

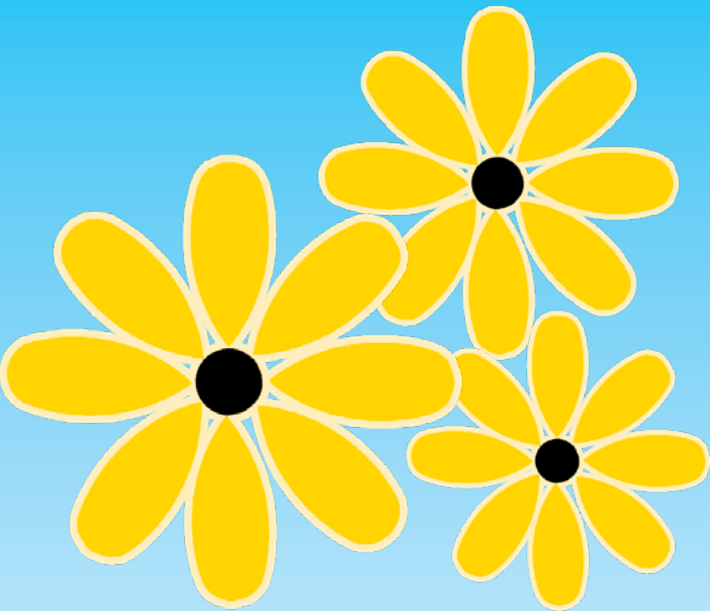
HEALTHY



GINNINGS

HEALTHY BEGINNINGS

A Calendar for Maryland Parents & Families



2021-2022



A Calendar for Maryland Families



Congratulations New Parents!

You have a big job ahead of you! Being a new parent is exciting and can bring you a lot of joy. It can also be hard! Fortunately, knowing how your child grows and where you can get the information you need may help make raising your child easier.

Your child's needs will change with age. You aren't expected to know it all. Use this calendar to get some answers to questions that you may have or get information to make choices during the early years of your child's life. It's an easy way to access all things related to child care in Maryland!

Each month a different child-related topic is highlighted – offering various program information and how to get more details. Throughout the calendar, you'll benefit from the health, safety, growth, and learning activities and tips, as well as...

- Child care scholarships to help pay for care
- High-Quality Child Care Options
- Finding Child Care
- Family Services
- PreK programs and School options
- Working with children
- And more...

Sincerely,
Steven Hicks
Assistant State Superintendent
Division of Early Childhood



COMMUNITY RESOURCES FOR YOU AND YOUR FAMILY

INFORMATION

MARYLAND WIC

Women, Infants and Children (WIC) provides healthy supplemental foods and nutrition counseling to pregnant women, new mothers, infants and children under age five. All WIC services are free to those who qualify.

800-242-4942

MDWIC.org

MARYLAND DEPARTMENT OF HOUSING AND COMMUNITY DEVELOPMENT

Find rent help, emergency and homeless services, utility bill help, and buying a home.

800-756-0119

dhcd.maryland.gov

MARYLAND CHILDREN'S HEALTH PROGRAM (MCHP)

Provides full health benefits for children up to age 19.

855-642-8572

MarylandHealthConnection.gov

CHILD DEVELOPMENT INFORMATION

HEALTHY BEGINNINGS

marylandhealthybeginnings.org

MARYLAND INFANTS AND TODDLERS PROGRAM

referral.mditp.org

CHILD CARE

LOCATE: CHILD CARE

877.261.0060

marylandfamilynetwork.org/programs-services/locate

MARYLAND EXCELS

MarylandEXCELS.org

CHILD CARE SCHOLARSHIP PROGRAM

Money4ChildCare.com

CHILD SUPPORT MARYLAND CHILD SUPPORT ADMINISTRATION

dhs.maryland.gov/child-support-services

PARENTING SUPPORT

Parenting is a tough job! Find resources and support in your community.

Tips, resources, and support at marylandfamilynetwork.org/for-parents

JOB

MARYLAND WORKFORCE DEVELOPMENT

Find workforce development information, job search resources, and training programs.

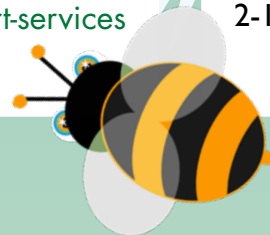
dhs.maryland.gov/workforce-development

MENTAL & BEHAVIORAL HEALTH CHILDREN'S MENTAL HEALTH MATTERS!

childrensmentalhealthmatters.org

DIAL 2-1-1

Wherever you live in Maryland, you can dial 2-1-1 or visit 211md.org to find information about resources in your local community. 2-1-1 is the number to call when you don't know who to call.



WATCH YOUR BABY GROW

Babies learn and develop quickly during their first year. To help you track your child's development, here are timeframes when new skills are expected to emerge.

BIRTH TO 3 MONTHS

- Begins to smile at people
- Can briefly calm herself (may bring hands to mouth and suck on hand)
- Tries to look at parent
- Copies some movements and facial expressions, like smiling or frowning
- Coos, makes gurgling sounds
- Turns head toward sounds
- Cries in different ways to show hunger, pain, or being tired
- Pays attention to faces
- Reaches for toy with one hand
- Begins to follow things with eyes and recognize people at a distance
- Begins to act bored (cries, fussy) if activity doesn't change
- Can hold head up and begins to push up when lying on tummy
- Makes smoother movements with arms and legs
- May be able to roll over from tummy to back
- Brings hands to mouth

4 TO 6 MONTHS

- Knows familiar faces and begins to know if someone is a stranger
- Likes to play with others, especially parents
- Responds to other people's emotions
- Likes to look at self in a mirror
- Responds to sounds by making sounds
- Strings vowels together when babbling ("ah," "eh," "oh")
- Responds to own name
- Makes sounds to show joy and displeasure
- Begins to say consonant sounds (jabbering with "m," "b")
- Looks around at things nearby
- Brings things to mouth
- Shows curiosity about things and tries to get things that are out of reach
- Begins to pass things from one hand to the other
- Rolls over in both directions (front to back, back to front)
- Begins to sit without support
- When standing, supports weight on legs and might bounce

7 TO 12 MONTHS

- May be afraid of strangers
- May be clingy with familiar adults
- Has favorite toys
- Understands "no"
- Makes a lot of different sounds like "mamamama" and "bababababa"
- Copies sounds and gestures of others
- Uses fingers to point at things
- Watches the path of something as it falls
- Looks for things she sees you hide
- Plays peek-a-boo
- Puts things in his mouth
- Moves things smoothly from one hand to the other
- Picks up things like cereal o's between thumb and index finger
- Stands, holding on
- Can get into sitting position
- Sits without support
- Pulls to stand
- Crawls



Learn more about how your baby will grow and develop at marylandchild.org.



13 TO 24 MONTHS

- Likes to hand things to others as play
- May have temper tantrums
- May be afraid of strangers
- Shows affection to familiar people
- Plays simple pretend
- May cling to caregivers in new situations
- Says several single words (“mama”, “dada” and “uh-oh!”)
- Says and shakes head “no”
- Points to show someone what he wants
- Knows what ordinary things are for; for example, brush, spoon
- Points to get the attention of others
- Can follow 1-step verbal commands without any gestures; for example, sits when you say “sit down”
- May walk up steps and run
- Pulls toys while walking
- Can help undress herself
- Drinks from a cup and eats with a spoon

25 TO 36 MONTHS

- Shows affection for friends without prompting
- Takes turns in games and understands the idea of “mine” and “his” or “hers”
- Shows a range of emotions
- Separates easily from mom and dad
- May get upset with major changes in routine
- Follows instructions with 2 or 3 steps
- Can name common things
- Understands words like “in,” “on,” and “under”
- Says first name
- Says words like “I,” “me,” “we,” and “you” and some plurals (cars, dogs, cats)
- Talks well enough for strangers to understand most of the time and carries on a conversation using 2 to 3 sentences
- Plays make-believe with dolls, animals, and people
- Builds towers of more than 6 blocks
- Climbs well and runs easily
- Walks up and down stairs, one foot on each step

37 TO 48 MONTHS

- Enjoys doing new things
- Plays “Mom” and “Dad”
- Is more creative with make-believe play
- Would rather play with other children than alone
- Cooperates with other children
- Often can’t tell what’s real and what’s make-believe
- Talks about interests
- Knows some basic rules of grammar, such as correctly using “he” and “she”
- Sings a song from memory
- Remembers parts of a story and tells stories
- Can say first and last name
- Understands the idea of counting and names some colors and some numbers
- Starts to understand time
- Understands the idea of “same” and “different”
- Draws a person with 2 to 4 body parts
- Uses scissors
- Hops and stands on one foot up to 2 seconds
- Pours, cuts with supervision, and mashes own food

49 TO 60 MONTHS

- Wants to please and be like friends
- More likely to agree with rules
- Likes to sing, dance, and act
- Is aware of gender
- Can tell what’s real and what’s make-believe
- Shows more independence
- Is sometimes demanding and sometimes cooperative
- Speaks very clearly
- Tells a simple story using full sentences
- Uses future tense; (“Grandma will be here.”)
- Counts 10 or more things
- Can draw a person with at least 6 body parts
- Can print some letters or numbers
- Copies a triangle and other shapes
- Knows about things used every day, like food
- May be able to skip
- Uses a fork and spoon and sometimes a table knife
- Can use the toilet on own
- Swings and climbs

Your Child's Education begins at birth!



STORY TIME

Read a book or tell a story to your baby every day beginning at birth. It doesn't matter how young your child is; even newborn babies are learning when their parents read with them.



PEEK

Look right into your baby's eyes! Infants recognize faces early on – and yours is the most important! Each time he or she stares at you, they're building memory.



FUNNY FACES

Stick out your tongue! Studies show that newborns as young as 2 days old can imitate simple facial movements – it's a sign of very early problem solving.



TOUCH & TALK

Your touch and voice help your baby learn. Your loving touch combined with this back-and-forth “baby language” are the first steps in talking.



SING ABOUT IT

Sing a favorite song over and over. Singing the same song can help your baby feel calm and safe. Your baby loves to hear your voice even if you think you can't sing! The sound of your voice is comforting to your baby.

FIND MORE WAYS TO INTERACT WITH YOUR BABY AT [MARYLANDFAMILIESENGAGE.ORG](https://www.marylandfamiliesengage.org)

Adapted from the Center for Disease Control Milestone Moments found at <https://www.cdc.gov/milestones>.



PARENTING TIPS

When a baby becomes part of your family, it is time to make sure that your home is a **safe** and **loving** place. Look around your home for things that could be dangerous to your baby. As a parent, it is your job to ensure that you create a safe home to spend time playing, singing, reading, and talking to your child. Use these practices to help your child stay healthy, be safe, and grow emotionally, behaviorally, mentally, and socially:

- Do not shake your baby—ever! Babies have very weak neck muscles that are not yet able to support their heads. If you shake your baby, you can hurt his brain or even cause his death.
- Make sure you always put your baby to sleep on her back to prevent sudden infant death syndrome (commonly known as SIDS).
- Protect your baby and family from secondhand smoke. Do not allow anyone to smoke in your home.
- Place your baby in a rear-facing car seat in the back seat while he is riding in a car. This is recommended by the National Highway Traffic Safety Administration. Learn how to install a rear-facing only infant car seat by visiting nhtsa.gov.
- Prevent your baby from choking by cutting her food into small bites. Also, don't let her play with small toys and other things that might be easy for her to swallow.
- Don't allow your baby to play with anything that might cover her face.
- Never carry hot liquids or foods near your baby or while holding him.
- Vaccines (shots) are important to protect your child's health and safety. Because children can get serious diseases, it is important that your child get the right shots at the right time. Talk with your child's doctor to make sure that your child is up-to-date on her shots.

Healthy growth means having a child's social, emotional and educational needs met. Be sure to...



Show warmth and kindness



Have routines and house rules



Support health and safety



Respond to your child's needs



Share books and talk with your child



Use fitting punishment with fairness

Subscribe to Maryland Messenger on MarylandChild.org to get a monthly email packed with parenting tips and activities.

PARENTING TIPS

BABIES NEED:

- Loving parents or caregivers who respond to their cries or noises;
- To feel safe and at ease;
- To hear and make sounds;
- To move around;
- To be able to play in safe areas; and
- To play with safe toys.

TODDLERS NEED:

- To do things that allow them to use their muscles;
- To use and feel their senses and develop speaking skills;
- To work with their hands;
- To learn to do things on their own;
- To play with other children;
- To continue to learn about how their body moves;
- To learn new words;
- To learn about things around them; and
- Chances to make choices within limits that you set.

DEVELOPMENTAL MILESTONES are things most children can do by a certain age. Skills such as crawling, walking, smiling for the first time, and waving “bye-bye” are examples of developmental milestones. Children reach milestones in how they play, learn, talk, behave, and move. Each child develops at his or her own pace, so it’s impossible to tell exactly when a child will learn a given skill. However, the developmental milestones give a general idea of the changes to expect as a child gets older.

Parents, grandparents, child care providers, and other caregivers can watch how your child grows and changes over time and whether your child meets the typical developmental milestones.

You know your child best. If your child is not meeting the milestones for his or her age, or if you think there could be a problem with your child’s development, talk with your child’s doctor and share your concerns. Don’t wait.

Adapted from the U.S. Department of Education Parent Power:

Build the Bridge to Success found at <https://www2.ed.gov/parents/academic/help/parentpower/booklet.pdf>.



2021 SEPTEMBER

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Reading aloud is the single most important thing you can do to help a child prepare for learning and reading!



**MILESTONES CAN OCCUR AT DIFFERENT RATES
AND STAGES IN A CHILD'S DEVELOPMENT.**

**IF YOU ARE CONCERNED ABOUT THE
GROWTH OR DEVELOPMENT OF YOUR CHILD...**

Talk about your concerns with your baby's child care provider and doctor. Tell the doctor what you have seen (or not seen) in as much detail as you can.



If there is a special health condition, a disability, or a developmental delay that may lead to non-typical development, contact Maryland's Infants and Toddlers Program (MITP).

The MITP assists families of children with special needs during the first four years of the child's developmental journey. All services are provided at no cost to Maryland families. Scan the barcode to visit the MITP site.



<https://referral.mditp.org>

2021 OCTOBER

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31	<p>October is Head Start Awareness Month! Through Head Start programs, parents and families are supported in achieving their own goals, such as housing stability, continued education, and financial security.</p>					

No two babies are exactly alike. Your baby will develop at her own pace. Most babies reach certain milestones at similar ages. It's not unusual for a healthy baby to fall behind in some areas or race ahead in others.

October is Head Start Awareness Month! Through Head Start programs, parents and families are supported in achieving their own goals, such as housing stability, continued education, and financial security.

YOU HAVE CHOICES, PICK ONE!

Finding the right child care is key to a child's development and to get them ready for school.

All licensed child care in Maryland is overseen by the Maryland State Department of Education's Office of Child Care.

Maryland has two kinds of child care facilities:
CHILD CARE CENTERS and **FAMILY CHILD CARE HOMES**.

CHILD CARE CENTER

- 1 Operated by professional caregivers within a licensed business facility.
- 2 Usually serves large groups of children.

FAMILY CHILD CARE

- 1 Operated by professional caregivers within a provider's home.
- 2 Cannot be more than eight children present for care in the family child care home at one time and not more than 12 in a large family child care home.

More info is available at MarylandChild.org

2021 NOVEMBER

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Regulated care means the caregiver has been licensed by Maryland's Office of Child Care. In order to be licensed, child care providers must meet minimum health, safety and program requirements.

If you are like most parents, you will decide who will care for your child while you are at work or school. This means that at one point or another you have to put your child in the hands of another adult.

QUALITY CHILD CARE MATTERS!

High-quality child care in the early years can make a positive difference for the future of your child. Making a thoughtful decision now will help your child develop the skills needed to be successful in school and life.



APPROPRIATE

Learning opportunities are developmentally appropriate, interactive and plentiful.



SAFE

Health, safety and welfare are top priorities.



RESPONSIVE

The child care providers are responsive to the needs of each child.



ENGAGING

Families are encouraged to engage in all aspects of the program.



WARM

Interactions between providers and children are warm and positive.

Maryland EXCELS is the State's quality rating and improvement system for child care and early education programs that meet nationally recognized quality standards. The quality of child care and early learning programs are rated on a scale of 1 to 5, with 5 being the highest rating.

FIND ADDITIONAL INFORMATION ABOUT QUALITY CHILD CARE AT MARYLANDEXCELS.ORG

MARYLANDEXCELS
CHECK FOR QUALITY EARLY CHILDHOOD
AND SCHOOL-AGE PROGRAMS



2021 DECEMBER

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Work out arrangements with the provider before your child begins the program. Signing a contract or service agreement helps to make the arrangements you need for you and your child.



When you choose licensed child care, you have several rights that are protected under Maryland law. YOU:



- Have the right to expect that the care your child receives meets the requirements set by Maryland child care regulations.
- Have the right to visit the facility any time your child is in care without making an appointment.
- Have the right to see the rooms and outside play area where care is provided during program hours.
- Are to be notified if someone in the family child care home smokes. In child care centers, smoking is not allowed.
- Have the right to receive advance notice when a substitute will be caring for your child in a family child care home for more than two (2) hours at a time.
- Must give written permission before a provider or teacher may take your child swimming, wading, or on field trips.
- Are to be notified immediately of any serious injury or accident. If your child has a non-serious injury or accident, you must be notified on the same day.
- May file a complaint with the Office of Child Care if you believe that the provider or teacher is violating child care regulations. Any complaint you make about the child care facility or the care being provided there (whether it involves your child or not) will be promptly investigated. Your complaint may be filed verbally or in writing. You should address it to the Office of Child Care Regional Licensing Office that has jurisdiction over the area where the facility is located, since that is the office that will conduct the investigation. Once the investigation of the complaint is complete, the Regional Licensing Office must, at your request, inform you about the results of the investigation.
- Have the right to review, at the Office of Child Care Regional Licensing Office, the public portion of the licensing or registration file on the child care facility where your child is or was enrolled, or where you are considering enrolling your child.



**KNOW
YOUR
RIGHTS**



2022 JANUARY

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30	31					

Regular mealtimes and snack times can give your child a routine. Avoid letting your child continuously eat or drink during the day.

MONEY FOR CHILD CARE

The Child Care Scholarship (CCS) Program provides financial assistance (scholarships) with child care costs to eligible working families in Maryland.

To be eligible for the CCS Program, you must be:

A Maryland resident.

Within CCS income guidelines (see chart).

Working/employed, in an approved training program or attending school.

Willing to provide proof that each child needing child care is a citizen of the U.S. or a qualified alien.

Willing to have your child immunized to Maryland standards or provide documentation to support Exemption from Immunization.

Pursuing child support, if both parents do not live within the same household.

Family Size	Maximum Annual Income*
Family of 2	\$48,637
Family of 3	\$60,081
Family of 4	\$71,525
Family of 5	\$82,969
Family of 6	\$94,413
Family of 7	\$96,558
Family of 8	\$98,704
Family of 9	\$100,850
Family of 10	\$102,996

Money4ChildCare.com

*Income guidelines as of August 1, 2018

Please check the website for updates

2022 FEBRUARY

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27	28					

February is Dental Health Month!
Children need healthy teeth to
chew, speak, learn, and socialize.

Avoid sugary drinks such as soda, juice, or
punch. Give your child milk or water.

NO ONE KNOWS YOUR CHILD LIKE YOU DO...

This puts you in the best position to recognize and fulfill your child's needs. Parents who give lots of loving care and attention to their children help their babies develop a strong attachment. Affection energizes your child to grow, learn, connect with others, and enjoy life.



Here are some ways to bond with your child:

- Respond when your baby cries. Try to understand what he or she is saying to you. You can't "spoil" babies with too much attention—they need and benefit from a parent's loving care even when they seem upset.
- Hold and touch your baby as much as possible. You can keep him close with baby slings, pouches, or backpacks (for older babies).
- Use feeding and diapering times to look into your baby's eyes, smile, and talk to your baby.
- Read, sing, and play peek-a-boo. Babies love to hear human voices and will try to imitate your voice and the sounds you make.
- As your baby gets a little older, try simple games and toys. Once your baby can sit up, plan on spending lots of time on the floor with your baby with toys, puzzles, and books.

The best gift you can give your baby is YOU. The love and attention you give your baby now will stay with him or her forever, and will help your baby grow into a healthier and happier child and adult.

Adapted from the U.S. Department of Education Parent Power: Build the Bridge to Success found at <https://www2.ed.gov/parents/academic/help/parentpower/booklet.pdf>.



2022 MARCH

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March is National Reading Month!
Literacy skills begin at birth.


As a child's first teacher,
parents and families
play an important role
in developing children's
early reading skills.




GET READY – TIME TO TRANSITION!

Once you have selected a program, it is time to prepare your child for this new experience:

- 
- **If your child spends most of his time with you, plan to have him spend some time with other caregivers (friends, neighbors, family) without you there. It's important for your child to understand that there are other loving adults who will care for him even when you are not there.**
 - **Visit the program you have selected with your child. Let your child explore the space and begin to meet the child care providers and the other children.**
 - **Read books together about young children going to child care. Your public library can be a resource for easy-to-read books that you can share with your child.**
 - **Find some items your child can bring to the child care program for comfort: a photo of you or your family, a favorite blanket for naptime.**
 - **If your child is already speaking, he or she may express some worries or fears about going to the program. Listen, comfort, and talk about times you have been worried about something.**
- 



You may also feel some anxiety as your child's first day approaches. All the ways to prepare your child that we have listed here are about being connected with your child and letting him or her know that you will be going through this experience together. In taking these steps, you may also find that these preparations help you.



2022 APRIL

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April is Autism Awareness Month! The behaviors of autism spectrum disorder usually become clear during early childhood. As part of a well-baby/child visit, your child's doctor should perform a "developmental screen."

LOCATE the care you need for your child!

Maryland Family Network's LOCATE: Child Care is a free, referral service with detailed information on all licensed child care in Maryland. LOCATE: Child Care program counselors provide specialized help for children with special needs and and English language learners.

The LOCATE: Child Care Counselor will discuss:

Location, cost and other factors

Services or accommodations needed while in child care

Child care programs that meet your child's needs

Your child's special need or disability



Call: 1.800.999.0120

Email: specialneeds@mdchildcare.org

2022 MAY

SUN	MON	TUE	WED	THU	FRI	SAT
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Children start the drive toward independence at an early age. Give your child chances to be independent. Let your child do things on their own when they ask or try to.

GET A HEAD START FOR YOUR BABY



Head Start programs provide low-income children and their families with health, food, social, and other services. Programs build relationships with families that support positive parent-child bonds, family health, and connections with other parents and the community. Head Start encourages the role of parents as their child's first and most important teachers.

Early Head Start serves pregnant women, infants, and toddlers. These programs help families care for their infants and toddlers through a wide range of early care services until a child turns 3 years old and is ready to go into Head Start or another PreK program.

Visit marylandchild.org or scan the barcode below for Head Start locations and contact information.

Early childhood programs—including known and licensed child care, Head Start, preschool, PreK, and other early learning programs—fall under the definition of “schools” in Immigrations and Customs Enforcement (ICE) and Customs and Border Patrol (CBP) regulations.



2022 JUNE

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Children may “act up” or “act out” because something isn’t right. They are trying to express a feeling or their needs are not being met.

SCREEN SAVERS... Choose Playtime Over Screen Time!

Most of your baby's brain development will happen in the first two years of life. It's important for babies and toddlers to explore the things around them and experience natural sights, sounds, tastes, and textures. Interacting and playing with others helps children learn about the world around them.

For that reason, limit the amount of time your baby spends in front of a screen. Despite what you may have heard, there is no research studying a connection between tablets or smartphones and infant learning.

HERE ARE THE RECOMMENDATIONS FOR SCREEN TIME FOR BABIES AND TODDLERS:

- ✓ Children under age 2 should have NO screen time.
- ✓ Limit screen time to 1 to 2 hours a day for children over age 2.

Remember, screen time includes all forms of electronics: TVs, movies, video games, computers, tablets, and cell phones. Basically, anything with a screen.

Learn more about screen time recommendations and choosing play at marylandfamiliesengage.org



2022 JULY

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Several studies have linked excessive screen time to lowered literacy rates for children of all ages. Scientists have also found language delays among children younger than age 2 who are exposed to too much screen time.

Source: American Academy of Pediatrics , Office of Educational Technology.
<https://www.aappublications.org/news/2017/05/04/PASScreenTime050417>.

Being ready for school means more than your child knowing their ABCs and 123s, colors and shapes. Social skills like knowing how to play with others and understanding and controlling their own emotions play a big part in children entering kindergarten ready to learn.

LEARNING THROUGH PLAY

Children are learning all the time, especially when they are playing. Play also helps children learn to share, listen to others, and wait their turn. Just as you would help a child learn to recognize their name or colors, you can help infants and toddlers learn skills to express thoughts, feelings and behaviors in socially appropriate ways.

Don't wait! Kindergarten may be too late for children to start learning these skills. Through care and nurturing, you can nurture these skills in infants and toddlers to help them take control of their thinking and their feelings.

SAY WHAT YOU THINK YOUR BABY IS FEELING.

For example, say, "You look so sad. Let's see if we can make you feel better." Your baby will learn that you are paying attention to her needs and want to be there for her.

HELP YOUR BABY LEARN TO CALM HIMSELF AND PRAISE HIM FOR DOING IT.

It's okay for him or her to suck on his fingers or fist; sucking helps babies self-soothe and is a first step to managing emotions.

LEARN TO READ YOUR BABY'S MOODS.

He or she can feel a range of emotions at a very early age. Paying attention to what his behavior is indicating will help you feel more confident about how to respond.

SHOW CHILDREN APPROPRIATE BEHAVIOR AND HOW TO ACHIEVE IT.

From the very beginning, your baby learns by watching you. Responding calmly to situations, expressing joy, and letting your child know that you love them helps them learn how to behave and what to expect from future relationships.

RESPOND ALOUD WHEN YOUR CHILD IS ENGAGED IN POSITIVE BEHAVIOR, SUPPORT HER AS SHE LEARNS TO MANAGE HER THOUGHTS, BEHAVIORS AND FEELINGS, AND GRADUALLY REMOVE YOUR ASSISTANCE.

For example, praise your child when he or she comforts a friend, puts a toy away, or follows a simple direction.

2022 AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August is Get Ready for Kindergarten Month! Helping your child get excited for the transition to kindergarten is an important step you can take together.

FAMILY FIRST! SERVICES FOR THE PARENTS & CHILDREN!

Judith P. Hoyer Early Learning Hubs, also known as “Judy Centers,” offer a wide range of services for low-income families with children aged birth through five. The goal of Judy Centers is to get children ready to learn in school.

SOME OF THE SERVICES JUDY CENTERS OFFER INCLUDE:

Play Groups



Family Activities



Adult Education



Parenting Classes



Case Management



Child Care Assistance



Developmental & Health Screenings



What makes Judy Centers special is that their services are offered under one roof. Judy Centers address the many factors that can impact a young child being ready to learn in school.

Visit marylandjudycenters.org or scan the barcode for Judy Center locations.



2022 SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
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25	26	27	28	29	30	

When choosing child care and early education programs, cost and convenience are important considerations. However, the ultimate value a program can offer you and your child is the quality of the care and education it provides.

IT'S NEVER TOO EARLY.. TO THINK ABOUT SCHOOL!

It's never too early to start providing the kinds of experiences that will help your child enter school ready to succeed.

As a parent, you are the most important person in your child's life. Throughout the early learning years, you can do many simple things to help your children grow, develop, and have fun learning.

HERE ARE SOME THINGS YOU CAN DO:

- Play with your child. Through play, babies and toddlers explore and make sense of the world around them. Play promotes a love for learning by stimulating and supporting children in their development of skills, concepts, language, communication, and concentration.
- Read aloud to your child daily. This gives your child a chance to learn about language, enjoy the sound of your voice, and be close to you.
- Encourage your children to try new things.
- Listen to your child. This is the best way to learn what's on his mind, what he knows and doesn't know, and how he thinks and learns.
- Provide healthy foods, safe places to play, regular medical care, and a regular sleep schedule for your child.
- Teach your child to get along with others, to share, and to take turns.
- Set a good example for your children. They will copy what you do.
- Teach your child to feel good about herself and be confident that she can succeed.
- Set limits for your child. This is a sign of love that your child appreciates, even if he or she may argue against them.
- Be generous with your praise. Always compliment your children for their efforts.

High-quality child care programs get children ready to start Pre-kindergarten at age 4. They build a solid foundation for achieving academic, health, and social results that help families. Children who attend these programs are more likely to do well in school, find good jobs and succeed in their careers than those who don't.



2022 OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Understanding her emotions is critical to your child's overall development. Helping her to recognize and identify emotions also gives her the skills she needs to be ready for kindergarten.

Children are great copycats. They learn as much, if not more, from your actions as they do from your words. Managing your own emotions and behavior can help your kids to learn to do the same.

Find child care on your mobile device!

Check out Maryland EXCELS by downloading the MARYLAND EXCELS QUALITY FINDER app for iPhone or Android.

This app can help you find quality child care by location, quality rating, program type, and by those offering special services (such as, asthma-friendly).

You can also find programs on the MarylandEXCELS.org website by selecting "Find a Program."

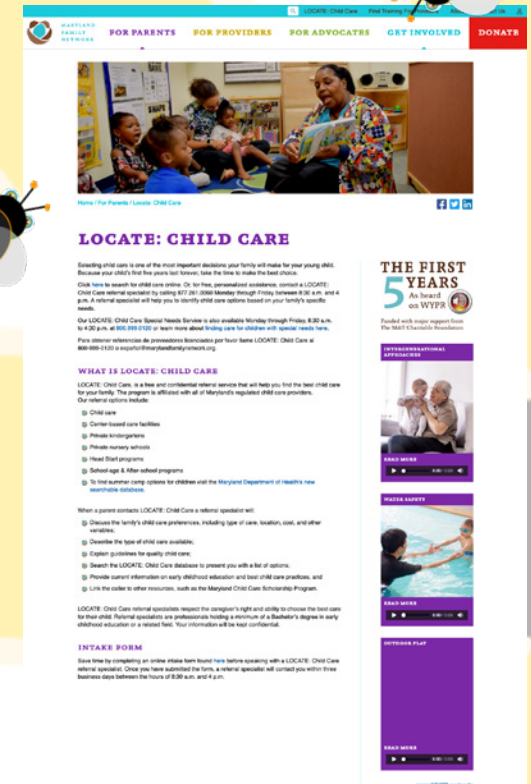


Another search option for finding child care is LOCATE: CHILD CARE service.

You can get help over the telephone or online.

LOCATE can be used to find programs specifically geared toward children with special needs or non-English speaking families, as well as care based on location, the child's age, the type of care and the drop-off and pick-up times.

Call LOCATE at 877.261.0060.



2022 NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
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20	21	22	23	24	25	26
27	28	29	30			

Finding an available provider in your area may take time. Begin looking at least a few months before your child will need care.

PLACES TO GET SUPPORT & SERVICES

Maryland has a network of 24 Family Support Centers in 14 counties that offer free, educational and health-related services to parents and their children ages birth through three.

THE CENTERS OFFER A RANGE OF SERVICES INCLUDING:




Quality infant/toddler care and assessment while parents are on site




Parent education



Parent-to-parent support



Adult education, family literacy and job readiness training



Health education and referral for services



Home visits for some services



Service coordination between agencies

To locate a Family Support Center near you, visit marylandchild.org or scan the barcode.



2022 DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AAAAYWWWW – THE FEELS!



Social development refers to a child's ability to interact, communicate, and maintain close relationships with others. Emotional development is a child's ability to show and control emotions.

Social and emotional health starts at birth and sets the stage for good mental health throughout one's life.

Just like other skills, children develop social and emotional abilities over time. This is how we learn to handle everyday challenges, settle differences peacefully, trust others and feel understanding, kindness and an open heart.

Loving relationships with you and other adults are the ground work of children's healthy social and emotional development. Children are more likely to develop good social and emotional skills when they have safe, secure and nurturing relationships with other people.



If you are worried about your child's emotional growth or behavior, visit marylandchild.org or scan the barcode.



2023 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28
29	30	31				

Starting from birth, babies are learning who they are by how they are treated. This greatly shapes who they will become.

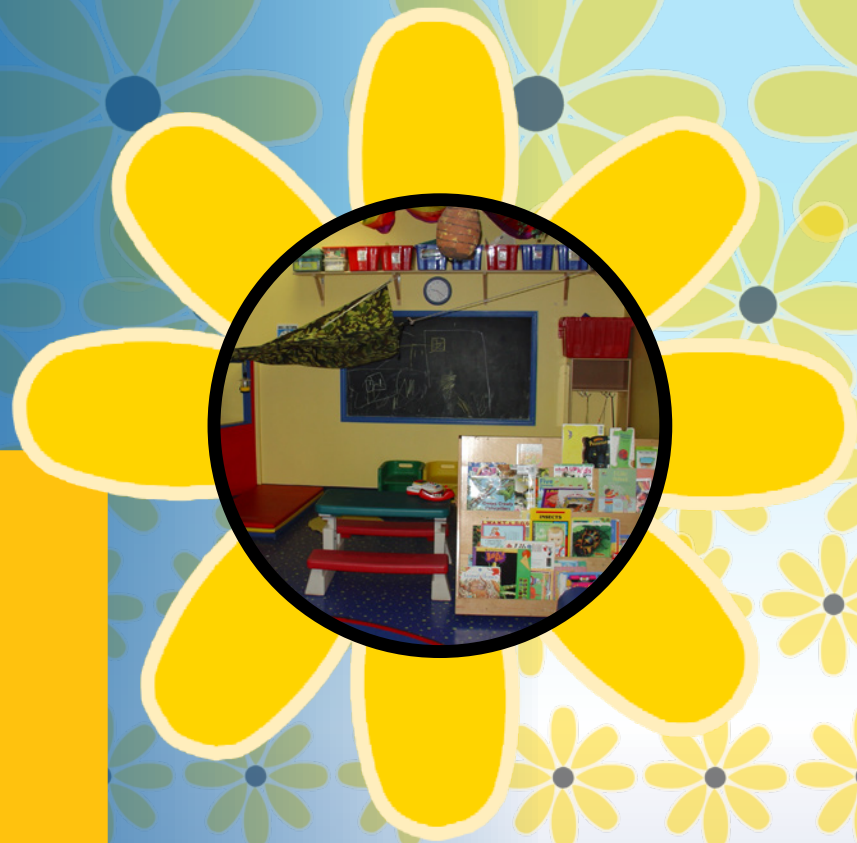
Showing up ON TIME EVERY DAY is important to your child's success and learning from the time they enter child care, preschool and moving forward.

Missing one or two days every few weeks can:

- Make it harder to develop early reading skills.
- Make it harder to get ready for kindergarten and first grade.
- Develop a poor attendance pattern that's hard to break.

High-quality child care and preschool programs have many benefits for your child. The routines your child develops in child care and preschool will continue throughout school. You can make the most of preschool by ensuring your child attends every day!

Source: Attendance Works found at:
<https://www.attendanceworks.org/resources/handouts-for-families/>.



2023 FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Why Families Choose Different Types of Child Care

Every family has different child care needs and preferences. Families choose providers and types of child care based on their own needs:

Many families choose **family child care homes** because they like the family environment and the smaller number of children. Home-based programs provide a consistent caregiver for your child and may offer flexible hours if you need care in the evenings or weekends. Families with multiple children also like that siblings are cared for together rather than separated into different age groups. Family child care homes are often less expensive than center-based child care programs, but rates within your community may vary.

Many families choose **child care centers** because of the more structured, classroom-like environment. Families may like that their children are cared for in groups with other children the same age. They may also appreciate the greater number of adults present in the building. Families often like child care centers because of the larger groups of children present and a greater variety of equipment, supplies, and activities.

Many families choose **Head Start** because of the free high-quality comprehensive early childhood services. Families may like that their children are cared for in groups with other children the same age. They may also appreciate the additional federal requirements that Head Start programs must meet.

Families who select a **preschool program** usually don't need full-day, full-year care, but are looking for a program that focuses on getting children ready for kindergarten.

Families may choose to use care in their **own home** because they believe their children will feel more secure in their own home. Some families find this type of care more convenient, especially if parents are working different hours such as second or third shift or have to be at work before other types of care settings open. This type of care may be more flexible and may be a good fit for families that don't need child care on a full-time or regular basis.

If there are several children in the family, this type of child care may be more affordable than other types of care.

Families who choose **family, friend, and neighbor care** report that they know and trust the caregiver. Families may like the flexibility in scheduling and transportation. It is often the least expensive type of care available.

Adapted from Child Care Options available at <https://childcare.gov/consumer-education/childcare-options>



Five Essential Questions: Work and Family Life

These five basic questions will help you determine whether potential child care programs will work for your family.

Questions	Yes	No
1. Is the program open when you need it to be?		
2. Is the program conveniently located for your family?		
3. Does the program provide transportation that could help you get your child to and from the program?		
4. Can your family afford this program?		
5. Does the program offer any discounts or participate in the Child Care Scholarship Program?		

The Child Care Scholarship (CCS) Program provides financial assistance with child care costs to eligible working families in Maryland. Eligibility requirements for the CCS Program are available at Money4ChildCare.com and in the December 2021 pages of this calendar.

Make time to visit several programs to spend time watching what happens in the program and to ask lots of questions.



Adapted from *Selecting a Child Care Program: Visiting and Asking Questions* available at <https://childcare.gov/consumer-education/selecting-a-child-care-program-visiting-and-asking-questions>

Recommended Immunizations for Children from Birth Through 6 Years Old

Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years	
HepB	HepB			HepB							
		RV	RV	RV							
		DTaP	DTaP	DTaP		DTaP				DTaP	
		Hib	Hib	Hib	Hib						
		PCV13	PCV13	PCV13	PCV13						
		IPV	IPV	IPV						IPV	
				Flu (Yearly)*							
					MMR					MMR	
					Varicella					Varicella	
					HepA§						

Get OFFICIAL immunization records for your family without going to the doctor. Visit MD.MyIR.net online to get records for child care or school.

Shaded boxes indicate the vaccine can be given during shown age range.

NOTE: If your child misses a shot, you don't need to start over. Just go back to your child's doctor for the next shot. Talk with your child's doctor if you have any questions about vaccines.

FOOTNOTES:

*Two doses given at least four weeks apart are recommended for children age 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group.

§Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the last dose. HepA vaccination may be given to any child 12 months and older to protect against hepatitis A. Children and adolescents who did not receive the HepA vaccine and are at high risk should be vaccinated against hepatitis A.

If your child has any medical conditions that put him or her at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he or she may need.

Vaccine Preventable Diseases and the Vaccines that Prevent Them

Disease	Vaccine	Disease spread by	Disease symptoms	Disease complications
Chickenpox	Varicella vaccine protects against chickenpox.	Air, direct contact	Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)
Diphtheria	DTaP* vaccine protects against diphtheria.	Air, direct contact	Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
Hib	Hib vaccine protects against Haemophilus influenzae type b.	Air, direct contact	May be no symptoms unless bacteria enter the blood	Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death
Hepatitis A	HepA vaccine protects against hepatitis A.	Direct contact, contaminated food or water	May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic, and blood disorders
Hepatitis B	HepB vaccine protects against hepatitis B.	Contact with blood or body fluids	May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer
Influenza (Flu)	Flu vaccine protects against influenza.	Air, direct contact	Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
Measles	MMR** vaccine protects against measles.	Air, direct contact	Rash, fever, cough, runny nose, pink eye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
Mumps	MMR** vaccine protects against mumps.	Air, direct contact	Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain	Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness
Pertussis	DTaP* vaccine protects against pertussis (whooping cough).	Air, direct contact	Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
Polio	IPV vaccine protects against polio.	Air, direct contact, through the mouth	May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
Pneumococcal	PCV13 vaccine protects against pneumococcus.	Air, direct contact	May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
Rotavirus	RV vaccine protects against rotavirus.	Through the mouth	Diarrhea, fever, vomiting	Severe diarrhea, dehydration
Rubella	MMR** vaccine protects against rubella.	Air, direct contact	Sometimes rash, fever, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
Tetanus	DTaP* vaccine protects against tetanus.	Exposure through cuts in skin	Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

* DTaP combines protection against diphtheria, tetanus, and pertussis. ** MMR combines protection against measles, mumps, and rubella.

Source: U.S. Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html>



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Division of Early Childhood
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For more tips and resources throughout the year, visit www.marylandchild.org.

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