

INTRODUCING FAMILY CONNECTS PRINCE GEORGE'S

Every family with a new child has unique needs. Every family could use a little help. Prince George's Child Resource Center, Inc. is implementing a new program that provides home visits from a registered nurse and helps families identify and access the resources available to them in our community.



Family Connects Prince George's is designed to support the health and well-being of all families with newborns. By offering services to every family, rather than targeting specific populations, Family Connects can improve health at a population level. The program is completely voluntary and delivered at no cost to families. "Because nurses are well-trusted, families feel comfortable inviting us into their home therefore we are in the best position to deliver these services," says lead Family Connects nurse Gloria Huddleston, RN. During Covid-19 restrictions, telehealth home visit will be provided.

Help us spread the word to all pregnant and recently delivered mothers! Family Connects PGCRC is now accepting referrals for their complimentary nurse telehealth visit. For more information contact Remi Aromire at 31.772.8420 ext.1013

ARE YOU JOINING VOICES?

2021 is off to an intense start however we have some fresh opportunities for us to engage in together. Let's deepen our knowledge, share deeply across our community, and influence the work ahead. Maryland Senate Pro Temp Melony Griffith (who represents parts of Prince George's County!) spoke at an event right before the Maryland Legislative session started and reminded us to look for what is good, even in these trying times. She noted, "we aren't going to solve (everything) overnight but we can make an impact this session."

Joining Voices brings together our community's early childhood educators to advocate for children, families and the field. We work together on ideas for local, state and even federal action. We share stories with one another – and with elected officials! Please, come be a part of Joining Voices. We're hosted by PGCRC but driven by you and your needs in your child care programs. Please sign up at https://www.childresource.org/programs/advocacy/ to get invitations and to connect to this important work!

Mary Beth Salomone Testa, MBST Solutions, LLC, Joining Voices Consultant

I II de Ni I de
Inside this Newsletter
DAP Article2
PAU Article2
Training3-5
Child Development
Community
Curriculum
Health, Safety, Nutrition
Professionalism
Special Needs
MD EXCELS5
Project WIN6
TechnicalAssistance6
On-Site Training6
Registration Policies7
MFN Complaint Policy7
Online Child Care Training7
Important Numbers8
Staff Contacts8
Workshshop Index9
Scan QR code
to subscribe to text

Responding to Children Developmentally Appropriately

Being developmentally appropriate means we must take into account the young children we serve, and be responsive to their needs. Routines and consistency are extremely important, but we also need to allow for flexibility at times, based on what the children "tell us" through their behavior. One of the easiest things providers can do is label or describe the behavior we are seeing without judgement. For example, if a child is crying or seems upset, just comfort the child and say "I see you look sad or you look upset." Simply acknowledging the child's feelings and behavior can be comforting for the child because the child feels like they are being heard.

During these especially trying times, with the coronavirus pandemic, children may be communicating through their behavior the stress that they may be feeling and/or the stress they are feeling from their caregivers. It is so important that we are there and supportive of them. Reassure the children and let them know that they are safe, which is the most important message children can hear from you. Know that they take their emotional cues from your tone. "You don't need to worry. Right now, lots of amazing grown ups are working hard to keep people healthy. Luckily, we already know a lot about how to keep healthy!"

"What can we do?" Emphasize simple things we can do at the child care and at home where the children are "germ busters" — for all types of germs that are out there! As Harvard's Dr. Richard Weissbourd once shared about kids and adults alike, they are "more distressed when we feel helpless and passive, and more comfortable when we are taking action." The hygiene routines that slow the spread of the COVID-19 are the same habits that help keep us healthy all year round. Be observant, reflect emotions, check in with the children's feelings and most importantly let them know you are there to keep them safe. *Paul Armstrong, Mental Health Consultant*

Professional Activity Units (PAU) How to Earn Them

"PAUs are hard to get." I remember hearing that when I attended a credential training when I first started working for Maryland EXCELS. That was over seven years ago and the statement has stuck with me.

PAUs – Professional Activity Units – are NOT difficult to earn. Yes, they require effort, but there are plenty of opportunities out there.

First, what is a PAU? It is a value assigned to participation in activities that contribute to the professional growth and career development of those working in the field of child care. These activities demonstrate engagement in aspects of early education that often stretch beyond the classroom and serve to increase the competence of those who earn them. Activities are assigned either one, two, or three units. Why do you need PAUs? Each level of the Maryland Child Care Credential requires a certain number of PAUs, both to earn the level and to maintain it. In the Credential Booklet, there are six pages of suggested PAUs. This booklet and other documents for the Child Care Credential can be found here: https://earlychildhood.marylandpublicschools.org/child-care-providers/office-child-care/credentialing-branch/child-care-credential-program

Since the start of COVID-19, the Credential Branch has approved new PAUs that can be earned virtually. Perhaps you attended Evening for Children's Advocacy in Annapolis, through Prince George's Child Resource Center's Joining Voices or through the efforts of your local or state child care organization. The opportunities are still there, but they look a little different. Many providers now earn PAUs for virtual conferences instead of in-person ones. Others create virtual family engagement opportunities or learning sessions. These are listed on the COVID-19 Credential page: https://earlychildhood.marylandpublicschools.org/credential-branch-news-during-covid-19. Professional Activity Units requires effort. However, that effort can be rewarding and the source of professional growth. Think about how you can continue to grow through your professional efforts.

Vickie DiSanto, Quality Assurance Specialist, MSDE, Division of Early Childhood

Child Development

Reminder: Members must call to register and all trainings are held virtually until futher notice!

PURPLE Tears: Adults' Impact on Infant Emotional Intelligence, CD (All Levels)

Sat., February 20, 9:30 a.m. – 1:00 p.m. Fee: \$35 members, \$45 non-members

Trainer: Linda Bratcher

This workshop explores the period of PURPLE crying to identify child care and family caregivers' impact on infant emotional development and competence. Participants will consider and develop strategies to support families' ability to cope through this infant phase and other challenging times of child development.

Active Bodies, Active Minds, 2 CD & 1 CUR (All Levels)

Sat,. March 20, 9:30 a.m. – 1:00 p.m. Fee: \$35 members, \$45 non-members

Trainer: Deanna Tobin

Early childhood professionals have a unique opportunity to identify and support children with active learning styles early in their education career. Learning styles are identified and participants will be able to identify the characteristics of a child with an active learning style., and learn strategies for incorporating teaching strategies for active learners in the daily routine and lesson plan.

Supporting Dual Language Learners: Infancy through Preschool, 2 CD & 2 COM (All Levels)

Sat., April 17 & 24, 9:30 a.m. – 11:30 a.m. each day

Fee: \$45 members, \$55 non-members

Trainer: Deanna Tobin

This session provides a foundation for understanding how young children (age birth to five) acquire English while they are still developing or consolidating their home language. Caregivers will gain a better understanding of the common misconceptions that exist regarding learning a second language. In addition, caregivers will be able to discuss and rehearse strategies to support Dual Language Learners.

Building Resilience in Young Children, CD (All Levels)

Sat,. May 22, 9:30 a.m. - 1:00 p.m.

Fee: \$35 members, \$45 non-members

Trainer: Deanna Tobin

Early childhood professionals have a unique opportunity to identify and support children with active learning styles early in their education career. Learning styles are identified and participants will be able to identify the characteristics of a child with an active learning style., and learn strategies for incorporating teaching strategies for active learners in the daily routine and lesson plan.

Community

"Let's Talk"Communication, COM (All Levels)

Thur., February 25, 6:30 p.m. – 8:30 p.m. Fee:\$25 members, \$35 non-members

Trainer: Deborah Wood, PhD

Relationship dynamics, body language, cultural differences and the emotions behind the words often tell much more than words themselves. Learn how to communicate respectfully and effectively with co-workers, parents and children.

Teaching Parents About School Readiness, COM (All Levels)

Tue., March 2, 6:30 p.m. – 8:30 p.m. Fee: \$25 members, \$35 non-members

Trainer: Cara Bethke

This training will teach techniques to actively create meaningful family engagement in the school readiness process. The information will allow early care professionals to help families be more familiar with all areas of school readiness including self-help skills, gross motor skills, language and speech skills, thinking skills, as well as social/emotional skills.

Cultural Competency in Early Childhood Education, 1.5 COM & 1.5 PRO (All Levels)

Tue. & Wed., April 6 & 7, 6:30 p.m. - 8:00 p.m. each day

Fee: \$35 members, \$45 non-members

Trainer: Sheila Maness

Participants will explore different topics relating to culture and cultural competence in early childhood programs. By engaging in self-reflection and small group discussion, participants will create plans to enhance relationships and increase inclusive practices.

Supporting Dual Language Learners: Infancy through Preschool, 2 COM & 2 CD (All Levels)

Sat., April 17 & 24, 9:30 a.m. – 11:30 a.m. each day

Fee: \$45 members, \$55 non-members

Trainer: Deanna Tobin

See description under Child Development

It Starts with Me! Celebrating and Embracing Diversity, COM (All Levels)

Tue. & Wed., May 25 & 26, 6:30 p.m. - 8:00 p.m. each day

Fee: \$35 members, \$45 non-members

Trainer: Linda Bratcher

Learn different ways to help children develop an awareness of cultural considerations and new ways to include diversity learning in your classroom. Great information and fun activities.

Curriculum

Math Matters, CUR (Intermediate)

Tue. & Wed., April 27 & 28, 6:30 p.m. - 8:00 p.m. each day

Fee: \$35 members, \$45 non-members

Trainer: Linda Bratcher

Children's future understanding of mathematics requires an early foundation based on a high-quality, challenging, and accessible mathematics education. Young children in every setting should experience mathematics through effective, research-based curricula and teaching practices.

Curriculum

Circle Time: You Can Make It Developmentally Appropriate, CUR (Intermediate)

Tue. & Wed., May 4 & 5, 6:30 p.m. - 8:00 p.m. each day

Fee: \$35 members, \$45 non-members

Trainer: Cara Bethke

Are you tired of the same boring circle time routines, calendar, weather, etc? In this interactive session, you will walk away with 3 concrete success strategies to ensure your circle time is more than just a routine experience but an engaging and learning opportunity! You'll learn how to support all domains while involving children in a way that promotes their individual developmental needs.

Health, Safety, Nutrition

SIDS, SUID and Other Sleep-Related Infant Deaths, HSN (Beginning)

Tue., February 23, 6:30 p.m. – 8:30 p.m. Fee: \$25 members, \$35 non-members

Trainer: Cara Bethke

SIDS is the leading cause of death for children under 12 months of age in child care. This class teaches safe sleep practices and meets MSDE requirements for SIDS training.

It Takes a Village – Recognizing Neglect and Abuse, HSN (Intermediate)

Sat., Mach 13, 9:30 a.m. – 1:00 p.m. Fee: \$35 members, \$45 non-members

Trainer: Linda Bratcher

No child care provider wants to be put in the situation of having to report a suspicion of child abuse or neglect, but we must be aware of our legal and professional responsibilities. Know the signs and symptoms of abuse and the protocols for making a report to child protective services.

Healthy Habits for Young Children, HSN (Intermediate)

Tue. & Wed., April 20 & 21, 6:30 p.m. - 8:00 p.m.each day

Fee: \$35 members, \$45 non-members Trainer: Deborah Wood, PhD

Two simple ingredients will improve yopur children's well-being today and contribute to a liftetime of healthy habits: exercise and good nutrition. Add large motor games to group time. Make and sample easy-to-make nutritious snacks your children can cook with you.

Basic Health & Safety Training with Supporting Breastfeeding in Child Care, HSN (Intermediate)

Sat., May 15, 9:30 a.m. – 1:00 p.m. Fee: \$35 members, \$45 non-members

Trainer: Laura Terrell

See description for February 9 class

SIDS, SUID and Other Sleep-Related Infant Deaths, HSN (Beginning)

Tue., May 18, 6:30 p.m. – 8:30 p.m. Fee: \$25 members, \$35 non-members

Trainer: Cara Bethke

See description under SIDS training on Feb. 23

Professionalism

Why Risk It?: Managing Risk in Child Care, PRO (All Levels)

Tue. & Thur., March 23 & 25, 6:30 p.m. - 8:00 p.m. each day

Fee: \$35 members, \$45 non-members

Trainer: Cara Bethke

Learn ways to reduce the risks associated with owning your own family child care business. We will learn the different categories of risks, how to prepare for risks, and how to diminish the effect these risks have on the family child care home.

Cultural Competency in Early Childhood Education, 1.5 PRO & 1.5 COM (All Levels)

Tue. & Wed., April 6 & 7, 6:30 p.m. – 8:00 p.m. each day

Fee: \$35 members, \$45 non-members

Trainer: Sheila Maness

See description on page 3 under Community

Maryland Child Care Credential Overview, PRO (All Levels)

Mon., April 19, 6:30 p.m. – 8:30 p.m. Fee: \$10 members, \$10 non-members Trainer: Vickie DiSanto & Urceal Cook

Participants will receive an overview of the Maryland Child Care Credential and programs within the Credential Branch that support professional development and workforce development. Participants will need to have access to a device that will allow you to attend this training through Google Meet.

Marketing for Business Growth, PRO (All Levels)

Wed. & Thur., May 19 & 20, 6:30 p.m. - 8:00 p.m. each day

Fee: \$35 members, \$45 non-members

Trainer: Paul Armstrong

This session provides low cost strategies and tips on how a provider can market their services to the community so that they become the child care of choice.

Special Needs

Understanding Autism Spectrum Disorder in the Preschool Program, SN (All Levels)

Tue. & Thur., March 9 & 11, 6:30 p.m. – 8:00 p.m. each day

Fee: \$35 members, \$45 non-members

Trainer: Paul Armstrong

This workshop provides an overview of Autism Spectrum Disorders (ASD) and helps participants understand the complexities of working with children with ASD. Learn about the current research and evidence based practice models for working with children in the classroom. Key elements to designing an appropriate classroom environment will be addressed.



Tue. & Thur., April 13 & 15, 6:30 p.m. - 8:00 p.m. each day

Fee: \$35 members, \$45 non-members

Trainer: Paul Armstrong

This workshop explores how centers and family child care providers can include children with special needs into their child care program. Using the Americans with Disabilities Act as a template, we will begin by exploring and understanding attitudes of staff, providers and parents that can make including children with special needs difficult.

Including Children with Special Needs in Your Program, SN (All Levels)

Tue. & Thur., May 11 & 13, 6:30 p.m. – 8:00 p.m. each day

Fee: \$35 members, \$45 non-members

Trainer: Linda Bratcher

Participants will gain information and hands-on experiences they need to work with children who may have special needs, demonstrate and practice some simple accommodations and review the requirements of The Americans with Disabilities Act and a variety of ways child care programs may accommodate all children.





MARYLAND EXCELS

CHECK FOR QUALITY EARLY CHILDHOOD
AND SCHOOL-AGE PROGRAMS

Are you an early childhood or school-age child care program? Participate in Maryland EXCELS and join a community committed to demonstrating why quality matters every day.

Participating programs are recognized for their commitment to high-quality child care and early education. Quality ratings are available to families to help them make informed choices in the care and education of their children.

Visit www.marylandexcels.org or email admin@marylandexcels.org for more information

Prince George's Early Mental Health Consulation Program: Project WIN

Project WIN (Wise Intervention Now) is designed to address the social and emotional needs of children from birth to five years old. Children enrolled in licensed or informal child care settings throughout Prince George's County are eligible. Our program promotes positive social and emotional development which is a key to school readiness. Project WIN can help with free consultation and support for young children and those who care for them, including:

- Telephone consultations for parents and childcare providers
- Site visits, when available, by project staff to conduct observations
- Program assessment and recommendations
- Strategies for meeting children's needs
- Referral of children to community services, if needed
- Workshops for parents and providers
- Technical assistance services as needed

Do you know of a child experiencing difficulties in a child care setting? Give one of our mental health consultants a call at 301-772-8420.

Technical Assistance for Your Program and Professional Development Needs

PGCRC offers technical assistance services to help you meet regulatory requirements, offer high quality services and support your professional development. Our technical assistance can help you with a variety of program needs, including design or expansion of your child care space and development or revision of your contract and/or handbooks. We are also ready to support your participation in Maryland EXCELS and the MD Child Care Credential Program. Throughout the year, we will offer group technical assistance sessions that cover a variety of professional development topics. We will send out announcements so you may join us as we discuss and share ideas to enhance the quality of your program and help you grow as an early childhood professional. If you want technical assistance services, or more information on the group sessions, contact Laura Terrell, Director of Training and Technical Assistance at 301,772.8420, ext. 1011 or Iterrell@pgcrc.org.

On-Site Training

A well-trained staff is a key component to providing quality child care. And one of the ways Prince George's Child Resource Center has supported staff training is through on-site trainings. During the pandemic we have missed opportunities to visit child care programs and offer on-site trainings. However, we want to remind centers and family child care providers who want to experience training as a group – that we can still offer on-sites virtually. Workshops are available in all Core of Knowledge areas as well as a wide variety of topics. And because we know at this time paying for training may be a challenge for some in your group, we will offer special group rates. Whatever your training needs may be, PGCRC can meet them. Contact Laura Terrell, Director of Training and Technical Assistance at 301.772.8420, ext. 1011 or Iterrell@pgcrc.org.

REGISTRATION POLICIES

The Resource Center is proud of the training sessions that are developed and presented at PGCRC for the child care providers of Prince George's County. We know that you are on the front line when it comes to preparing our children for school and for life, and we are grateful that you come to us for training. Our goal is for every training session to meet Maryland State Department of Education standards and be interesting, informative and high quality.

Registration is on a first come basis. Class size may be limited so early registration is always suggested. Nonmembers can register online at www.childresource. org and members should call to register. We accept Visa, MasterCard, Discover, American Express or money orders. We Do Not Accept Cash. There are NO Refunds unless the class is cancelled. Transfers must be done 24 hours in advance.

FOR A BETTER VIRTUAL TRAINING:

- 1. Please be on time so you may be checked in and try to sit in a quiet location where you will not be disturbed.
- 2. Use camera/video during the entire webinar. (Reports are checked for attendance and participation!)
- 3. Please familiarize yourself with the location of the chat box and mute features.
- 4. Be an active participant. Provide your inputs to polling and respond to requests for verbal comments or questions.
- 5. Please mute your microphones when not speaking to reduce background noise. Headphones are the best to use during the training.
- 6. Complete **assessment and submit evaluatio**n to get credit/certificate for the course.
- 7. Add training@pgcrc.org and no-reply@zoom.us to your email contacts so you it does not go into your spam folder.

MCCRN COMPLAINT POLICY

Prince George's Child Resource Center is a member of the Maryland Child Care Resource Network. As one of the twelve Child Care Resource Centers, PGCRC relays the policies of the MCCRN such as the Maryland Child Care Resource Network Complaint Policy:

The Maryland Child Care Resource Network 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 (https://marylandfamilynetwork.org/for-providers/find-your-child-care-resource-center).

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 at MCCRNinfo@ marylandfamilynetwork.org. 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.

Online Child Care Professional Education Center

Along with offering MSDE approved training courses on the virtual platform Zoom, the Maryland Child Care Resource Network partners with Smart Horizons to offer MSDE approved training through its online platform. The courses are designed to help early childhood professionals complete annual training requirements and acquire required training hours for those working on a Child Development Associate (CDA) credential, CDA renewal or some pre-service requirements. If you are interested in learning more about the courses offered through Smart Horizons, visit our website at www.childresource.org and click on Training to access "Online Training."

IMPORTANT TELEPHONE NUMBERS

Maryland Family Network LOCATE: Child Care for Providers (Vacancy Update) Maryland Family Network LOCATE: Child Care for Families (Parents Seeking Child Care) Maryland Family Network LOCATE Enhanced Services for Families		866-752-1614 877-261-0600 800-999-0120	
PGCRC's Family Support Center (Adelphi/Langley Park)		301-431-6210	
Prince George's County Food Assistance Program		301-909-6343	
Prince George's County Energy Assistance Program		301-909-6330	
Maryland State Child Care Association		mscca1@comcast.net	
Prince George's County Child Find		301-925-6600	
Prince George's County Infants and Toddlers Program		301-925-6627	
Prince George's County Child Protective Services		301-909-2300	
Prince George's County Department of Social Services		301-909-7000	
Prince George's County Family Child Care Association (Meena Gaafar)		301-352-2377	
Maryland National Capitol Parks and Planning Commission (MNCPPC)	Northern Area Office Central Area Office Southern Area Office	301-699-2255 301-445-4500 301-218-6700 301-203-6000	
Maryland State Department of Education		877-605-1539	
Medical Assistance		855-642-8572	
Prince George's County Office of Child Care (Licensing Office) (Region 4)		301-333-6940	
Prince George's County Public Schools www.pgcps.org		301-952-6000	
Prince George's County School Boundaries		301-952-6300	
Professional Child Care Provider Network of Prince George's County (Arlene Ennis)		pccpnpgc@gmail.com	
Child and Adult Care Food Program		301-780-5810	
Child Care Subsidy Vouchers (CCS)		866-243-8796	
WIC (Women, Infants and Children)	Hotline Prince George's	800-242-4wic 301-856-9600	
Prince George's County Housing & Homeless Services		301-883-5501	

Staff Contacts

Name	Phone Number Email
Jennifer Iverson (Executive Director)	301.772.8420, ext. 1005 jiverson@pgcrc.org
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Training Department	301.772.8420 training@pgcrc.org

The following codes found after each title indicate the Core of Knowledge Domain:

SS = Super Saturday CD = Child Development COM = Community CUR = Curriculum HSN = Health, Safety and Nutrition PRO = Professionalism SN = Special Needs

All PGCRC trainings are approved by Maryland State Department of Education, approval numbers CKO-156225, CKO-30877, CTO-156226. For general information concerning Training, Resource and Referral services, or other questions you might have, please contact us at 301.772.8420 or visit our website: www.childresource.org.

WORKSHOP INDEX

Date	Title	Time	COK Earned	Pg.#
Sat., Feb. `20	Purple Tears: Adults' Impact on Infant Emotional Intelligence	9:30 AM	3 CD	3
Tue., Feb. 23	SIDS, SUID and Other Sleep-Related Infant Deaths	6:30 PM	2 HSN	4
Thur., Feb. 25	"Let's Talk" Communication	6:30 PM	2 COM	3
Tue., March 2	Teaching Parents About School Readiness	6:30 PM	2 COM	3
Tue. & Wed, March 9 & 11	Understanding Autism Spectrum Disorder in the Preschool Program	6:30 PM	3 SN	5
Sat. March 13	It Takes a Village - Recognizing Neglect and Abuse	9:30 AM	3 HSN	4
Sat., March 20	Active Bodies, Active Minds	9:30 AM	2 CD & 1 CUR	3
Tue. & Thur., March 23 & 25	Why Risk It?: Managing Risk in Child Care	6:30 PM	3 PRO	4
Tues. & Wed., April 6 & 7	Cultural Competency in Early Childhood Education	6:30 PM	1.5 PRO & 1.5 COM	4
Tue. & Thur., April 13 & 15	Including All Children and the American <mark>s with Disabilities A</mark> ct (ADA)	6:30 PM	3 SN	5
Sat., April 17 € 24	Supporting Dual Language Learners: In <mark>fancy through Pr</mark> eschool	9:30 AM	2 CD & 2 COM	3
Mon., April 19	Maryland Child Care Credential Overview	6:30 PM	2 PRO	4
Tue. & Wed., April 20 & 21	Healthy Habits for Young Children	6:30 PM	3 HSN	4
Tues & Wed., April 27 & 28	Math Matters	6:30 PM	3 CUR	3
Tue. & Wed., May 4 & 5	Circle Time: You Can Make It Developmentally Appropriate	6:30 PM	3 CUR	4
Tue. & Thur., May 11 & 13	Including Children with Special Needs in Your Program	6:30 PM	3 HSN	5
Sat., May 15	Basic Health & Safety Training with Supporting Breastfeeding in Child Care	9:30 AM	3 HSN	4
Tue., May 18	SIDS, SUID and Other Sleep-Related Infant Deaths		2 HSN	4
Wed. & Thur., May 19 & 20	Marketing for Business Growth	6:30pm	3 PRO	4
Sat., May 22	Building Resilience in Young Children	9:30 AM	3 CD	3
Tue. & Wed., May 25 & 26	It Starts with Me! Celebrating and Embracing Diversity	6:30pm	3 COM	3











