

Network News



[Abilities Network®]

5/1/20

Baltimore County
Child Resource Center
at
Abilities Network
Project ACT

8503 LaSalle Rd
Towson, MD
Phone
(443) 900-6458

Monday - Friday
9:00 am - 4:00 pm
Call for additional
hours

Fax
(410) 828-7708

How Can We Help?

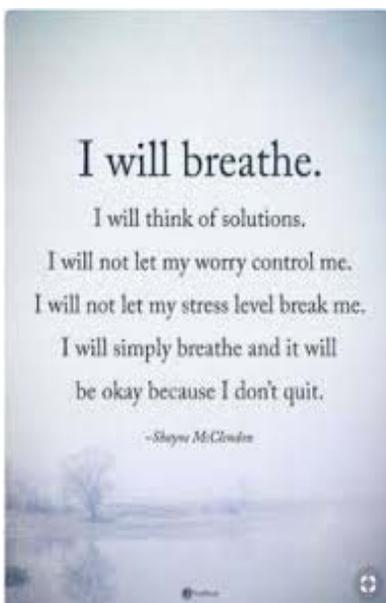
We know that times are challenging right now for providers, teachers, families, and pretty much everyone in the world.

Things are changing everyday and it's difficult to keep up with the most current and accurate information. WWW.CDC.GOV is the premier resource for up-to-date information. For Maryland specific information, check out www.governor.marland.gov/coronavirus.

Project Act is busy working on ways to make your life a little easier:

- Need resources? We have created the Project ACT Covid-19 Resource Guide available for Baltimore, Harford, and Cecil Counties.
- Need assistance? The Project ACT staff is here (remotely) to offer any support that we can provide.
- Need training hours? Since we are unable to host in-person trainings, we are offering live webinars for you to get COK hours. Check out the calendar at www.anprojectact.org.

**And remember: Breathe in and breathe out.
We are all doing the best we can and that's ok!**





Self Care Tips:

“Rest and self care are so important. You cannot pour from an empty vessel.”

(Eleanor Brown)

This is much easier said than done! Start small. Take a 10 minute walk outside. Do 4x4 breathing multiple times throughout the day (Breathe in for 4, hold for 4, breathe out for 4, hold for 4). Eat a piece of fruit. Do neck circles and shoulder shrugs.

Every little bit counts!

Tips for Helping Children Deal with the Crisis:

1. Try to keep a consistent routine (as best as you can). Times don't matter, but try to have the activities in the same order. Knowing what comes next is reassuring for children (and grown-ups).
2. Validate feelings: “I know this is scary, but we can do lots of things to help (washing hands, staying home, making hearts for the windows for people to see, making cards for nursing homes, etc.)”
3. Keep COVID-19 conversations with children to a minimum; avoid watching the news with them. Too much information can be overwhelming for young children.
4. Integrate art into your daily activities. Allowing children to express their creativity can help alleviate stress. Try sidewalk chalk, painting rocks, or making and playing with play dough. Messy activity? Take it outside for easier clean up.

Now more than ever, we are getting bombarded with reminders about the importance of washing your hands correctly. Here are some tips to help children with this not-always-fun habit:

- ◆ Remind them that washing hands helps keep everyone safe.
- ◆ Post visuals at each sink as a reminder.
- ◆ 20 seconds is the golden rule for handwashing. Teach different songs to sing as they wash their hands (Happy Birthday two times, the ABCs, etc.). Or, set a timer and let children sing whatever song they would like.
- ◆ Kids need to see how to properly wash hands; hang pictures, watch a video, or have a dance party. Play some fun music and model/pretend to wash hands.
- ◆ Have discussions about when you should wash your hands (when entering the home/center, after playing outside, after touching pets, after using the restroom, before eating)



REGISTRATION POLICIES

Training Sessions

Due to current state 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.

Training Date	Participant Name (s)	Training Title	Cost
Total Amount			\$

Register and pay online at
www.anprojectact.org

Project ACT Child Resource Centers

**UNLIMITED
TRAINING**

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

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www.anprojectact.org

*Some restrictions apply.

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 at <https://locate.marylandfamilynetwork.org/Provider/login>. 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

Update your record now at <https://locate.marylandfamilynetwork.org/Provider/login>

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crcbc@abilitiesnetwork.org

Serving Baltimore,
Harford and Cecil
Counties

20/20
BRING
THE
WHOLE
CHILD
INTO
FOCUS

ALL CHILDREN TOGETHER
PROJECT ACT

11th Annual
Project ACT
Early Childhood
Conference

New Location!
8820 Walther Blvd.
Parkville, MD

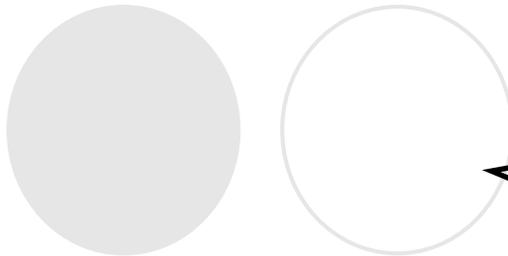
October
2nd & 3rd

Registration opens in May

[Abilities Network®]
SEEING ABILITIES NOT DISABILITIES.

Save the Date

FIND US ON FACEBOOK!
@CHILDRESOURCECENTER



Check out some
of our BRAND NEW
trainings!!



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
5/5/20 6:30-8:30	Treat Yourself	SN-1 PRO-1	This training addresses the importance of self care for teachers and administrators. Through self reflective activities and experiences, providers will explore and increase their familiarity with best practices in self care, including breathing techniques, using mantras, getting enough rest, and feeling gratitude. Participants will create a plan to increase the use of self care strategies in personal and professional lives.	\$10 Tuesday! \$5 Member \$0 Unlimited Pass Holder
5/7/20 6:30-9:30	Behavior Guidance for Infants and Toddlers	CD-3	This training will outline the developmentally appropriate, yet sometimes challenging, behaviors of children, birth through age 3. Through the review of developmentally appropriate behaviors and strategies to prevent or redirect sometimes challenging experiences, providers will complete the training with new strategies to implement with children in their programs. Participants will begin to develop the knowledge and strategies necessary to properly redirect children's negative or challenging behaviors into positive and appropriate behaviors.	\$30 nonmember \$25 member \$0 Unlimited Pass Holder
5/11/20 6:30-9:30	Traumatic Events: Helping Our Children Cope During and After a Crisis	HSN-1 SN-1	This informative and interactive training provides an understanding of personal/family, community and global traumatic events as well as how such events may possibly affect children in their development. Practical strategies are provided that focus on ways to help children feel safe, empowered, and eager to engage in regular activities.	\$5 courtesy of Special Needs Infants and Toddlers grant \$0 Unlimited Pass Holder
5/14/20 6:30-9:30	**Skill Builder Series: Wonderful Workplace Building Your Resilience	PRO-3	Participants will learn how to improve resilience in their personal and professional lives. By improving resilience factors, they will be able to better cope with or recover from change, loss, adversity, and mistakes.	**\$30 nonmember \$25 member \$0 Unlimited Pass Holder
5/18/20 6:00- 6:30	Supporting Breastfeeding in Child Care	.5 CTE	The Supporting Breastfeeding class meets the training requirement for child care facilities	\$10 nonmember \$5 member

			and family child care providers who care for infants and toddlers.	\$0 Unlimited Pass Holder
5/18/20 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
5/20/20 6:30-8:30	Express Yourself! Discovering How to Extend Children's Natural Forms of Self Expression to Promote Early Literacy Skills	CUR-2	Participants will learn more about extending children's natural forms of self-expression in three main areas: music and movement, artwork, and storytelling. In each of these areas, the literacy skills that children are acquiring or practicing will be discussed and by participating in a few activities, the audience will have an opportunity to see first hand how these areas naturally develop in children and how they also greatly enhance reading readiness.	\$25 nonmember \$20 member \$0 Unlimited Pass Holder
5/27/20 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 child abuse or neglect.	\$25 nonmember \$20 member \$0 Unlimited Pass Holder
6/2/20 6:30-9:30	Redesign Your Circle Time	CUR-2 SN-1	Through engaging discussions, hands-on activities, and thoughtful self-reflection, participants will explore developmentally appropriate best practices regarding Circle Time. How can you shift your focus to social/emotional development? Do children have to sit criss cross applesauce in order to learn? Do you have to do weather and calendar during Circle Time? Find out these answers and more!	\$10 Tuesday! \$5 Member \$0 Unlimited Pass Holder
6/4/20 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
6/8/20 and 6/9/20	Emergency and Disaster Preparedness	HSN-3 PRO-3	Develop a comprehensive plan to follow when a disaster occurs. Natural disasters, medical emergencies, technological hazards,	\$60 nonmember \$55 member

6:30-9:30			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.	<i>Must attend both sessions to receive certificate.</i> \$0 Unlimited Pass Holder
6/17/20 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
6/23/20 6:30-8:30	Take a Step Back	CD-1 SN-1	Observation is the key to changing children's behaviors. Hands-on activities will allow providers to identify the function of behavior and strategies to help change the behaviors.	\$25 nonmember \$20 member \$0 Unlimited Pass Holder
6/25/20 6:30-9:30	Make Time Happen: Time Management Tips	PRO-3	This course is designed to teach child care providers how to make the most effective use of the time and how to help handle the time that they cannot control. Topics include how to manage time appropriately through work, rest and play.	\$30 nonmember \$25 member \$0 Unlimited Pass Holder
6/29/20 6:30-9:30	Making Meaningful Connections: Building the Foundation of the Young Brain	CD-1 PRO-1 SN-1	This interactive training will build participants' knowledge around how a young brain develops. Participants will 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 \$25 member \$0 Unlimited Pass Holder

To register, visit www.anprojectact.org