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RDC INFORMATION

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TTY Services available
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The start of 2009 has been challenging in many ways. Child care providers, like everyone else, have felt the impact of the economic downturn. Despite these additional pressures, child care providers have been able to maintain a sense of humor, flexibility, resourcefulness, and sensitivity to children and families they work with.

The RDC staff would like to thank you for making a difference. We hope you will take a moment to recognize the importance of what you do and the impact you can have on a child's life. Celebrate yourselves as you welcome spring and new possibilities.

One Hundred Years From Now

~ Author Unknown

One hundred years from now,
It will not matter how much money you made,
What kind of car you drove,
What sort of house you lived in.
One hundred years from now,
The world will be a better place,
Because you made a difference in the life of a child.

If there is anything the RDC can do to support you in your work please let us know.

New deadline for Quality for ME

Providers who serve families receiving subsidy vouchers are now required to join **Quality for ME**, Maine's Early Care and Education Rating System. The deadline to apply has recently been changed to **June 27**. Don't wait until the last minute. Before you apply, you and your staff must be on the MRTQ Registry. Once you have a certificate from MRTQ, you may complete the Quality for Me application. If you have questions or want any assistance contact any of us at the RDC.

Apply directly at: <http://qualityforme.org/qcare/login.aspx>
Look for information about QRS at the Bi-County Conference and our elective training on April 30.

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Register Now! For The Bi-County Conference
information & registration. (pg. 2 for details)

Bi-County Conference

The **Bi-County Conference** - April 25th, 2009

The theme of this year's conference is **Diversity and Inclusion**

Come Celebrate **20 years** of the Bi-County Conference

The Celebration will include "The Little Eagle Youth Drummers" from the Passamaquoddy Tribe of Pleasant Point, and *Kevin Duplissie*, story teller, educator and balloon artist

- ◆ Many Eyes and Many Voices
- ◆ Felting with Children
- ◆ Games around the World
- ◆ Everyone Can Paint
- ◆ Diversity in Nutrition
- ◆ Quality Child Care Welcomes All
- ◆ The importance of the Inclusion of Dads



- ◆ Easy Creative Movement & Drama for the Young
- ◆ Early Childhood Mental Health Consultation
- ◆ I am moving I am learning for Infants & Toddlers
- ◆ Preparing Children for a Multi-Cultural World
- ◆ Infant & Toddler Activities across the guidelines
- ◆ Inclusion Ideas & Strategies for children
- ◆ The Inclusion of Language Acquisition of Children

Many Vendors and Exhibitors Available

Call Joy at 667-2467, or toll free 1-800-834-4378 ext 231 for information & registration.

Registration Deadline is April 13th

RDC Library News

Look what's new in the Resource Library –

especially for After-School Programs



SOS Help for Emotions by Lynn Clark. This book uses a Cognitive Behavioral Therapy perspective to help older teens and adults gain greater self-knowledge and deal with unpleasant emotions.

What Is A Feeling? by David Krueger helps children put words to a wide range of feelings.

The Care & Keeping Of You: The Body Book For Girls, by Valorie Lee Schaefer. Published by American Girl, this book is designed for preteens.

So Sexy So Soon: The New Sexualized Childhood and What Parents Can Do To Protect Their Kids, by David Levin and Jean Kilbourne. A guide for parents that is useful to preschool and school-age providers as well.

Moods and Emotions: A Handbook About Feelings, by Ruth Shannon Odor. Written for children aged 6-12 years, this book explores the emotions of love, fear, joy, sorrow, compassion, jealousy, wonder, anger, and loneliness.

RDC Advisory Board

The RDC is looking for child care providers who may be interested in participating in our volunteer Advisory Board. We are looking for members from both counties. The RDC Advisory Board meets on a quarterly basis.

The Advisory Board will play a major role in helping the RDC to identify community and regional needs; to develop a Marketing/Communication Plan; to identify service goals addressing local and regional needs; and to assist the RDC in evaluating and improving the quality of services.

If you would like to become an Advisory Board member or want additional information please contact Charlie Zeph, RDC Director, 667-2467 or charliez@childandfamilyopp.com

Introduction to Infant Mental Health: Issues and Practices

This course, developed by Maine Association of Infant Mental Health, will be taught in Ellsworth in May and June by instructor Michael Sandberg. It is part of the 96 hour required training to obtain the Infant Toddler Credential I. This course has these learning objectives;

- ◆ Become familiar with concepts of bonding, attachment, temperament, and “fit”.
- ◆ Identify the capacities of the newborn;
- ◆ Identify behavioral disturbances and possible barriers to attachment;
- ◆ Identify the use of infant mental health practices already in already in their work;
- ◆ Learn the importance of counter-transferential issues in infant mental health work;
- ◆ Identify parallel processes that occur while involved in mental health work; And
- ◆ Learn to recognize family strengths and needs in order to develop appropriate treatment plans for child and family.

Providers who took this course in Machias last September had great things to say about the training and instructor. Space is limited so early registration is encouraged.

See page 4 for dates and registration information.

DHHS Surveys

DHHS will soon be mailing the **Annual Child Care Provider Survey**. Child Care Opportunities Resource Development Center would like to encourage you to complete and return this survey.

You will also be receiving a short survey from DHHS related to the voucher program. Your response can help DHHS in the administration of the voucher program.

DIVERSITY AND INCLUSION

As child care providers, you can see diversity every day in the individual differences each child brings to your program. Whether these differences are obvious or subtle, they can be celebrated and shared. We can see diversity in the littlest things: the differences in the way children play or use the materials in the program; the way they relate to their environment; their preferences for food or toys. Recognizing the diversity in your program can enrich your own experience, the experience of your staff and the experience of each child in your care.

Most materials and activities in a child care setting are designed to meet the needs of many children. Every day, you use your knowledge of child development and your creativity to adapt and accommodate to the needs of the children in your care. This is inclusion.

Learn more about diversity and inclusion at this year’s Bi-County Conference!

COMMUNITY CPR FIRST AID RESOURCES

American Red Cross -<http://www.redcross.org>
667-4737



Healthlink (American Heart)
667-2474
<http://www.americanheart.org>
<http://www.healthlink.com>

CPR & FIRST AID TRAINING

Training for

CPR
April 17th, 2009 9:00am to 12:00pm
&

First Aid
May 1st, 2009, 9:00am to 12:00pm
At Child and Family Opportunities
Contact Joy at 667-2995, ext 231

CCO MRTQ Trainings for 2009!

April 2nd (Thurs) Starting Your Core Knowledge Portfolio (3hrs) 6:00–9:00pm **Fee \$15, Ellsworth.**

Faith Perkins will 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.

April 10th, (Fri) Getting Started in Family Childcare (6hrs) 8:30am– 3:00pm , **Fee \$15, Machias.**

This training 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 7th & 14th- (Tues) Building Peaceable Nonviolent Early Childhood Settings, (6hrs), 6:00-9:00pm

Fee \$15, Milbridge. Linda Levesque, Trainer. This training covers a broad range of topics, including the impact of nonviolent media and toys on children and their play; the influence of a peaceable classroom in counteracting harmful lessons about violence; and how to teach developmentally appropriate conflict resolution skills to children.

April 7th –June 16th (Tues) Inclusive Child Care (30hrs) 6:00-9:00pm **Fee \$25, Ellsworth.** Hector Sapien

Trainer. This training covers topics to fully include and support all children and families in center-based or home settings. It uses an interdisciplinary approach to support staff, families and children and emphasizes the beliefs, attitudes, and values of inclusion.

April 30th (Thurs) Supporting Maine’s Infants & Toddlers: Guidelines for Learning & Development ,

(30hrs) 6:00–9:00pm, **Fee \$25, Calais.** Ruth Sousa, Trainer. This curriculum is designed to help participants use these new guidelines. Participants will use various tools and strategies to engage in observation, to conduct authentic assessment, and to plan curriculum for this amazing age group. This course meets one of the requirements for IT Credential I.

May 30th & June 20th (Sat) 8:30am—3:00pm and June 4th and 11th (thurs) 6:00-9:00pm, Introduction to Infant Mental Health; Issues and Practices (18hrs) **Fee \$15, Ellsworth.** Michael Sandberg will be presenting

this training that 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 of the Infant Toddler Credential I.

Call Joy to register. 667-2467 or 1-800-834-4378, ext 231

joyc@childandfamilyopp.com www.childcareopportunities.org

Note from Joy: Class size maybe limited and we need a minimum of six participants to run the training. We send out training registrations forms as soon as we hear from you. Remember, you aren’t enrolled in a class until we have received your registration form **and** payment. Some trainings fill quickly so be sure to submit your registration form as soon as possible.

IMPORTANT

Please send your **training registrations** and registration checks to: Child Care Opportunities Resource Development Center, PO Box 648, Ellsworth, ME 04605 (Attention Joy Crockett)

Please **do not** send training registrations in with your provider vacancy updates

CCO Elective Trainings for 2009!

April 30th, (Thurs) Developing your QRS Portfolio (2hrs) **Fee \$10. Machias.** Faith Perkins will review the requirements of Quality for ME with special attention to implementing and documenting program evaluations, plans for improvement, and parent surveys. Bring your forms and questions.

May 16th (Sat) Basic Water Safety (4hrs) 10:00am –2:00pm. **Fee \$65 Ellsworth,** Safety Educators of Maine. This course is designed for daycare/child care providers or any individual taking care of persons on or near a body of water. Topics include wading assists, pool safety and checklist, beach and lake safety. DHHS state of Maine approved. 3 year certificate.

May 27th (Tues) Communication and Behavior Management, (2hrs) – 6:00-8:00pm, **Fee \$15. Machias** Barbara Koch, trainer. This training will include a question and answer session on the topic of communication and behaviors around special needs, especially autism.

May 27th, (Weds) Eco-Healthy Childcare (3hrs) - 6:00-9:00pm. **Fee \$15. Bucksport.** Charlie Zeph and Joy Crockett, trainers. The **Eco-Healthy Child Care** program helps child care settings to be healthy, safe and green. This training will raise your awareness of potential environmental risks and support simple choices that benefit the health and well-being of children in your care. You will be introduced to the voluntary national endorsement program. This endorsement can be posted on your web site, made known to parents as part of the RDC referral process, and you can be listed on the **Eco-Healthy Child Care** website.

May 14th (Thurs) Attachment and The Love Languages of Children, (2.5 hrs) 6:00-8:30pm, **Fee \$15. Ellsworth.** Carole Pascal & Joy Crockett, trainer. This training gives participants a look at the various ways a child expresses love. Participants can learn what they can do to effectively convey feelings of respect, affection, and commitment.

May 21st (Thurs) Transporting Children Safely in Child Care (3.5 hrs) 6:00-9:30pm, **Fee \$15. Machias** This training designed for licensed child care providers who transport children on a regular basis (once a week, and in summer weeks). This training meets the Department of Health and Human Services licensing requirement. The purpose of this training is to provide current and consistent guidance based on Maine Law and best practice guidelines in regards to the safe transportation of children in motor vehicles. The course will identify basic components of Child Passenger Safety, appropriate selection of child safety seats and proper installation of child safety seats. It will address and recognize the needs of individual programs that transport children such as liability and policy issues and the parent's role.

June 3rd & 10th-(Weds) Peaceable Stories ,(6hrs) 6:00-9:00pm. **Fee \$15 Ellsworth,** Linda Levesque, Trainer. Peaceable Stories is a statewide, six-hour training program that offers high-quality children's books, accompanied by an Activity & Resource Guide, designed to stimulate meaningful conversations about conflict and peace. Participants read and discuss the books, and take part in related exercises and activities, in preparation for using the materials with young children.

ESPECIALLY FOR DIRECTORS

May 7th & May 28th (Thurs) Reflective Practices ,(2hrs) 6:00-9:00pm. **Fee \$15 Ellsworth.** Faith Perkins trainer. This workshop will assist directors and supervisors to create workplaces that support staff's efforts to increase children's wellbeing. We will be using the Zero to Three evidenced based curriculum for Relationship-Based and Reflective Organization.



Week of the Young Child (April 19-25, 2009) is held each year to honor young children and thank teachers and all those who make a difference in young children's lives. The theme for WOYC 2009 is:

Bring Communities Together for Children
 ~~ **Children Bring Communities Together** ~~

NAEYC encourages state and local Affiliates, early childhood programs, and organizations who work on behalf of young children to plan WOYC events that will bring your community together.

If you would like more information on how to celebrate the Week of the Young Child you can contact the National Association for the Education of Young Children at; <http://www.naeyc.org> or call 1-(800)- 424-2460.

MAINE CHILD CARE LEADERSHIP INSTITUTE I	Bullying Workshop
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The Child Care Leadership Institute I is designed for child care directors and administrators who are relatively new to their leadership role. The institute focuses on the practical aspects of running a child care center, such as payroll, hiring and licensing issues as well as the more complex issues of staff, supervision, parent communication and professional ethics.

This institute is designed around a two session training model.

The next Child Care Leadership Institute I is;

April 23rd & 24th and May 20, 21,22, 2009

**USM Portland Campus, Wishcamper,
 Lee Community Hall**

Facilitators; Hector Sapien and Mary Jipson-Perry
 For more information contact
asullivia@usm.maine.edu ~ Phone (207) 780-5832

Bullying: Identification, Strategies
 and Coping skills

With Presenter

Marjorie Withers

April 28th, 2009

Ellsworth Holiday Inn

8:00am-2:30pm

Free with Lunch Included

Sponsored by: Hancock Counties Down East Communities of Practice; Maine Department of Education Students Assistance, Special Children's Friends, DownEast Maine Transition Network, Regional Maine Parent Federation, & more.

To register contact;

Brenda Clough, 667-2430, ext. 93 or
scftcm3@yahoo.com

\$500 for Babies in Maine

Do you know a family that welcomed a child on or after January 1, 2009
 or is expecting a child in the near future?

Please tell them about the Harold Alfond College Challenge!

Every baby born in Maine is eligible for a \$500 grant to start a savings account
 to support Maine's children to pursue education beyond high school.



Visit www.500forbaby.org for more information or you can call FAME
 at 1-800-228-3734 for an enrollment packet.



MAINE ASSOCIATION FOR INFANT MENTAL HEALTH



22nd ANNUAL CONFERENCE

The Spirited Young Child:

**Creating Peace and Solving Problems in the Midst of Emotional Intensity:
Strategies That Work**

May 15, 2009 ~ 8:15 a.m. ~ 4:00 p.m.

RAMADA CONFERENCE CENTER, LEWISTON, MAINE

Featuring: MARY SHEEDY KURCINKA, M.A. Author, Speaker, Licensed Parent Educator

Director, parentchildhelp.com

Mary Sheedy Kurcinka is the author of the bestseller and winner of the Parents' Choice Award:

Raising Your Spirited Child, A Guide for Parents Whose Child is More: Intense, Sensitive, Perceptive, Persistent and Energetic.

She is also the author of: *Raising Your Spirited Child Workbook-Kids, Parents and Power Struggles: Winning for a Lifetime- Sleepless in America.*

This workshop is for professionals who work with parents and/or their young children who can be described as "spirited" and who are often challenged by transitions and change. Mary will offer participants information about how the temperament of both parent and child can affect their relationship. The focus will be on strategies that will address strengthening that relationship and minimizing power struggles.

Care for ME Program ~ By Kerri Wyman Care for ME Coordinator SKCD Corp.

When running reports on what Care for ME caregivers are charging for childcare, I noticed it was much higher than the suggested market rate set forth by the Department of Health and Human Service guidelines. You are, of course, allowed to charge whatever you would like. It is your business and you're only allowed 2 unrelated children.

You should be aware though, that this is a competitive market right now and families are going to compare you to other (possibly licensed) childcares. Licensed providers have a state licensing worker and the fire marshal inspect their home, and they are required to have CPR/First Aid training, as well as taking 12 hours additional hours a year of early childhood training.

In this market, it is important to fully play up your strengths, and the qualities you and your program have that make it a top choice for parents looking for care!

For instance:

- ◆ Training and CPR/First Aid aren't required for Care for ME, but if you have voluntarily chosen to participate in trainings, you should use it in your marketing.
- ◆ Did you know 48% of Care for ME caregivers have participated in some sort of post secondary education? Care for ME caregivers have been involved in a variety of secondary educational settings, from a single class at a community college to completing a Master Degree. Emphasize your education in your marketing.
- ◆ Care for ME caregivers have a low staff-to-child ratio. Use this to your advantage. Many parents of infants and toddlers are looking for low ratios and one-on-one attention.
- ◆ 28% of Care for ME Caregivers offer care after 6:00 pm. If you are willing to care for children during non-traditional hours, this can be a good feature to draw attention to.
- ◆ Care for ME caregivers have background checks completed every year. Tell parents they can call the Care for ME program to check on your status.

Care for ME caregivers are listed with Care for ME and the local Resource Development Centers but are not included on the DHHS web site of childcare providers. You need to market, market, and market some more in order to get referrals in these hard economic times.



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PLAYGROUND SAFETY NEWS

The Public Playground Safety Handbook put out by the U.S. Consumer Product Safety Commission is available at; <http://www.cpsc.gov/cpsc/pub/pub/325.pdf>

TURN OFF YOUR TV WEEK

APRIL 20TH - 26TH, 2009

Making screen-time-reduction a vital and integral part of all plans that improve health, education and wellness while building stronger families and communities. Here are a few ideas;

- | | |
|---|---------------------------|
| *Read more books | *Visit your local library |
| *Write letters (not e-mail) to pen pals | *Go for walks |
| *Play board games | *Bake cookies |
| *Paint each others faces | *Play I-Spy |

RECALL WEBSITES AND RESOURCES

For product recalls you can check on;

- ◆ U.S. Consumer Product Safety Commission at <http://www.cpsc.gov/cpsc/pub/prerel/prerel.html>
- ◆ HealthyToys.org ~to find out if toys contain toxins

For an updated Peanut Butter Recall List update:

- ◆ <http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm>