

OCTOBER 2022

# NETWORK NEWS

Baltimore, Harford, and Cecil Counties Child Resource Center



## Find Us

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

We are currently using a hybrid model and providing some in-person services. For more information, please contact us at: [CRCBC@ABILITIESNETWORK.ORG](mailto:CRCBC@ABILITIESNETWORK.ORG)

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

FAX  
(410) 828-7708



Dear Early Childhood Educators and Educarers,

Another summer has come and gone, and now fall is upon us. Sunsets are earlier, the weather is chillier, and the holidays will be here before we know it!

We hope that you enjoy this edition of the Network News. Inside you'll find a ton of great info, including:

- Types of journals in the Self-Care Corner. We know that journaling is good for our mental health, but for some of us, it can be overwhelming. Check out the description list of journals. Try to find one that interests you.
- Our training calendar. Visit [aprojectact.org](http://aprojectact.org) to register. We have a bunch of new trainings for you to take!
- Information on our Child Resource Center. Did you know that you can submit an article for our newsletter and receive a PAU? Keep reading for more info.
- Fun fall ideas. From infants all the way through school agers, pick up some new and engaging ideas to engage, entertain, and educate your children.



## Self-Care Corner

### Types of Journals:

- Stream of consciousness (Write down your thoughts as they happen. The words and thoughts don't need to make sense, you're simply capturing your thoughts in action.)
- Dream journal (Take note of your dreams each night as a way of getting in touch with your subconscious. Remember to make your journal entries right when you wake up.)
- Food journal (Make a note of what you've eaten each day. This will help you be more mindful about the foods you choose to eat.)
- Fitness journal (Keep track of your workouts so you can stay committed to an active lifestyle.)
- Gratitude journal (Before going to sleep, make a list of everything you were thankful for that day.)
- Sketch journal (Express your feelings, thoughts, and ideas through illustrations, doodles, or sketches.)
- Day's events journal (Keep track of your experiences throughout the day. Whether it's making note of a funny conversation or describing a new recipe you enjoyed.)
- To-do list (Instead of keeping a running tally of to-do items in your head, write them down. You can cross things off as you complete them and get a great sense of accomplishment.)



### CHECK OUT OUR NEW TRAININGS!

- Cultivating Creative Problem Solvers 10/5/22
- **Healthy Meals for Infants and Toddlers 10/18/22**
- Understanding Attention Deficit Hyperactivity Disorder 10/25/22
- **Beyond Management: How to Be an Effective Leader 11/9/22**
- Discipline is Teaching 12/14/22

# 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.



11/14/22

Register & Pay Online  
[www.anprojectact.org](http://www.anprojectact.org)



# Training Calendar

Date/ Time	Training Name	COK Hour	Description	Cost
10/3/22 6:30-9:30	Building Classroom Communities	COM-1.5 CUR-1.5	This training addresses the various components involved in creating a supportive classroom community. In such a classroom environment, teachers and children come to know and care about each other and develop mutual regard and concern for each other, so that everyone can learn and grow. The training explores the three major leadership styles and their impact on a classroom, and it demonstrates how to utilize essential skills for building positive relationships between all staff 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.	\$35 nonmember \$30 member \$0 Unlimited Pass Holder
10/4/22 AND 10/6/22 6:30-9:30	Emergency Preparedness for Child Care Programs	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.	<b>\$5 nonmember Courtesy of MSDE \$0 Unlimited Pass Holder</b>
10/5/22 6:30-9:30	Cultivating Creative Problem Solvers	CD-3	Teachers lose valuable instruction time to time spent mediating conflicts between students. In this training participants will learn how to teach their young students to manage their emotions and resolve conflicts collaboratively with their peers. Participants will also practice appropriate responses to resolving conflict.	<b>\$5 (courtesy of Baltimore County Early Childhood Advisory Council) \$0 Unlimited Pass Holder NEW!</b>
10/8/22 9:30-4:00 Reisterstown Library	Medication Administration	HSN-6	This MSDE-designed workshop will teach providers what they need to know when administering medication to children. Learn how to give oral, topical, inhaled, and	\$75

21 Cockeyes Mill Rd Reisterstown 21136			emergency medicines to infants and children; how to keep accurate records; and regulations for hygiene, safety, and measurements.	
10/11/22 6:30-8:30 Follow Up TA Sessions: 10/25 and 11/8 6:30-7:30	Simple Sign Language	SN-2 PRO-2 for both TA sessions	In this training, participants will learn about American Sign Language and how the use of multiple modes of communication can benefit all learners. Through fun and engaging activities, participants will learn 20 simple signs that are useful in an early childhood setting. Using current research and a variety of resources, this training will discuss how using sign in the early childhood classroom supports children with special needs. Participants will learn strategies for teaching signs to young children and engaging families.	<b>\$5 (courtesy of MSDE Special Needs Toddler Grant)</b> <b>\$0 Unlimited Pass Holder</b>
10/12/22 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.	\$35 nonmember \$30 member \$0 Unlimited Pass Holder
10/13/22 6:30-7:30	Build Your Perfect Emergency Plan	NA	Build Your Perfect Plan coaching sessions will provide additional resources, mentoring and strategies to support Emergency and Disaster Preparedness plan development in a group setting. These sessions are free and open to all providers around the state, regardless of where or when they attended Emergency and Disaster Preparedness training.	FREE
10/17/22 6:30-9:30	Autism 1	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 of successful intervention strategies. Participants learn practical strategies for assisting children with ASD in the classroom.	\$35 nonmember \$30 member \$0 Unlimited Pass Holder
10/18/22 6:30-8:30	Healthy Meals for Infants and Toddlers	HSN-2	A varied and nutritious diet and good eating habits are essential for infant & toddler healthy growth & development. Healthy eating habits are easy to establish early in a child's life when the parents and caregivers	\$30 nonmember \$25 member \$0 Unlimited Pass Holder

			have accurate knowledge of nutritional values. This workshop explores how to help build healthy eating habits in infants & toddlers.	<b>NEW!</b>
10/20/22 6:30-8:30	Resiliency and Adverse Childhood Experiences (ACES)	CD-2	This powerful documentary explores the profound long-term effects of toxic stress, a condition that, sadly, affects many of the young children in our community 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 center on the scientific data and offer solutions to help children deal with and overcome the effects of toxic stress. Participants will identify the effects of toxic stress on the body and discover ways to increase resilience in children.	\$30 nonmember \$25 member \$0 Unlimited Pass Holder
10/25/22 6:30-8:30	Understanding Attention Deficit Hyperactivity Disorder	SN-2	Participants will gain an understanding of ADHD/ADD behaviors, diagnosis procedures and strategies for overcoming challenging behaviors from children with ADHD/ADD.	\$30 nonmember \$25 member \$0 Unlimited Pass Holder <b>NEW!</b>
10/27/22 6:30-9:30	Developmentally Appropriate Art	CD-1 CUR-2	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 children in conversations. It also provides strategies for involving parents in art activities at school and in the community.	\$35 nonmember \$30 member \$0 Unlimited Pass Holder
11/1/22 AND 11/3/22 6:30-9:30	Emergency Preparedness for Child Care Programs	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.	<b>\$5 nonmember Courtesy of MSDE \$0 Unlimited Pass Holder</b>

11/5/22 10:30-5:00 Reisterstown Library 21 Cockeys Mill Rd Reisterstown 21136	Medication Administration	HSN-6	This MSDE-designed workshop will teach providers what they need to know when administering medication to children. Learn how to give oral, topical, inhaled, and emergency medicines to infants and children; how to keep accurate records; and regulations for hygiene, safety, and measurements.	\$75	
11/7/22 6:30-9:30	Connection Vs. Perfection	SN-3	It only takes 30% of attunement with an infant or toddler to form a secure attachment. The other 70% is where mistakes or challenges within a relationship may occur. Infants and toddlers crave authenticity within their relationships just like we do, and with authenticity comes "oops". In this training participants, will explore how our "oops" can breed a more connected relationship specifically with infants and toddlers with special needs and those whose culture is different from our own. This session will focus on examining how choosing connection over perfection can be the answer to supporting strong relationships with ALL of our youngest learners.	<b>\$5 (courtesy of MSDE Special Needs Toddler Grant) \$0 Unlimited Pass Holder</b>	
11/9/22 6:30-9:30	Beyond Management: How to Be an Effective Leader	PRO-3	In this workshop, participants will recognize differences between leadership and management and identify specific characteristics of people whom they consider to be effective leaders.	<b>\$5 nonmember \$0 Unlimited Pass Holder Courtesy of Baltimore County Early Childhood Advisory Council NEW!</b>	
11/10/22 6:30-7:30	Build Your Perfect Emergency Plan	NA	Build Your Perfect Plan coaching sessions will provide additional resources, mentoring and strategies to support Emergency and Disaster Preparedness plan development in a group setting. These sessions are free and open to all providers around the state, regardless of where or when they attended Emergency and Disaster Preparedness training.	FREE	
11/12/22 9:00-3:30	PALS (Preschool Active Learning Series)		Stay tuned!		

11/14/22 6:30-9:30	Emergency Preparedness for Child Care Providers: Refresh Course	HSN-3	This training teaches child care providers to respond to and recover from emergencies. Participants will identify and discuss emergencies that may affect their program. Addressing the emotional needs of children will also be discussed. Participants will identify resources to support emergency preparedness. Participants should bring a copy of their program's emergency plan to the training.	<b>\$5 nonmember Courtesy of MSDE \$0 Unlimited Pass Holder NEW!</b>
11/15/22 6:30-9:30	Marvelous Math	CUR-3	This training will provides early care and education professionals the opportunity to learn different math strategies and activities to use in their classroom. This training is based on the Early Learning Assessment math domain.	\$35 nonmember \$30 member \$0 Unlimited Pass Holder
11/16/22 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.	\$35 nonmember \$30 member \$0 Unlimited Pass Holder
12/1/22 6:30-8:30 TA Sessions: 12/8/22 AND 12/15/22 6:30-7:30	Recognizing Anxiety in Little People	SN-2 PRO-2 for both TA Sessions	This training will provide participants with a foundational understanding of anxiety in children and adults. Through activities, reflection and discussions, participants will learn approaches to working with children with anxiety.	<b>\$5 (courtesy of MSDE Special Needs Toddler Grant) \$0 Unlimited Pass Holder</b>
12/5/22 AND 12/7/22 6:30-9:30	Emergency Preparedness for Child Care Programs	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.	<b>\$5 nonmember Courtesy of MSDE \$0 Unlimited Pass Holder</b>
12/8/22 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.	\$35 nonmember \$30 member \$0 Unlimited Pass Holder
12/12/22 6:30-9:30	Basic Health and Safety	HSN-3	This workshop provides basic information about critical health and safety topics for all	\$35 nonmember

			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 member \$0 Unlimited Pass Holder
12/14/22 6:30-8:30	Discipline is Teaching: Positive Strategies to Reduce Challenging Behavior	CD-1 CUR-1	Prevention is the best form of intervention! Challenging Behavior is to be expected when working with children but not everyone is equipped with strategies on how to prevent and manage challenging behavior. Participants will learn strategies to both prevent and to handle challenging behavior including natural consequences, discipline, and ways to teach self-discipline. Participants will leave with a “toolkit” of approaches surrounding behavior to use in their early childhood programs.	<b>\$5 nonmember \$0 Unlimited Pass Holder Courtesy of Baltimore County Early Childhood Advisory Council NEW!</b>
12/15/22 6:30-7:30	Build Your Perfect Emergency Plan	NA	Build Your Perfect Plan coaching sessions will provide additional resources, mentoring and strategies to support Emergency and Disaster Preparedness plan development in a group setting. These sessions are free and open to all providers around the state, regardless of where or when they attended Emergency and Disaster Preparedness training.	FREE

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

# FALL FUN IDEAS

## Infant/Toddler Ideas



- Touch Exploration with Gourds (Find a variety of gourds at your local grocery store or farmer's market). Gently hold the different gourds on infants' and toddlers' bare tummy, arms, and hands in a touch exploration activity. Our littlest learners will learn about objects that are smooth, prickly, rough, and cold. Small, smooth gourds are perfect for little hands to grasp—helping baby improve her fine motor skills. When play is finished, use the gourds in a sensory table.
- Play with Scented Rattles (Find a small bottle with a pop-up lid (such as a travel size shampoo bottle) and fill it with fall-themed objects: cinnamon sticks, leaves, acorns, allspice, corn, beans, and more. Be sure to glue the lid on before using for play. Pop open the lid and let babies and toddlers play with a rattle full of different smells and sounds.)

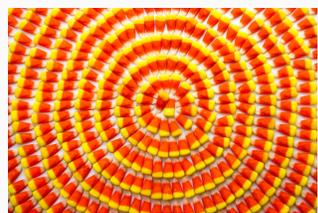
## Preschool ideas

- Going on a fall nature walk and collecting items to further explore is a great idea for both physical and mental health. Encourage children to collect acorns, walnuts, leaves, and other fall items. Once back inside, you can add them to a sensory table or a learning center to explore. Kids can use a magnifying glass to get a closer look, do some sorting, or make some creative art. The possibilities are endless!
- Make orange play dough, using an easy recipe from <https://handmadefarmhouse.com/5-minute-homemade-playdough/>. Use the items from the nature walk and other fall accessories, such as pumpkin and leaf cookie cutters as play dough tools.



## School Ager Ideas

- Cooking with kids can be educational and entertaining. From candy corn brownies to applesauce and apple butter, fall offers tons of cooking possibilities. Check out recipes at: <https://www.kids-cooking-activities.com/autumn-cooking-activities.html>.
- Candy corn boats: This is a fun STEM activity for kids of all ages. Check out this link and video: <https://learnasyouplay.net/2019/09/30/candy-corn-stem-experiment-ages-3/>



## Fall Books

Don't forget to add some fall themed books to your lesson plan and reading area. Visit your local library and check out some fun fall books!

- Infants/Toddlers: Fall (touch and feel) by Roger Priddy, We're Going on a Leaf Hunt by Steve Metzger, Mouse's First Fall by Lauren Thompson
- Preschoolers: Leaf Man by Lois Ehlert, Pete the Cat Falling for Autumn by Kimberly Dean, There Was an Old Lady Who Swallowed some Leaves by Lucille Colandro
- School Ager: Ten Apples Up on Top by Dr. Seuss, I SPY Spooky Night by Jean Marzollo, Ghost Stories for Kids Ages 9-12 by Bernard Tate



## Child Care Resource Center Corner

Did you know that our Coaches offer workgroups and Communities of Practice? These Professional Development opportunities are a wonderful way to gain knowledge, learn about resources, and network with fellow professionals. Check out the website: [ccrcbc.com](http://ccrcbc.com) for more information on upcoming sessions.

ARE YOU A  
MEMBER?  
JOIN TODAY!  
VISIT [CCRCBC.COM](http://CCRCBC.COM)

Do you want to contribute to our newsletter and earn a PAU? [Click here to submit your article for consideration!](#)

PICTURE YOURSELF AS  
OUR FEATURED PROVIDER!

ABILITIES NETWORK IS HIRING! CHECK  
OUT THE AVAILABLE JOB OPENINGS BY  
SCANNING THE QR CODE.

WE ARE HIRING





MARYLAND CHILD CARE  
RESOURCE NETWORK

**Child Care Resource Centers  
are here to help you locate  
and access child care that is  
right for your family.**

Our Family Resource Specialists offer:



➤ **LOCATE: Child Care**

Our free and confidential LOCATE: Child Care service will help your family identify high quality care and guide you through the process of selecting a program that is just right for your family including location, cost, and other considerations. We offer service in most languages.

➤ **Family Education**

The Family Education Service helps adults make connections with educational opportunities such as parenting classes.

➤ **Child Care Scholarship**

We will assist you in applying for child care scholarship and help you navigate the process including gathering the correct documentation that is needed.

➤ **Family Navigation**

Parenting can be hard. That's why we've partnered with hundreds of agencies and organizations across Maryland so every family can connect with resources in their community needed to succeed.

**Connect Today!**

877.261.0060

Scan here to get started!



MARYLAND  
FAMILY  
NETWORK



*The Maryland Child Care Resource Network, a program of Maryland Family Network, is funded in part by the Maryland State Department of Education.*

## Free Virtual Workshop for Parents and Caregivers



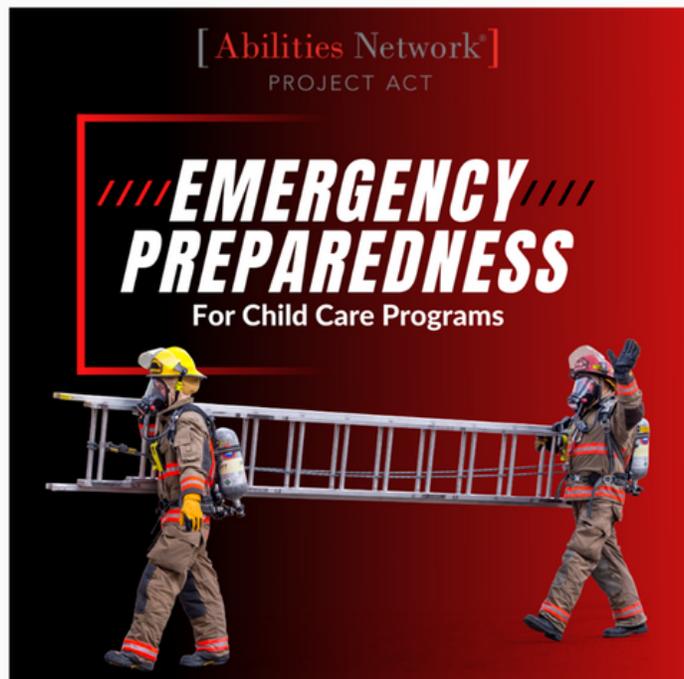
### FREE SUPPORT

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.](#)



### ASK THE EXPERT

- Offered monthly
- One hour sessions
- Variety of experts in Emergency and Disaster Preparedness
- Earn a CTO for each session you attend
- Register to win an AWESOME prize
- Register at [preparemaryland.org](http://preparemaryland.org)

## Follow Us!



@childresourcecenter



MARYLAND CHILD CARE  
RESOURCE NETWORK



MARYLAND  
FAMILY  
NETWORK

