



# *Promising, Promoting, and Preparing our Youngest with Project ACT*

*Infant and Toddler Newsletter*

Inside this issue:

<i>New Year's Resolution: Staying Connected</i>	1
<i>More Ways to Connect with Your Little One</i>	1
<i>Advocating for Young Children and Child Care</i>	2
<i>Teaching Spanish in Your Program</i>	2

## *New Year's Resolution: Staying Connected*

My resolution this year is to connect more with others! Mainly, my little ones. With the world moving so quickly, I find myself more easily disconnected from the people who need me to connect with them the most. Connection fuels growth, understanding, and a sense of belonging. Connection is even more important for our infants and toddlers. Connection builds the brain that these little ones will use for the rest of their lives! So how do we disconnect from what's not important and reconnect with what is?

First, we must figure out what is motivating our disconnection. One thing that we all know is interfering with connection is technology. I know, we are seeing much younger children accessing

technology and know that this is impacting their growth. So, yes, they are not connecting with a real human and therefore are not growing their brain. But, what about us adults and our use of technology in front of young children? Research has been done around what's called "Technoference".

Technoference is the heavy use of technology from an adult which interferes with the interaction they have with their child. The results of this study showed two things. One, that adults who were challenged by a child's behavior, tended to withdraw from interacting with the child by using technology. Two, that adults high use of technology could also influence either challenging behaviors or withdraw behaviors from the child.



So, now what do we do? Ensure that you have policies requiring families to disconnect from technology in your program. Ensure that you, your coworkers, or staff are not using technology in a way that interferes with their ability to connect with the children. Finally, remember that even in the most challenging moments, all we ever need is connection.

For more information about Technoference refer to <https://www.nature.com/articles/s41390-018-0052-6>

---

Feel free to contact me at:

Office: 410-671-4689

Cell: 443-608-9350

Email:

[scooper@abilitiesnetwork.org](mailto:scooper@abilitiesnetwork.org)

Sign up for any of our events or follow us to stay up-to-date through our website or social media pages!

[ANPROJECTACT.ORG](http://ANPROJECTACT.ORG)

<https://www.facebook.com/ChildResourceCenter/>

---

## *More Ways to Connect with Your Little Ones*

So, we've vowed to stay connected, or at least encouraged families to stay connected... Here's a short list and a resource for some wonderful ways to connect with infants and toddlers.

- Hold back and forth conversations by talking to your little one, waiting for them to respond, and then respond!
- Lay on your belly and look face-to-face with the infant while they're doing tummy time.
- Talk to your children during routines like diaper changing or meal times.
- Download the VROOM app and encourage families to download the app for daily ideas on how to connect!

## *You Get Professional Development, and You Get Professional Development, and You Get Professional Development!*

Check out all of the professional development opportunities we offer geared towards Infant and Toddler professionals.

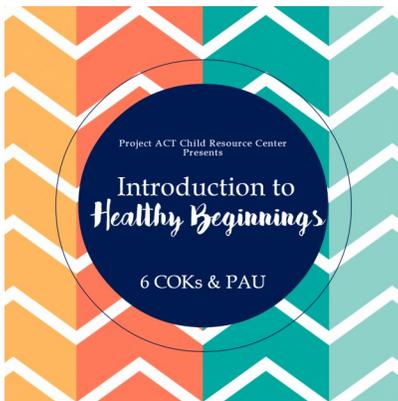


### *The 45 Hour Online Infant and Toddler Course/ Online Training*

We now offer the 45 hour Infant and Toddler Course online! We are offering the training through Smart Horizons' online training platform for \$199. Or, do you need more training hours and would prefer an online course? Go to our website listed below, click the button that says "Click Here to Register for Online Training", scroll down, and enter your zip code in the box.

<https://ccrcbc.com/professional-development/online-training/>

### *Introduction to Healthy Beginnings: 6 COK Hours and PAU for \$20*



Learn all about how to use this completely free resource in your program to plan lessons, recognize developmental milestones, communicate with families about children's growth, and much, much more! Each session will be one part training and one part workgroup, so you will gain practical skills that can be taken right back into your program. Check out the dates and locations below.

Harford County  
6:30pm-9:30pm  
February 11th, 2019  
March 4th, 2019  
April 8th, 2019  
3103 Emmorton Rd.  
Abingdon, MD 21009

Baltimore County  
6:30pm-9:30pm  
April 15th, 2019  
May 6th, 2019  
June 3rd, 2019  
8503 LaSalle Rd.  
Towson, MD 21286

### *Come to Us or We Will Come to You!*

As always, we offer many infant and toddler geared trainings at our location or yours! For either service, go to our website (listed below), click on the county where you are looking for training, and tap the professional development tab. Here, you can inquire about a training at your site or register for a training at our location!

Go to [ANPROJECTACT.ORG](http://ANPROJECTACT.ORG)

Stay up-to-date on upcoming trainings and deals by following us on Facebook!



MARYLAND  
FAMILY  
NETWORK  
*Leading Maryland's  
Child Care Resource Centers*



MARYLAND CHILD CARE  
RESOURCE NETWORK

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.