

## “Tip for Thought”

Most children will exhibit challenging behaviors as they go through the many different stages of child development. These behaviors are typically normal. When you become concerned about a behavior that does not appear typical, interferes with a child’s daily activities, or becomes disruptive to the rest of your program, it may be time to seek help. Your Early Childhood Behavioral Specialist is just a phone call away.



All children deserve a chance to be successful!

The CH.A.M.P.S. Program was made available through grant funding by the Maryland State Department of Education, Maryland Committee for Children and Arundel Child Care Connections



Experiencing behavioral problems?  
Schedule an appointment today!

77 West Street  
Suite 300

Annapolis, MD 21401

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## Arundel Child Care Connections



**CH.A.M.P.S.**  
Program

**CHildren  
Arriving  
Mentally  
Prepared for  
School**

**Early Childhood  
Behavioral Specialists**

**Meredith McCandless  
(410) 222-1715**

**Claudia Carter  
(410) 222-1286**

## Early Childhood Behavioral/Mental Health Services

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All services are available to family child care providers, child care centers and parents.

- Consultation by phone and/or on-site visit.
- Environmental Rating
- Observations/Assessments
- Development of an action plan.
- Intervention strategies.
- On-going support.
- Hands-on, one-to-one and/or group assistance.
- Trainings offered on a variety of different topics pertaining to behavioral issues.
- Referrals to community resources if more intensive services are required.



The following list of behaviors is designed to help you identify *possible* areas of concern.

### Attachment Difficulties/Separation Anxiety

*Excessive crying that lasts more than 4 weeks when separated from parents.*

### Oppositional Tendencies

*Resistance to guidance and directions, confrontational or argumentative.*

### Aggressive Behavior

*This includes such behaviors as hitting, kicking or biting.*

### Social Adjustment Difficulties

*Problems getting along and playing with other children or adults.*

### Sleep Problems or Bedwetting

*Could include difficulty falling asleep, waking up crying or nightmares.*

### Eating Disorders

*A child who refuses to eat may be a result of underlying causes.*

### Traumatic Stress

*Symptoms may include fearfulness, clinging, irritability and depression.*

### Temper Tantrums

*Includes whining, excessive crying, kicking, screaming and breath holding.*



## Other Local Resources

TOT's Line  
877-817-8687

Child Find  
410-766-6662

Infant and Toddler Program  
410-222-6911

Network of Care  
[www.annearundel.md.networkofcare.org](http://www.annearundel.md.networkofcare.org)

AA Co. Health Department  
410-222-6785

AA Co. Mental Health Agency  
410-222-7858

Crisis Warmline  
410-768-5522

The Parenting Center @ AACC  
410-777-2159

BEST Program  
410-777-2915