are beginning to show signs of independence. This workshop takes a look at the two year old and how using the environment as a “third teacher” can help terrific two year olds’ growth.	\$30 nonmember \$25 member \$0 Unlimited Pass Holder
11/10/20 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	\$30 nonmember \$25 member \$0 Unlimited Pass Holder

			Administration, CPR/First Aid, or Emergency and Disaster Preparedness.	
11/16/20 6:30-9:30 Follow Up TA Sessions: 11/23/20 and 11/30/20 6:30-7:30	Managing Stress at Any Age	HSN-2 PRO-1 If you attend the training and both TA sessions, you are eligible for 2 additional COK hours.	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 PTSD. Attendees will learn initial signs and symptoms of each type of stress. The participants will also examine the similarities and differences of stress in infants, toddlers, preschoolers, school agers and adults.	\$5 \$0 Unlimited Pass Holder Follow Up TA Sessions are FREE
11/18/20 6:30-9:30	**Cultivating Inclusion Series: Blooms of Inclusion	SN-3	What does true inclusion look like in a child care program? In this module, we will look at evidence-based approaches to inclusive practice and explore tools for establishing program standards. We will learn strategies for continually improving practices that support inclusion, such as establishing strong collaboration with other professionals. As families are the experts on their child's needs, we will discuss strategies you can use to engage families as partners.	**FREE (See below.)
11/19/20 9:00 am- 12:00 pm	**Cultivating Inclusion Series: Blooms of Inclusion	SN-3	What does true inclusion look like in a child care program? In this module, we will look at evidence-based approaches to inclusive practice and explore tools for establishing program standards. We will learn strategies for continually improving practices that support inclusion, such as establishing strong collaboration with other professionals. As families are the experts on their child's needs, we will discuss strategies you can use to engage families as partners.	**FREE (See below.)
12/2/20 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 \$25 member \$0 Unlimited Pass Holder
12/3/20 6:30-8:30	Toilet Training: Catching the Cues of the Potty Dance	CD-2	This workshop is designed to address the challenges of toilet training in a child care program. We'll discuss developmental readiness vs the readiness of the adult. Learn	\$25 nonmember \$20 member

			sure fire potty training techniques, including celebrating and the power of peer pressure.	\$0 Unlimited Pass Holder
12/8/20 and 12/9/20 6:30-9:30	Emergency and Disaster Preparedness	HSN-3 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 possibilities.	\$60 nonmember \$55 member <i>Must attend both sessions to receive certificate.</i> \$0 Unlimited Pass Holder
12/14/20 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 \$20 member \$0 Unlimited Pass Holder

****This training series is designed to support child care professionals who hold policy development and leadership roles in their programs. This may include family child care providers, center directors and assistant directors, owners, and other program leaders. There is no cost for participation in this series, but we do ask that you commit to participating in all three training modules. Certificates will be issued at the conclusion of the series for those who attended all modules.**

To -register, visit 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/>



Laughter is the Best Medicine:

- Read a funny book
- Read some dad jokes
- Try a laughter yoga class from YouTube
- Call or hang out with someone who makes you laugh
- Watch some funny TikTok videos
- Join a dad jokes group on Facebook.
- Watch a funny movie or TV show
- Share the things that make you laugh with others!

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.



STAY TUNED!

Information on free professional memberships and low cost trainings, courtesy of the Baltimore County ECAC, will be coming soon!

Project ACT Child Resource Centers

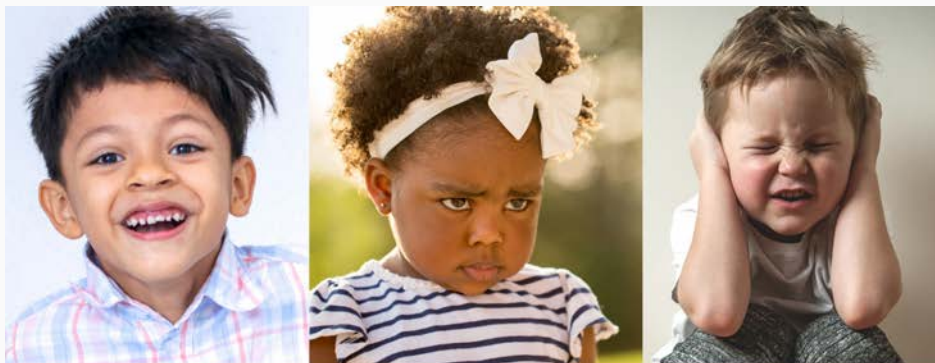
UNLIMITED TRAINING

Pass

Unlimited training* for 1 year!
Starting at \$100

Learn more at
www.anprojectact.org

*Some restrictions apply.



BUILDING RESILIENCE

MENTAL HEALTH & BEHAVIOR CONSULTATION

Available for Children Age Birth-Five in Baltimore, Harford & Cecil County Childcare Programs

FREE SUPPORT for difficulties with

- Social Skills
- Separation Anxiety
- Challenging Behaviors
- Emotional Regulation
- Sensory Sensitivities

CONTACT US for more information

Abilities Network
PROJECT ACT

(410) 828-7700
WWW.ANPROJECTACT.ORG

This service is provided through grant funding from the Maryland State Department of Education

Follow Us!



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.



Ever heard of the saying...‘Knowledge Is Power’? I am sure you have. So, let me share with you some reasons you want to join our Baltimore County Family Child Care Association...

We are a non-profit association made up of **Family Child Care Professionals** in Baltimore County. Our mission is to strive for quality care for all children in Family Child Care by:

- * Encouraging growth and development of all Baltimore County Family Child Care Providers through training, mentoring and networking opportunities
- * To remain informed of current childcare trends and local, state and federal regulations that impact our Family Child Care businesses
- * To inform and educate local, state and federal legislators on relevant Family Child Care issues
- * Review Family Child Care regulations and strive to advocate for necessary changes
- * Continually strive to increase and improve public awareness of Family Child Care Providers as PROFESSIONALS

Our 2020-2021 Membership Drive is going on **NOW!** Our membership fees this year are \$50 (don't forget it is a tax deduction!) and for your \$50 you'll get:

- * 2 memberships for the price of ONE! \$10 goes towards your membership in the Maryland State Family Child Care Association and the other \$40 goes directly towards our association to help offset the expenses of the monthly training that is offered at each monthly meeting. Meetings are held on the 2nd Wednesday of every month from 6:30 pm - 9:30 pm.

HOT OFF THE PRESSES...HERE IS OUR 2020-2021 VIRTUAL TRAINING SCHEDULE For the first 4 months...we are still awaiting virtual class offerings from a couple trainers and will update our offerings and publish a full training calendar as soon as we can. We are also looking to schedule some extra bonus classes for this year!

September 9: *Lisa McCourry* - **The Healthy Provider**, 3 hrs ***Health, Safety and Nutrition***. What are you doing to take care of yourself? Join me as we discuss “circle of life” and how each area affects your health. You will learn healthy habits that can improve overall health, which ultimately impacts your relationships with the children in your care. Discover how much you can become a role model to promote healthy habits to enhance their development and learning.

October 14: *Aurora Sanchez* - **Classroom by Design** - 2 hrs ***Curriculum***. Hands on Science for young children. COK. Participants will be engaged in a Make and Take style training using materials found in nature. During the training participants will work through the process of project invitation, how to record and document the learning had by young children and how to share it with families.

November 11: *Meghan Leach* – **The Values of Positive Guidance: Using Maryland EXCELS Standards to Support Best Practices** - 2 hrs ***Professionalism***. Through the development of policies

that support positive guidance in early childhood, participants will gain a greater understanding of the components of positive guidance and strategies for implementation.

December 9: *Better Futures* - Unlucky Thirteen: The Top13 Owner Tax mistakes – 2 hrs

Professionalism This course will provide a basic overview on how family childcare businesses can implement successful tax strategies and avoid common mistakes that trigger IRS audits. Participants will discuss different types of deductions, tax compliance and record keeping, and basic low-cost accounting solutions to get their business organized and ready for annual filing.

* Your business will be listed on our Communicate list which is a free listing on our website and we also offer a Parent Message Board where parents who are looking for child care can call, leave a message and then you receive a weekly email with potential families to contact! Who else will help you promote your business and help send potential parents your way?

You need to join our association!

* You will have access to our BCFCCA 'Member's Only' closed Facebook group where you are able to ask questions that stay within our family childcare provider community, network and share information with other providers in our area. Who else understands what you are going through day in and day out in our area?

You need to join our association!

* Receive an emailed copy of our BCFCCA Newsletter each month. Where else can you get monthly information to help keep you abreast of everything (and as needed updates when things like COVID hit)?

You need to join our association!

* Be personally united with an organization of professionals in the childcare field. And we love to help and support each other.

You need to join our association!

I am attaching a copy of both our 2020-2021 Membership application (print it out, fill it out, write your check and mail it in) and our 2020 - 2021 Membership Google Form (fill out online and you can either pay my check or online through PayPal). You can choose to complete whichever one is the easiest for you and we would love for you to become a member.

2020 - 2021 Membership Google Form <https://forms.gle/9C9UnehRaphXmQZk8>

If you are still unsure or have any questions please feel free to contact me at 410-903-2136 or email at cautionkidsatplay@gmail.com. I'd love to talk with you and welcome you to your association!

Baltimore County Family Child Care Association

2020-2021 Membership Application

(BCFCCA's Membership Year runs from August 1 - July 31 each year)

Membership Dues are \$50

(Your non-refundable membership dues also includes your membership in the Maryland State Family Child Care Association)

Please mail your application, check and a copy of your license to:
BCFCCA Treasurer, C/O Janice Semanick, 1730 Hall Ave, Halethorpe, MD. 21227

Please make all checks payable to 'BCFCCA'

(Please note there will be a \$35 returned check fee in addition to the membership dues for a total of \$85)

Member's Name: _____

I am the..... Provider Co-Provider Additional Adult

Address: _____

Email: _____

_____ I don't use email and would like a reminder phone call for: Towson Catonsville Both

Phone: _____ Date of Birth: _____/_____/XXXX

Family Child Care Business' Name: _____

Family Child Care Business' Address (if different than above): _____

Registration / License Number: _____ Nearby Schools: _____

Website: _____

Facebook Page: _____

Are you a: Returning Member _____ New Member _____ Referred by: _____

ACHIEVEMENTS / OPPORTUNITIES:

Credentialed - YES NO If yes, level _____

Excels - YES NO If yes, level _____

Accredited - YES NO In The Process _____ Interested _____

BCFCCA's Lesson Planning Group - YES, I'm interested - please make sure I am included _____

NO thank you, I am not interested at this time _____

_____ YES! I'd love to volunteer in our association, please contact me to discuss opportunities for me and my talents!

FOR OFFICE USE ONLY

DATE: _____ CHECK #: _____ CASH: _____ MONEY ORDER: _____ Added to BCFCCA Database: _____

BCFCCA MEMBERSHIP CARD ISSUED: _____ MSFCCA MEMBERSHIP CARD #: _____ Welcome Email sent: _____