

JANUARY 2021

NETWORK NEWS

Baltimore County Child Resource Center



Find Us

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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

2021: A Fresh Start?

Most of us are ready for a new year; 2020 has been especially difficult. We also realistically know that the pandemic will not disappear on January 1st.

However, we can still use January 1st, this time of newness and freshness to focus on the things we can control. We can't control the pandemic, or it's accompanying hassles, but we can focus on other things. Feeling stressed? Focus on self-care. Put on some pandemic pounds? Come up with some specific strategies to increase exercise and/or eat healthier meals. Need to work on time management or organization? Look for some webinars or podcasts to help you. (HINT: We are offering a Time Management webinar in January!)

Try to not be overwhelmed with all of the unknowns; just keep breathing, and check out some of the new mental health trainings that we are offering for only \$5!

I will breathe.

I will think of solutions.

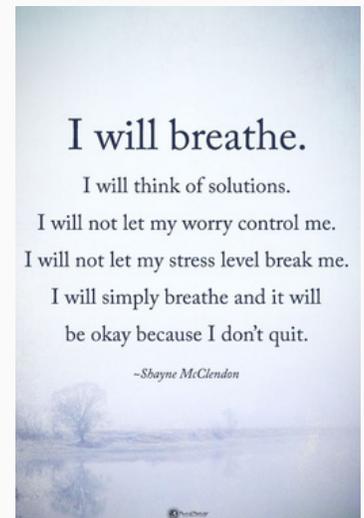
I will not let my worry control me.

I will not let my stress level break me.

I will simply breathe and it will

be okay because I don't quit.

~Shayne McClendon





Self-Care Corner

Sometimes we may think that self-care is selfish. But that couldn't be further from the truth. In order to care for others, you **MUST** take care of yourself. Last issue, we talked about the importance of humor. In this issue, it's all about planning self-care activities, and then **FOLLOWING** through with them.

Be specific with your goals and start with baby steps. If you've never done meditation before, don't start with a huge goal, like, "I'm going to meditate for an hour every day." Start with something small, like "I will listen to a two minute guided meditation every single day." Set an alarm if needed. Insight Timer is a great free app that can help you reach your mindfulness goals.



- Looking for fitness and nutrition ideas for yourself and children? Check out Fit From the Start on 1/11.
- Time Management strategies? Register for Make Time Happen on 1/21.
- Bounce back strategies? Check out Building Your Resilience on 2/4. This training is only \$5, and has two free TA sessions.

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.

Early Childhood Advisory Council (ECAC)

The Maryland Early Childhood Advisory Council (ECAC) is comprised of early childhood educators, policy makers, and community advocates from across the state. The purpose of the ECAC is to coordinate efforts among early care and education programs, conduct needs assessments concerning early childhood education and development programs, and develop a statewide strategic report regarding early childhood education and care.

There are Local Early Childhood Advisory Councils (LECACs) across the state. The LECACs have a common set of goals:

- To establish annual benchmarks of school readiness skills of children entering kindergarten.
- To develop an action plan for increasing the overall participation of children in existing programs, including outreach to underrepresented and special populations, elevating the quality of existing programs.
- To coordinate early childhood initiatives and reforms locally.



The Baltimore County ECAC has allowed Project ACT to provide trainings on mental health topics for only \$5.

Little Learners Series:

What Should We Talk About? Best Practices in Communicating with Infants and Toddlers



Join us on 1/27 to learn more about how to effectively communicate with infants and toddlers and receive 3 COK hours. Earn an additional 2 hours for the Enhanced TA sessions on 2/10 and 2/24. A Speech Language Pathologist from HASA will be joining us to talk about speech delays and language disorders in young children.

This series is only \$5, courtesy of grant funding from MSDE.



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.

Jumping into
Science

APRIL 21, 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.



LOCATE: Complaint Policy

Through the LOCATE service, parents share feedback with the LOCATE staff on the programs in the files: licensed child care centers, registered family child care providers and accredited preschools and camps. While this feedback is at times positive, it sometimes concerns complaints parents have about child caregivers. Of course, LOCATE and the Maryland Child Care Resource Network want to use this information in a way that is fair to providers and parents, while protecting children, as well. Therefore, the LOCATE Complaint Policy was developed and has been in effect since its approval by the Maryland Committee for Children Board in November, 1983. According to this policy, all complaints made to LOCATE about child care providers/facilities are recorded. The type of complaint is then determined: Less Serious Complaint- No Violation: complaints which do not involve violations of child care regulations; complaints about situations which do not pose a threat to the safety, health or welfare of a child. Less Serious Complaint Involving Violation: complaints of any violation of Office of Child Care (OCC), Maryland State Department of Education (MSDE) regulations, and/or the Health Department which do not pose a threat to the health, safety or welfare of a child. Serious Complaint: any threat to the immediate health, safety, or welfare of a child. When a parent calls LOCATE with a complaint, the referral specialist advises him/her to register the complaint directly with the appropriate regulatory agency and/ or Protective Services. Names and telephone numbers of the person with whom the parent should speak are provided. When a Serious Complaint is received concerning one of the providers of facilities in the LOCATE system, no referrals are made by the referral specialists to that provider/facility. The LOCATE Director also communicates with the appropriate regulatory agency personnel about the complaint, and maintains the "hold" on the provider/facility until the agency's disposition of the complaint is known. Should the investigation result in no action, the "hold" status is removed from that provider's/facility's records. Should the license or registration be revoked, the record is removed from the LOCATE files. Providers are advised of LOCATE's actions in writing. A provider may appeal the LOCATE Director's decision to cease referrals. Appeals are first addressed to the LOCATE Advisory Committee. Final appeals may be made to the board of the Maryland Family Network. It is the position of LOCATE and MFN that the Complaint Policy is both fair and workable. Safeguards and due process are afforded to the care givers in the files, and parents' and children's rights to safety are addressed, as well. Any questions on this policy should be addressed to Director, LOCATE: Child Care at 410 659-7701 x 259.

Training Calendar

| Date/ Time | Training Name | COK Hour | Description | Cost |
|----------------------|--|--------------------|--|--|
| 1/5/21 6:30-9:30 | Working with Mixed Age Groups | CD-2 CUR-1 | Working with a group of children who are different ages presents child care providers with unique challenges and opportunities. Learn strategies to overcome challenges, create daily schedules and meet the needs of each child. | \$30 nonmember \$25 member \$0 Unlimited Pass Holder |
| 1/6/21 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 \$25 member \$0 Unlimited Pass Holder |
| 1/11/20 1:00-2:00 | Infant/Toddler Communities of Practice: Challenging Behaviors during Challenging Times | NA | Stay tuned for details. | FREE |
| 1/11/21 6:30-9:30 | Fit from the Start | CUR-1.5 HSN-1.5 | In this interactive training, participants will learn the definition of obesity and the factors that are leading to a rise in the obesity rates of children and adolescents. Participants will discover strategies to use in their setting and curriculum to encourage healthy eating habits and movement activities for all young children. | \$30 nonmember \$25 member \$0 Unlimited Pass Holder |
| 1/13/21 6:30-9:30 | Emotions Matter | CD-3 | Children experience many emotions throughout the day. Learn why these emotions, positive and negative, have an impact on their development and learn why it is important to teach children how to handle those emotions. | \$5 courtesy of the Baltimore County Early Childhood Advisory Council \$0 Unlimited Pass Holder |

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| 1/19/21 1:00-3:00 | Baltimore County EXCELS workgroup | NA | Stay tuned for more details. All EXCELS levels are welcome! | FREE Contact Jenna Miller at jmiller@abilitiesnetwork.org to register |
| 1/19/21 6:30-9:30 | Introduction to Inclusion: Educating All Children Together | SN-2 PRO-1 | Participants will learn about including children with special needs in their child care. | \$30 nonmember \$25 member \$0 Unlimited Pass Holder |
| 1/21/21 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 |
| 1/27/21 6:30-9:30 TA Sessions: 2/10 and 2/24 6:30-7:30 | What Should We Talk About? Best Practices in Communicating with Infants and Toddlers | CD-2 SN-1 (for training) PRO-2 (for TA sessions) | This training is designed to provide participants with a variety of communication tools they can embed into their daily practices to support the language development of infants and toddlers. Through a series of activities, teachers will gain skills and confidence to use new skills when they return to their programs. | \$5 nonmember \$0 Unlimited Pass Holder Courtesy of Special Needs Infant Toddler Grant |
| 1/28/21 6:30-9:30 | Bottoms Up: Tummy Time Fun | CD-3 | Tummy time is easy to implement in any child care setting and is critically important to supporting healthy infant development and preventing a number of infant disorders. Knowing about the importance of tummy time and how it can be implemented throughout the day, teachers can incorporate prone positioning in their classrooms and conversations with parents which in turn will help with the growth and development of infants. | \$30 nonmember \$25 member \$0 Unlimited Pass Holder |
| 2/2/21-5/11/21 Tuesdays 6:30-9:30 | Critical Competencies for Infant and Toddler Educators | 45 hours | Join us for this exciting training opportunity for Infant and Toddler Educators! This is a 45 hour training series created by Zero to Three for both center-based and family child care providers who care for infants and toddlers. | \$250 nonmember \$245 member |

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| 2/3/21 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 \$25 member \$0 Unlimited Pass Holder |
| 2/4/21 6:30-9:30 TA Sessions: 2/11 and 2/18 6:30-7:30 | Building Your Resilience | PRO-3 (for training) PRO-2 (for attending both TA sessions) | 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. | \$5 Nonmember \$0 Unlimited Pass Holder |
| 2/8/21 1:00-2:00 | Infant/Toddler Communities of Practice: Autonomy in Toddlers | NA | Stay tuned for details | FREE |
| 2/8/21 6:30-8:30 | "I Love You Rituals" and Other Routines for Infants and Toddlers | CD-2 | The workshop will outline the impact of intentional, positive strategies on infant and toddler brain development. Participants will learn about the effects of a negative attention cycle on children's ability to connect with adults in positive ways. Participants will create a plan in incorporate rituals and routines into daily activities that contribute to positive cycles of brain development. | \$5 courtesy of the Baltimore County Early Childhood Advisory Council \$0 Unlimited Pass Holder |
| 2/17/21 6:30-8:30 | Program for Infant Toddler Care: Culture, Development and Learning | CUR-1 CD-1 | A caregiving environment that is in harmony with the home culture provides children with clear messages about who they are. Children acquire this knowledge most easily through the ways in which everyday routines and activities are conducted. Participants will examine specific ways that culture influences development and that child care practices reflect cultural beliefs. | \$25 for nonmembers \$20 for members \$0 Unlimited Pass Holders |
| 2/11/21 1:00-3:00 | Baltimore County EXCELS workgroup | NA | Stay tuned for more details. All EXCELS levels are welcome! | FREE Contact Jenna Miller at jmiller@abilitiesnetwork.org to register |

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| 2/18/21 6:30-9:30 | ADHD 1: Learning the Basics | SN-3 | This workshop will introduce participants to what Attention Deficit Hyperactivity Disorder (ADHD) really is and dispel the myths associated with the disorder. Participants will learn about possible red flags, how ADHD is diagnosed, what the latest research indicates about children with ADHD and general teaching strategies that assist with teaching a child who has ADHD. | \$30 nonmember \$25 member \$0 Unlimited Pass Holder |
| 2/22/21 6:30-9:30 | Kids in Motion: Music and Motion Activities for the Whole Child | CD-1 SN-1 CUR-1 | This interactive training incorporates current research and theory on the benefits of music and movement for the “whole child,” including a child’s physical development as well as their social/emotional and cognitive growth. Participants will explore how music and movement is experienced by young children of other cultures and will, through hands-on activities, explore fun, practical ways to utilize music and movement every day, throughout the day. | \$30 nonmember \$25 member \$0 Unlimited Pass Holder |
| 2/25/21 6:30-9:30 | Developmentally Appropriate Art | CUR-2 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 \$25 member \$0 Unlimited Pass Holder |
| 3/2/21 and 3/3/21 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. <i>FLIP IT</i> ® is a strategy 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. <i>FLIP IT</i> ® is nothing new, but transforms best practice into a strategy that is easy to remember, applicable in a variety of challenging situations and portable. | \$60 nonmember \$55 member \$0 Unlimited Pass Holder |

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| 3/8/20 1:00-2:00 | Infant/Toddler Communities of Practice: Biting | NA | Stay tuned for details. | FREE |
| 3/10/21 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 \$25 member \$0 Unlimited Pass Holder |
| 3/11/21 6:30-9:30 | Planning Yoga Experiences for Early Childhood Classrooms | CUR-3 | The yoga time created with the children in your program will provide a special and safe place that encourages compassion and connectedness. | \$5 courtesy of the Baltimore County Early Childhood Advisory Council \$0 Unlimited Pass Holder |
| 3/15/21 and 3/16/21 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 |
| 3/25/21 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 \$20 member \$0 Unlimited Pass Holder |
| 3/29/21 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 |
| 3/29/21 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 |

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| 4/7/21 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 \$25 member \$0 Unlimited Pass Holder |
| 4/12/21 1:00-2:00 | Infant/Toddler Communities of Practice: Assistive Technology for Infants and Toddlers with Special Needs | NA | Stay tuned for details. | FREE |
| 4/12/21 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 \$25 member \$0 Unlimited Pass Holder |
| 4/13/21 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 |
| 4/15/21 6:30-9:30 | Reducing Stress and Burnout for Those Caring for Kids | HSN-3 | The child care environment can be stressful at times. Without good self-care, there may be a point when you have nothing left to give due to stress. Through hands-on activities and experiences, as well as self-reflections, providers will explore and increase their familiarity and knowledge with best practices in self-care and ways to reduce stress and prevent burnout. | \$5 courtesy of the Baltimore County Early Childhood Advisory Council \$0 Unlimited Pass Holder |

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| 4/21/21 6:30-9:30 | Teaching Problem Solving Throughout the Day | CD-3 | During this interactive training, participants will learn through video vignettes and group activities, the importance of being intentional when teaching children how to problem solve. Participants will also study the effects of understanding how to problem solve on social and emotional development and the overall effects on academic success. This training will build participants' knowledge base on the process of the problem solving steps and how to teach these steps to children. | \$30 nonmember \$25 member \$0 Unlimited Pass Holder |
| 4/22/21 6:30-8:30 | Jumping into Science | CUR-2 | 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. | \$25 nonmember \$20 member \$0 Unlimited Pass Holder |
| 4/26/21 6:30-9:30 | Math is Fun | CUR-3 | This course is designed to guide child care providers and teachers in implementing math curricular activities. Topics include helping children learn about math concepts as they explore and discover, looking beyond learning counting and numbers, and developing and extending children's interest in mathematical concepts— inclusive for all early math learners. | \$30 nonmember \$25 member \$0 Unlimited Pass Holder |

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/>

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monthly Zoom link.](#)

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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.