



**Child Care Opportunities
Resource Development Center**
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Ellsworth, Me. 04605
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14 Stevens Lane, Machias Me. 04654
1-800-834-4378-
By Appointment Only
www.childcareopportunities.org

RDC INFORMATION

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

1st Quarter

January 2009

Quality for ME Updates

A number of providers in Hancock and Washington counties have joined the Quality Rating System. We appreciate the time you've taken to do this. Recently, licensed providers serving families who receive subsidies were asked to join QRS. There are two steps to do this. The first is to join the Maine Roads to Quality Registry. The second is to complete a QRS application. Once you've done these two steps you are in the system.

Providers who have enrolled in QRS will receive at least one on-site visit from the Div. of Early Childhood. This visit will be to review documentation provided in your application. Some providers will receive a second visit in which a reviewer will complete an environmental rating. This information is being used for research. The job of the RDC is to work with providers to develop materials, provide resources, and provide training so that you can easily move through the step system.

We are scheduling a series of informational meetings about Quality for ME to share resources and answer your questions. Please consider attending one of these meetings. In the meantime if you have any questions, need help, or need a computer to process your application call Faith at 667-2467, ext 257.

Informational meetings:

- Friday, January 9, 1-2 Machias Valley ECE
- Tuesday, January 13, 6-7 Harbor House, Southwest Harbor
- Friday, January 23, 1-2 Child and Family Opportunities
- Monday, January 26, 1-2 Calais

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Congratulations

To the Bucksport Area Child Care Center who received the Step 4 award in the **Quality Rating System**.

For moving up the MRTQ Registry Career Lattice:

Sharon Berry ~ Elizabeth Chatto-Leach ~ Michelle Farnsworth ~ Rhonda Farnsworth ~ Sue Kropff ~ Sarah Hardison

For completing 45+ hours of Maine Roads Core knowledge training:

Eileen King ~ Elizabeth Chatto-Leach

For receiving "Gold Certificate" of Quality:

Passamaquoddy Head Start (See page six for details)

Infant Toddler Credential 2



The first advanced class for the Infant Toddler Credential 2 is being offered state-wide over ITV beginning in January. This class, **ECE 265** Infants & Toddlers I: Social Beings & Ability to Communicate, will begin January 26 through May 11 from 4:00 to 6:45. If you are interested in signing up for the course or have questions contact Martha Naber at KVCC 453-5198 or Registration at 1-800-528-5882 ext 5119.

If you would like information about the Infant Toddler Credential I contact Faith at 667-2467, ext 257.



Infant Toddler Family Guidelines

The Infant Toddler Initiative has recently published Infant Toddler Family Guidelines. They can be used as a parent conference tool, helping parents to recognize their child's growth in all developmental areas and learn new ways to support their children.

The guides and a poster have been sent to all licensed Infant and Toddler providers.

Child Care Opportunities offers training to assist providers in the use of these guidelines. So far we have offered this training in E. Machias, Ellsworth, Lubec, Princeton and Machias. If you want to know when these trainings will be offered in your area contact Joy or Faith, at 667-2467, ext 257.

Recall Websites and Resources

<http://www.recalls.gov/>

<http://www.cpsc.gov/cpscpub/prerel/category/toy.html> (toy Hazards)

http://www.fsis.usda.gov/FSIS_RECALS (food recalls)

RDC Library News

We have some new resources in our Lending Library. Here are a few;

Children's Books:

- *The Giving Tree*- By Shel Silverstone -Classic Book about giving and loving.
- *If the World Were a Village*– By David J. Smith- Meet people all over the world.
- *A to Z-Did You Ever Feel Like Me?* By Bonnie Hausman & Sandi Fellman- A great book about feelings for six year olds and older.



Provider/Teacher Resources:

- *Links to Learning-Curriculum Planning Guide* –National Institute on Out-Of-School Time- For After School Programs
- *That's a Family*-Video and Discussion & Teaching Guide—A resource about family diversity.
- *Preparing Our Teachers-Opportunities for Better Reading Instruction*-By Dorothy Strickland and Catherine Snow for the New Brunswick Group.

If you are interested in more information from the Lending Library you can contact:

Joy at: 667-2467,ext.231~~1-800-834-4378 or joyc@childandfamilyopp.com

Eco-Healthy Childcare


Congratulations to Pretty Marsh Day Care in Mount Desert Island Maine. Pretty Marsh Day Care is the first site in Hancock/Washington County to be Eco-Healthy Certified.

The Eco-Healthy Child Care program promotes child care settings through raising awareness of unhealthy environments.

Child care facilities qualify as "Eco-Healthy" by completing a checklist that highlights 25 simple steps that promote a safe environment for children. Eco-Healthy child care providers commit to reducing a child's exposure to toxics and other environmental health hazards. Child care facilities that qualify receive a place card and poster that let parents and others know of their efforts, and commitment to being Eco-Healthy . Trainings will be offered in both counties this coming year.

If you are interested in learning more about Eco Health Child care or would like a checklist you can contact:; Joy -667-2467, ext 231or joyc@childandfamilyopp.com.



University Course for 0-5 Endorsement	Unobskey College
<p>The University of Maine is offering an Early Childhood Special Education Course in Inclusion in the Early Childhood Classroom, on line (CHF 450), The emphasis is on early intervention for young children with disabilities in group settings. Discussions will include history and rationale, legal foundations, theoretical perspectives service delivery models, family-professional partnerships, assessment practices, and curriculum development. The online class will be offer in the summer of 2009 from July 6-August 21st. Registration won't be available until sometime in March or April.</p> <p>If you would like more information you can contact oj.logue@umit.maine.edu or call (207) 581-2485</p>	<p>Husson University is pleased to announce the opening of Unobskey College at 203 Maine Street in Calais, Maine. Unobskey College will offer graduate and undergraduate courses in the lower St. Croix Valley. This is a unique and exciting opportunity for Unobskey College to provide an educational center and staff that supports the delivery of courses and degree programs by public and private colleges and universities from both sides of the international border. For general information call the Calais Campus at:</p> <p>Phone-(866) 567-5991 or (207) 454-0174 or</p> 

COURSES IN EARLY CHILDHOOD EDUCATION

For Birth – School Age 5 Certification (081)

University of Maine at Farmington At the Bath/Brunswick University College Center

The University of Maine at Farmington is now offering an opportunity for early childhood educators in southern, central and mid-coast Maine to work toward the new Maine Birth-to-School Age Five (081) certificate closer to home.

Registration Information: Registration for Spring 2009 is open November 14, 2008--January 9, 2009. Please request registration information early, since classes fill fast.

More specific information on dates/times for May Term and Summer 2009 will be sent with your Spring 2009 registration form. For questions and registration materials, please contact:

Pam Wilson, UMF Director of Educational Outreach at: pwilson@maine.edu-207-778-7186

Special Children Friend's Workshops

Upcoming Workshops;

Why can't that kid behave? (see page 5) ~January 15th, Holiday Inn Ellsworth

Stress and Anxiety in the preschooler. ~ February- (Watch for announcement of date and time by Special Children's Friends)

For more information call (207) 667-2430 ~~ Toll Free: 1-866-577-2717~~ All workshops are **FREE!**

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>



SCHOLARSHIP MONEY

If you are in need of financial support for CPR/First Aid, or Basic Water Safety & Lifesaving training and are taking a training sponsored by the RDC, 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 \$25.00 per person. If you are interested in an application you may contact Joy at 667-2467, ext 231

CCO MRTQ Trainings for 2009!

January 14th– 21st (Wed) Weaving Diversity (6hrs) 6:00–9:00, **Fee \$15, Machias**, Linda Levesque-Trainer. Participants will explore personal memories, be introduced to concepts on the cultural lens and anti-bias approach, and practice responses using work-based scenarios.

January 29th & February 5th, (Thurs) Getting Started in Family Childcare (6hrs) 6:00– 9:00pm, **Fee \$15, Ellsworth**. 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.

★ **February 3rd – March 24th (Tues) Maine’s Early Childhood Learning Guidelines** (30hrs), 6:00–9:00pm, **Fee \$25, Ellsworth**. Hector Sapien, Trainer. 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. This training has recently been revised to include additional hours for observations and portfolio development.

★ **February 25th–April 15th (Wed) Supporting Maine’s Infants & Toddlers: Guidelines for Learning & Development**, (30hrs) 6:00–9:00pm, **Fee \$25, South West Harbor**. Faith Perkins, 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.

★ **Remember-Guidelines Trainings meet the QRS Standards.**

March 11th– May 13th (Wed) Curriculum and Development for Preschool Aged Children (30hrs), 6:00–9:00pm, **Fee \$25, Machias**. Linda Levesque Trainer. This curriculum is designed to introduce participants to planning, developing and implementing curriculum to meet the unique needs of preschoolers. This core knowledge training will focus on working with the preschooler in family childcare setting. Attention will be paid to planning environments that can double as a home while providing for safe, healthy and stimulating care, building long term relationships with parents, being a humane and responsive business, as well as other issues particular to being a family child care provider.

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.

May 30th & June 20th (Sat) 8:30am–3:00pm and June 4th & 11th (Thurs) 6:00–9:00pm Introduction to Infant Mental Health: Issues & Practice (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 for the Infant Toddler Credential I.

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

joyc@childandfamilyopp.com www.childandfamilyopp.com

Note from Joy: Class size is often limited, depending on the size of the training space or at the request of the trainer. 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.

CCO Elective Trainings for 2009!

January 13th, 2009— (Tues) CPR/FA-Recertification, (3.5hrs) 5:30-9:30pm, **Fee \$50,** Sponsored by CCO. **Machias**

January 15th, 2009— (Thurs) ~ Why Can't That Child Behave? Working with children age 5 and under. A conversation with Professionals & Parents (2hrs) 6:00-8:00pm- **FREE- Holiday Inn Ellsworth.** This evening will include a brief panel presentation about typical social-emotional development, common concerns about behavior, and how delays in development can look like misbehavior. Participants will problem-solve scenarios and discuss strategies for supporting children and partnering with parents.

February 4th & 11th- (Wed) Many Eyes, Many Voices, (6hrs) 6:00-9:00pm **Fee \$15 Ellsworth** , Linda Levesque Trainer. This training offers high-quality children's picture books, accompanied by a curriculum guide, designed to stimulate meaningful conversations about differences. Participants read and discuss the books, and take part in related exercises and activities in preparation for using the materials with young children. The training is appropriate for preschool teachers, child care providers, literacy specialists, parents and others who have frequent contact with young children aged five and under. This training is co-sponsored by Maine Humanities Council.

February 26th- (Thurs) Love Languages of Children, (2.5 hrs) 6:00-8:30pm, **Fee \$15. Machias.** Joy Crockett, trainer. Each child expresses and receives love through different communication styles. 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.

March 5th- (Thurs) Sharing Books with Babies (2 hrs) 6:00-8:00 Fee \$15. Machias

Megan London, trainer. Reading to a baby is not about teaching vocabulary and even less as it is about teaching a baby how to read. Sharing books with babies builds their brain power, helps them learn language, prepares them to be readers and creates a special time together.

May 5th & 12th-(Tues) 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

MRTQ On-Line Trainings

January 07, 2009-MRTQ Foundations in Health, Wellness & Safety - (18hrs), **Fee \$20.** contact **Joy at 667-2467. Registration Deadline is December 27th.** Participants will be introduced to the importance of health, wellness and safety through personal care routines, nutrition education, and environmental hazards. The training adheres to best quality practices as established by the National Standards set forth by NAEYC, NAFCC, and NAA.

January 5, 2009 - MRTQ Operating A Family Child Care Business, (30 hrs) **FEE \$ 20,**
contact: **Amy at 973-3533.**

March 26th , 2009 - MRTQ Operating A Family Child Care Business, (30hrs) **FEE \$ 20,**
contact: **Joy at 667-2467. Registration Deadline is March 18th.**

MRTQ Operating A Family Child Care Business covers information to help individuals merge their desire to provide care for children with their need to become a viable business. This comprehensive training program will help providers think and act as business owners and build sustainable businesses that serve their own needs and the needs of their communities.

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), Child Care Opportunities (CCO in Ellsworth) and Penquis (Penquis Child Care/RDC in Bangor).

Passamaquoddy Head Start Awarded Gold Certificate

Pleasant Point Reservation, Perry, Maine – With their achievement of receiving a perfect score in a federal compliance review, the Passamaquoddy Head Start has received Head Start's coveted "Gold Certificate." The program earned the award after being found to be in total compliance with all Head Start federal regulations. That means that the Passamaquoddy Head Start program is one of only an estimated 5% of Head Start programs nationwide, and the only Native American program, to achieve this level of quality.

"We are so proud of this award. To undergo such a level of analysis and be judged fully in compliance is just remarkable " said the staff, "but it really shows the hard work of the total community. If staff, parents and community agencies didn't work together, the program would not have been able to achieve this level of quality."

A team of six federal reviewers conducted the review for the program. The team was lead by a Region 1 team leader and included program experts in areas such as early childhood development and education, health, mental health, disabilities, family and community partnerships, governance, program design and fiscal management. The review included thorough inspections of environments, classroom observation, intense file reviews, and interviews with parent, staff, policy council and governing board members, as well as community partners throughout Washington County.

Keep Your Childcare Calm During the Holidays

During the holiday-preparation season, many parents/providers seem more strained, because they are suffering from overload. If tension is mounting at your house, you still can change the pattern to ease the pressure. Here are some helpful tips:

- Slow down and reconnect. Give kids 10 minutes of your uninterrupted attention. When you get together with children sit with them and just listen to whatever they have to say.
- Give kids a role. Think how you can include the children in daily preparations. If they feel they're really participating, they won't need to act up or whine for your attention. You'll also see your kids grow a foot in pride as they admire their accomplishments!
- Invite them to think of special ways to come up with gifts for their family. Even little ones can be thoughtful and right on-target with some of their suggestions.
- Get them into the kitchen. Find a way to include your kids in cooking, especially when you are baking. When children participate in preparing the food it helps them feel that they can contribute and give to others.
- Keep daily routines as consistent and predictable as possible. Consistency provides a security blanket that keeps children on an even keel.

(National Network for Child Care-nncc.org & Child Care Information Exchange)

Make a Difference

Make a difference in the life of a needy child today! WLBZ AND WCSH6 are again running a Coats for Kids campaign to collect warm winter coats for kids whose families might not have the resources to buy a coat this winter. Penni Theriault has signed up her home child care site as a collection site and plans to use it as a curriculum building—how many coats? What color? Can we make a chart? She challenges all family child care providers to do the same. Go to the websites for either Channel 2 or Channel 6 to sign up. If you do Let Penni know at; [\[lotsoftots@roadrunner.com\]](mailto:lotsoftots@roadrunner.com)



Library Resources in Ellsworth Area

The Ellsworth Public Library has "Story Bags" that are available for borrowing. These bags are based on themes and each contain books, finger plays, songs and an activities such as puppets, crafts or a flannel board set. All are geared for the preschool teacher or caregiver. Here are a few of the themes available:

- | | | | |
|--------|--------|--------|---------|
| Apples | Babies | Birds | Cats |
| Colors | Eggs | Farms | Gardens |
| Music | Owls | Snakes | Winter |
| Fire | Food | Trucks | Size |
- Stars & Moon, Teddy Bears and many more.
Please check them out or call- 207-667-6396

Are you getting bothersome phone calls? Here are some tips:

Let your answering machine screen the calls ~ put your number on the national "do not call" list to cut down on telemarketing calls (1-888-382-1222). If you receive harassing calls contact your phone company or the Unlawful Call Center (1-877-872-2348).

Energy

Because energy costs are a leading concern for Maine business owners, it makes sense to learn about as many energy savings options as possible. Evaluate the cost effectiveness of each and devise a plan to implement the ones that will work best for you.

Energy Savings for Small Businesses from <http://www.mainesbdc.org/>



First, think about how your business can conserve. Many actions you can take are low cost or even no-cost. After you tackle energy conservation, you may want to explore alternative power generation to supplement or replace traditional energy sources. These options often require an investment that may involve lender financing.

Many tips for conserving energy are available, in fact, have been given to us since we were children (Turn off the lights! Close the door! Shut off the TV when you're not using it!). The trick with these tips is to USE them. Together, these small changes will make a big difference. Here are ways a small business can start immediately to save on energy costs.

1. If your business uses an electric hot water heater separate from your heating system, outfit it with an insulating blanket and a timer, available at a local hardware store. Most water heaters are set too high, so first check the setting and change the temperature on the water heater to 110-120 degrees. If hot water is used mostly for hand washing, set the timer to come on an hour before employees arrive. Shut it off at noon (not closing time). Experiment with time settings to minimize the ON time while still meeting your business needs.
2. If you have oil heat, call your oil company's service department to schedule a system tune up. Talk to the technician while s/he is working on it and ask them about ways to save on oil usage. These people are a wealth of information and advice. They can tell you if a new burner, rezoning, installing separate water heaters, and more, would benefit and what the savings might be. Many oil companies have extensive records on systems they have taken care of and can even tell you some of this information over the phone. Visit <http://www.meoil.com/> for tips to save with oil heat.
3. Contact Efficiency Maine to schedule a free energy audit. These are focused on electrical usage; they are not comprehensive audits. However, many businesses realize significant benefits from these. Visit <http://www.energymaine.com/> and click on Business Program.
4. Install programmable thermostats. Rather than programming the "turn back" at closing time, experiment to see if you can turn the heat down earlier and still maintain employee and visitor comfort. Depending on the construction, the building may retain heat for a surprising amount of time before comfort levels are affected. Every additional minute that you can turn down the heat is a money saver
5. Make turning off the lights easy for everyone. Install occupancy sensors that shut off lighting when people aren't in a room. Target storage rooms, conference rooms and common areas as well as offices
6. Have a company-wide meeting to formulate an energy savings plan customized for your particular business and enlist the efforts of employees to implement and track specific areas of potential savings. Share progress reports companywide. Involving everyone will result in a comprehensive program that is "owned" by all, and will move a company's energy savings efforts forward in a positive way.

The Maine Small Business Development Center's in your area are;

Coastal Enterprises, Inc.

210 Main St. Suite 7
Ellsworth Me. 04605
207-664-2009

Sunrise County Economic Council

1 Stackpole Rd
Machias Me. 04654
207-255-8811

Save the Date

The **Bi-County Conference** is April 25th, 2009
We will be celebrating 20 years of the Bi-County Conference

Along with the celebration and exploration of diversity and inclusion in the early years.



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