



Child Care Opportunities Resource Development Center
 18 Avery Lane/PO Box 648
 Ellsworth, Maine 04605
 Phone: (207)667-2467 Fax: (207)667-2212
 14 Stevens Lane
 Marshfield, Maine 04654
 By appointment only
 Anywhere in Maine: 1-800-834-4378
www.childcareopportunities.org

2nd Quarter

April 2008

RDC INFORMATION

Judy Nevells

Child Care
 Resource & Referral
 Specialist
 Ext. 239
judithn@childandfamilyopp.com

Faith Perkins

Education Specialist
 Ext. 257
faithp@childandfamilyopp.com

Joy Crockett

Training Coordinator
 Ext. 231
joyc@childandfamilyopp.com

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TTY Services available by calling 1-800-963-9490

INFANT AND TODDLER NEWS

The guide for the Infant Toddler Credential I is now available through the RDC. Many of you have expressed interest in applying for this credential and are taking courses towards it. Your enthusiasm is great. We are setting up additional offerings of "Foundations in Health, Wellness, and Safety" and "Supporting Maine's Infants and Toddlers: Guidelines for Learning and Development" in various locations in our two counties. In addition in this newsletter you'll see the Infant Mental Health training has been arranged in Bangor for two weekends in May. We will also be offering it more locally and will let you know as soon as it is arranged.

Within the guide there is a listing of portfolio activities to be used with the three trainings in the credential. Contact Faith if you'd like a copy of the guide and the portfolio activities.

Karen White has been contracted by DHHS as an Infant Toddler Specialist to develop and coordinate statewide infant and toddler services. Part of her position will be to serve as team leader on the Infant Toddler Initiative Team, the group that worked on Maine's Infant Toddler Guidelines and the Infant Toddler Credential. She can also offer technical assistance to programs serving infants and toddlers. Last year she worked with the Quoddy Bay Children's Center and the staff said they really appreciated her support and input.

If you want to contact Karen to find out more about what the state is doing or to request technical assistance specifically for infants and toddlers in your program, you can call 800-866-5588 ext. 2077 or email her at kwhite@community-concepts.org.

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*Don't Forget to Register for the
 Bi-County Early
 Care Conference
 April 12th
 Sumner Memorial High School*

**EXCITING NEWS IN
 WASHINGTON COUNTY**

Penni Theriault's facility, 'Lots of Tots' in Princeton, has been selected as a pilot site for a new Maine project called "Strengthening Families Through Early Care and Education." The goal of the project is to build family strengths & resiliency & reduce family risk factors such as child abuse & neglect. Look for more information about the project in a future newsletter.

QUALITY RATING SYSTEM UPDATE

Starting March 3, find out where you can apply for the new Quality Rating System on-line at:

www.childcareopportunities.org

You will need your license # to access the application. Once you have completed the application you can preview your rating, submit it right away, or wait to submit it after you have tackled some of the steps of quality improvement.

DHHS has published an application manual for the Quality Rating System that gives information about applying and answers Frequently Asked Questions. It lists the standards for family child care, center-based care and school age care and the documentation needed to move between steps. Faith can also help you with the application process and will be available to provide technical assistance to help you move up the steps. She

and Joy will be looking at offering elective trainings on particular topics around the QRS if it's helpful to providers.

If you apply to the Quality Rating System this year you will probably receive an on-site visit and observation by someone trained to use the Early Childhood Environment Rating Scale (ECCERS), the Family Child Care Environment Rating Scale (FCCERS) or the corresponding tool for school-age programs. These are the same rating scales used for accreditation or readiness for accreditation. The information from your rating will be used to help determine what you need for technical assistance.

Give us a call if you want to talk more about the Quality Rating System, or need help with it in any way.



DID YOU KNOW - MAINE ROADS TO QUALITY CAN NOW BE ACCESSED ON-LINE?

You can go on-line to join the registry, update your contact information, review & update your training record, & print unofficial transcripts. Any training or coursework that you submit will still need documentation & will not show up on your transcript until it has been verified by MRTQ. All Maine Roads to Quality trainings and other workshops offered by Child Care Opportunities

are automatically sent to MRTQ so you do not have to submit these.

To access MRTQ:

<https://mrtq.musk.usm.maine.edu/public/login.aspx>

If you have any questions about the on-line process, contact Faith at the RDC or email Priscilla Armstrong - parmstro@usm.maine.edu.



2008 COMMUNITY CPR / FIRST AID SCHEDULE

CPR Mondays

Wednesdays

May	19
July	21
Sept.	15
October	20



First Aid

May	21
July	23
Sept.	17
October	22

All classes begin at 5:30 pm in the MCMH Classroom
Health-Link -Maine Coast Memorial Hospital
Red Cross classes call 667-4737

Care For ME

Tips for saving money on child care equipment

Attend lawn sales in the spring, go to Goodwill Salvation Army, and consignment shops
Look in Uncle Henry's and newspaper classified.
Check the web! Try www.freecycle.org and EBay.
Caregivers can always borrow toys and books from your local Resource Development Center and don't forget your local library.

CDA cohorts are being formed in Washington & Hancock counties. If you are interested in joining a cohort to work on your CDA contact Faith Perkins, Education Specialist, at 1-800-834-4378 or 667-2467 ext. 257 or via email @ faithp@childandfamilyopp.com.

Scholarship Money for CPR/First Aid, Basic Water Safety & Lifesaving

If you are in need of financial support with your training needs and are taking a training sponsored by a Resource Development Center you may qualify for financial support. These funds are intended for those who don't have other training resources or whose other resources have been depleted. The maximum amount of financial support available is 1/2 trainer's fee, not to exceed \$27.00 per person.

Facts you need to know:

- Money is awarded only as available.
- Money is awarded on a first-come first-served basis, by the quarter and county.
- Money will allow for only partial reimbursement.
- Providers must have been working in the business of early care and education for a minimum of 1 year.
- CCO reserves the right to set maximum limits for centers per contract year (October 1 to September 30)

If you are interested in an application you may contact Joy Crockett

MEET JOY MARSHALL CROCKETT....TRAINING COORDINATOR

I have been working with children and families for over twenty years. I originally came from the Lewiston-Auburn area and move to Bar Harbor in 2003. I have been attending the University of Maine to finish my degree in Mental Health and Human Services. I ran my own family childcare business for ten years in Auburn, "Joy's Place for Little People." After that I worked for Androscoggin Head Start and Childcare in various capacities.

I am a grandmother of two children, ages 4 and 2. I am also a scrap booker and enjoy taking pictures. I am planning on offering an elective in journaling with pictures. Right now I am in the office on Mondays, Tuesdays, Thursday afternoons and Fridays. Once I finish my classes I will have a different schedule. I am looking forward to meeting with you and getting to know how I can support you.

JAYMEE THOMAS

Please help us welcome Jaymee Thomas to our Resource Development Team, Jaymee is a trainee/office assistant helping to service our clients in a quality way. She will be calling providers doing vacancy checks, helping to send out information such as newsletters and brochures. Jaymee is also helping to make the library more user friendly. Thank you Jaymee!

SAVE THE DATE!

MAINE ASSOCIATION FOR INFANT MENTAL HEALTH, INC.
21st ANNUAL CONFERENCE
RESPONDING TO CHILDREN AND FAMILIES IMPACTED BY TRAUMA

MAY 09, 2008

8:15 a.m. --- 4:00 p.m.

RAMADA CONFERENCE CENTER
LEWISTON, MAINE

FEATURING:

PATRICIA VAN HORN, PH.D.
Associate Clinical Professor
Child Trauma Research Project
San Francisco General Hospital



Dr. Van Horn will address the impact of trauma on early childhood development and will suggest a variety of interventions, across disciplines that have been shown to be effective in lessening the impact of trauma. The focus will be on understanding the ways in which trauma challenges young children's care-giving environments and on interventions that can restore caregivers to their role as the child's protector and guide.

Participants will have the opportunity to apply their knowledge to case examples and possibly to present problems from their own experience for discussion.

Hancock County Training Information

MRTQ Trainings in Hancock County for 2008!

<u>Course Name</u>	<u>Dates</u>	<u>Location</u>	<u>Time</u>
Caring For Infants, Toddlers & Their Families Learn about the unique aspects of providing childcare for their amazing age group! Focus will be on establishing partnerships with parents, understanding the concepts of attachment & primary care giving, and planning curriculum within the context of child temperament, learning style, & family culture.	Apr 8 - June 17 (Tuesdays)	Ellsworth	6-9pm
Maine's Early Childhood Learning Guidelines This curriculum is designed to help participants use the Early Childhood Learning Guidelines to assist their efforts in improving early childhood practices in their work with young children.	May 1 - June 19 (Thursdays)	Bucksport	6-9pm
Starting Your Core Knowledge Portfolio Introduces the Core Knowledge Training Program, its uses in professional development and how the portfolio can transform training into college credit. Basic information includes procedures for documenting learning, orientation to the Maine Roads Professional Registry, and tracking hours of training.	June 4 (Wednesday)	Ellsworth	6-9pm

All classes are \$15. Please register at least one week before the class. Looking to turn these classes into a degree? Call Faith, and she'll set you on your way!

Training in Bangor

Infant Mental Health: Issues and Practice - May 16, 17, & 31 8:30am to 3:30pm
This training provides specific information on attachments, temperament, relationship building, use of self, principles of infant mental health practice, assessment, identification and support of family strengths.

This is one of the requirements for the new Infant Toddler Credential -
We will be offering it in our bi-county area

Elective Trainings

More are being planned...Look for flyers in the mail...Want a specific training? Let us know

- May 6 & 13** - Introduction to ASL for Childcare Providers #2 with Mary Ellen Martel
@ Harbor House in Southwest Harbor - 6-8pm
Join us as we learn more ways to bring American Sign Language into the childcare setting. Students will learn and practice more signs, games and simple conversations which can be used with young children every day.
- May 27th** - Basic Water Safety
@ Child & Family Opportunities, Ellsworth - 6-10pm
Cost is **\$50** per person
This course is designed for daycare/child providers or any individual taking care of persons on or around a body of water. Wading assists, pool safety and checklist, beach and lake safety. DHHS state of Maine approved. 3 year certificate.
- July 9th** - Behavior: Reframing our Focus with Megan London
@ Child & Family Opportunities, Ellsworth - 6-8pm

(All Electives Cost \$15 per person unless otherwise noted)

Washington County Training Information

MRTQ Trainings in Washington County for 2008!

<u>Course Name</u>	<u>Dates</u>	<u>Location</u>	<u>Time</u>
Getting Started in Family Childcare Introduces the aspects of opening a family child care business in the home. It covers state certification procedures, health and safety practices, working with families, child development, community and professional resources, and business and professional development.	April 10 & 17 ^(Thursdays)	Machias	6-9pm
Supporting Maine's Infants & Toddlers: Guidelines for Learning & Development This curriculum is designed to help participants use these new guidelines. Participants will use various tools & strategies to engage in observation, to conduct authentic assessment, & to plan curriculum for this amazing age group.	April 29 - June 17 ^(Tues)	Lubec	6-9pm

**All classes are \$15. Call Joy to register.
Remember you aren't enrolled until we have received payment!**

MRTQ On-Line Trainings

July 8 - 31 - Partners in Caring - Families and Caregivers - 12 hours, FEE \$15

Contact: Faith Perkins, 667-2467 ext. 257

Children experience the best quality of care when parent(s) and family and caregivers are partners with the same goals for the child. This training covers information about families today, roles and boundary setting, verbal/written communication to reduce potential areas of conflict between families and caregivers.

July 14 - Aug 22 - Foundations in Health, Wellness and Safety - 18 hours, FEE \$20

Contact: Amy Ludwig, 973-3533

Participants will be introduced to the importance of health, wellness and safety through personal care routines, nutrition education, environmental hazards that could impact the health of children and families and finally will create a framework to meet the health care needs of children with chronic conditions. The training adheres to best quality practices as established by the National Standards set forth by NAEYC, NAFCC, and NAA. This training is one of the requirements for the IT credential

You must register for these on-line trainings by **June 6, 2008**

These trainings are offered as part of a collaborative effort among the 3 RDC's in northeastern Maine: Aroostook County Action Program (ACAP in Presque Isle), Penquis CAP (Bangor), & Child Care Opportunities (CCO in Ellsworth)

Elective Trainings

More are being planned...Look for flyers in the mail...Want a specific training? Let us know

- May 15th** - Math Experiences with Celeste Sherman
@ Machias Valley Early Care & Education Center 6-9pm
Numbers are everywhere! Here's how to be sure young children's interaction with number concept will be positive & frequent. Provide meaningful math experiences for toddlers through Pre-K with appropriate activities throughout the day.
- July 16th** - "Sense-able" with Faith Perkins
@ Milbridge - 6-8pm
Learn some basics about sensory processing in children and adults.
- July 23rd** - Behavior: Reframing our Focus with Megan London
@ Machias - 6-8pm

(All Electives Cost \$15 per person unless otherwise noted)

HIGHER EDUCATION FACILITIES & RESOURCES

Hancock County Higher Education Center, Call 1-800-696-2540 or visit <http://www.maine.edu/ellsworth>.

University of Maine Systems on-site, online and ITV course listings. FMI, call 1-877-868-7000 or visit their website at www.learn.maine.edu.

University of Maine at Augusta, FMI, call 1-877-UMA-1234 or visit their website at www.uma.maine.edu.

University of Southern Maine on-site, online and ITV course listings. FMI, call 1-800-787-0468 or visit their website at www.usm.maine.edu/cce.

Washington County Community College, Call 1-800-210-6932 or visit their website at www.wccc.me.edu.

The Maine Educational Opportunity Center (MEOC), is a federally funded college access program targeting Maine's adult learners. MEOC provides assistance with the admissions and financial aid process and access to online college readiness tools. For more information, call 1-800-281-3703.



ARE YOU INTERESTED IN BECOMING ACCREDITED BY NAFCC (The National Association for Family Child Care)?

NAFCC provides a national set of standards for quality within family child care homes. Working towards meeting these standards helps to assure you and the parents of the children in your care that you are doing all you can to provide the best opportunities for children to grow and develop.

To become accredited you work at your own pace to learn the standards and make adjustments to your program based on the standards. When you are ready you have a trained observer come into your home to see if you are meeting those standards.

Maine Roads To Quality can help by providing training and offering support. Accreditation asks that you have 90 hours of training, and the Maine Early Childhood Learning Guidelines is one of the courses you should take. MRTQ also provides support through the Accreditation Project, which can offer: a support group; observations in your home; technical assistance; connection with mentors; and assistance with accreditation fees.

If you are wondering if you are ready for accreditation, or would like to know more, contact Faith Perkins, Education Specialist, at 667-2467 or 1-800-834-4378. If you're ready to pursue accreditation contact Sonja Howard, MRTQ Accreditation Project, 230-0114 or Sonjahoward@hotmail.com



CELEBRATING WEEK OF THE YOUNG CHILD IN MAINE APRIL 13-19

The Maine Association for the Education of Young Children is celebrating the Week of the Young Child with events around the state. The theme for this year is

Bring Communities Together for Children
-Children Bring Communities Together.

Among other events, MEAEYC will be hosting a children's art show in the welcome center at the State House. If you would like to submit artwork for this show, please drop it off at your local RDC by April 4th. Please do not submit artwork with glitter as this is really difficult to clean up. Please include the child's first name, age, and town on the back of the artwork. Artwork will be returned to the RDC where it was submitted. Please contact your legislators to inform them about the art show as well as the importance of quality early care and education in the lives of children and families. For a list of legislators in your region, you can visit:

http://www.maine.gov/portal/government/edemocracy/lookup_officials.php

For information about MEAEYC, please visit www.maineaeyc.org or email info@maineaeyc.org

Earth Day Activities for Children

Earth Day 2008 falls on Tuesday, April 22

It's a special day to learn about our planet and how to take care of it.

Web sites to visit:

http://crafts.kaboose.com/holidays/earth-day/earth_day_crafts.html

<http://holidays.kaboose.com/earth-day/activities/earthday-activities.html>

Digging for worms with a spoon??? No problem, because these worms are gummies buried in pudding and cookie crumb dirt. Yum!

- 2 cups cold milk
- 1 package JELL-O Chocolate Flavor Instant Pudding & Pie Filling
- 1 tub (8 ounces) COOL WHIP Whipped Topping, thawed
- 15 OREO Chocolate Sandwich Cookies, finely crushed, divided
- 10 paper or plastic cups (6 to 7 ounces) or dessert dishes
- 10 worm-shaped chewy fruit snacks

1. **Prepare** 1 package each (4-serving size) JELL-O Vanilla Instant Pudding and JELL-O Chocolate Instant Pudding separately, with 2 cups each cold milk, as directed on packages. Let stand 5 minutes.

2. **Gently** stir 1/2 cup of Cool Whip Whipped Topping into each bowl of pudding. Finely crush 20 Oreo Chocolate Sandwich Cookies, then sprinkle 1 tablespoon into bottom of 8 (6-ounce) dessert cups. Top each with 1/4 cup vanilla pudding, 1 tablespoon cookie crumbs and 1/4 cup chocolate pudding. Sprinkle evenly with remaining cookie crumbs. Refrigerate at least 1 hour or until ready to serve.

Insert 2 gummy worms into each dessert cup just before serving. Makes 8 Oreo Sand and Dirt Cups.

APRIL 21 – 27TH 2008 IS

NATIONAL TURN OFF TV WEEK

As most of you know Healthy Acadia Coalition Partners offer events and activities each year as alternatives to watching TV during this MDI- and nation-wide celebration.

For more information: **Phone: (207) 288-5331** www.healthyacadia.org

THANK YOU!

Thank you Wendy Joyce for all your help with vacancy checks and updates for Child Care Opportunities referral service, we wish you luck in your next training endeavor.

Congratulations!

Sandy Alley from Jonesport has won the drawing for getting her provider update for the referrals in before March 3rd.
Congratulations!

Special Children's Friends!

Rick Charette concert– March 30, 2008

For More information: **(207)667-2430**

Toll Free: 1-866-577-2717- ellsworthme.org

Everything Parents and Professionals Need to Know to Survive and Thrive-Patti Hackett, M Ed
FREE -April 3, 2008-1-877-963-2588

April is

National Child Abuse Prevention Month

A time to raise awareness about child abuse and neglect and encourage individuals and communities to support children and families.

WOMEN, WORK AND COMMUNITY

Trainings: <http://womenworkandcommunity.org/>

Within Maine Toll Free: (800) 442-2092

Out of State: (207) 621-3440

Basics of Starting a Business

Date: Apr 08, 2008 to Apr 22, 2008

Center: Ellsworth **Time:** 9:30 a.m. - 12:30 p.m.

Training Coupon

\$5.00 Off

MRIQ Training

Good for one time only

Inside this edition:
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Training Coupon
AND MUCH MORE!



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