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TTY Services available
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**A Conversation on Child Care
Surviving the Recession by Charlie Zeph**

We are all aware of the importance of child care to the working family. Many leading economists now recognize the work you do as child care providers as a key factor in the economic health of our society. There is the immediate and obvious impact -- a more productive and dependable work force. This is key to the economic and social health of our communities.

A less immediate benefit of quality child care is the long term return on the investment that is made on developing a quality child care system. A 2006 report by the Committee for Economic Development notes that high-quality preschool programs improve later education outcomes, employment, earnings and reduce criminal justice costs. In addition, they contribute to the long term economic growth and development of states and the nation. Although this study focuses on preschool programs, our knowledge of early development suggests that quality early care produces similar benefits.

As child care providers, you are also aware of the difficulty parents face as their every day expenses rise or they experience reduced hours, wages or lose of employment. When there is a need to reduce expenses or a family member loses his or her job, child care is one of the first cost cutting measures a family takes. Families, still needing child care, may look to family or friends to fill this role, look for less expensive providers or try to accommodate by changing their own schedules.

Child care is one of the first businesses to feel the effects of the poor economic environment. Whether you are a small provider caring for several children or a large center, your ability to continue depends on your enrollment. The 'profit' margin in child care is very small and one or two extended vacancies can impact the success of your business. (Continued on pg 2)

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Congratulations

Congratulations to;

Tammy Fickett and Christy Whitmore,
for receiving their CDA's
Cathy Faulkingham for receiving her Infant Toddler CDA
and to
Angela Ramsey on receiving her Infant/Toddler Credential Level 1

Call us with your accomplishments and we will share the news!



Child Care – Surviving the Recession Cont.

(Continued from pg. 1)

There are some things that you can do that will make it easier for you to survive the current economic environment.

Maintain the quality of your program. A parent is less likely to change providers if he/she is confident about the quality of the program. A parent may be more willing to accept a slightly higher cost if there is a noticeable difference in quality. If quality is your priority, you will be the first choice of parents seeking child care.

Be flexible. Work with parents and find out what their needs are. The demand for infant/toddler care is high in many areas, and you may want to consider changing the ages of the children you care for. Evening and weekend care may provide you with a new opportunity if you can make it work. If you need information on child care needs in your area we can let you know what parents are asking for.

Keep in touch with your Resource Development Center. Let us know when you have a vacancy. We share this information as part of our referral process. If you are enrolled in Quality for ME and want to move up through the steps we can assist you. If you need support to enroll we can help you with that as well.

Keep in touch with each other. The network of child care providers in our counties is a rich resource. Come out for training, share stories, learn about new trends in education, and get the benefits of support from colleagues, trainers, and friends.

Child Care Opportunities Resource Development Center Lending Library is here to support your needs in working with children, families and staff and for your own development/knowledge. Call Joy for more information.



DON'T FORGET ABOUT LIBRARY RESOURCES



“IMPORTANT UPDATE!” QRS Deadline Date Extended!!!

Child care providers who accept child care subsidy vouchers will be required to join Quality for ME, Maine’s Early Care and Education Rating System. The date has been extended to **October 1, 2009** in order to accommodate the rulemaking process related to subsidy.

The first step in joining the Quality Rating System is to enroll in the Maine Roads to Quality Provider Registry. All staff members must join the Registry. Online access is available at: <https://mrtq.musk.usm.maine.edu/public/login.aspx>

Please allow yourself enough time to complete this application and submit your training certificates and transcripts. If you have questions about the Registry, you may call 1-888-900-0055.

Once you have received a certificate from MRTQ, you can apply for Quality for ME at <http://www.qualityforme.org/qcare/login.aspx>. Please be sure to review the application manual for a full explanation of Quality for ME requirements.

If you have any questions about the Quality for ME application process, you can contact Kristen Slefinger at 624-7917 or kristen.slefinger@maine.gov. Faith Perkins, Ed Specialist at Child Care Opportunities Resource Development Center at 667-2467. ext. 257, is also available to support you in joining the system and improving your quality rating.

QUALITY RATING SYSTEM NEWS

Quality Rating System Observations

Providers who are part of the Quality Rating System and have received a Step 2 rating or higher may get an observation visit. These visits are conducted by staff from the University of Southern Maine and are being done for research on QRS. They do not affect your rating. Observers will use one of the Environmental Rating Scales developed by Thelma Harms. To give you a sense of how the rating scale works here are a couple of standards: from the **Family Child Care Environmental Rating Scale**

Standard: ACTIVITIES, Item: Blocks

To get a rating of 5, which is considered good:

5.1 Many blocks and accessories for each age group (between 12 months and 7 years) accessible daily for much of the day.

In this item “many” means there are enough blocks and accessories for each age group to be able to use the materials without a lot of competition

5.2 Most blocks and accessories gathered together and sorted by type.

This does not mean materials have to be perfect, just organized

5.3 Enough space provided for block play, out of traffic, with a steady surface.

“Enough space” means that appropriate and satisfying building can take place without interfering with other surrounding activities and without competition for space from other children engaged in play.

From the Early Childhood Environmental Rating Scale

Standard: ACTIVITIES, Item: Blocks

To get a rating of 5, which is considered good:

5.1 Enough space, blocks and accessories are accessible for three or more children to build at the same time.

This standard refers to children being able to build sizable structures

5.2 Blocks and accessories are organized according to type

5.3 Special block area set aside out of traffic, with storage and suitable building surface (Ex. Flat rug or other steady surface).

Small and interlocking blocks can be considered here. Credit may not be given if there are a lot of other materials in the area that interfere with block play.

5.4 Block area accessible for play for a substantial portion of the day.

“Substantial portion of the day” means at least one-third of the time the children are in attendance.

These scales are very precise and providers cannot expect to score high on every standard. So far the research is showing that Maine providers are scoring well (between a 4 and a 5) in the areas of Language, Reasoning, and Talking, Interaction, and Program Structure. That is really exciting.

If looking at the standards above you'd like some assistance making changes in your program give me a call.

Faith Perkins, Education Specialist

CCO MRTQ Trainings for 2009!

Getting Started in Family Child Care (6hrs)

This training introduces the aspects of opening up a family child care business in the home. It covers state inspection procedures, health and safety practices, working with families, child development, community and professional resources, and business and professional development. Cost:\$15.00, pre-registration is required

Date: July 9th, & July 16th (Thu)

Trainer: Faith Perkins & Carla Cyr, Licensing

Time: 6:00 - 9:00pm,

Location: **Ellsworth**, Child and Family Opp.

Supporting Maine's Infant and Toddlers, Guidelines for Learning & Development,

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. *Class will meet 8 times and there will be homework between classes for a total of 30 hours. Cost: \$20, Cost is \$15 for programs enrolled in the QRS. Pre-registration is required.

Date: October 6th to November 24th, 2009

Trainer: Faith Perkins

Time: 6:00 - 9:00pm,

Location: **Milbridge**

Maine's Early Childhood Learning Guidelines

(30hrs)-The Early Childhood Guidelines are written for ages 3-5 and are connected to Maine's K-12 Learning Results. They have been approved by the Department of Education and the Department of Health and Human Services. This course will orient you to the Guidelines, help you integrate the Guidelines into your curriculum, and adapt them for children with special needs. Observation and authentic assessment are a key component to individualizing your program and will be central to the course. Class will meet 8 times and there will be homework between classes for a total of 30 hours of training. This course meets the QRS Guidelines.

Cost: \$25.00, pre-registration is required

Date:September 22nd to November 10th, 2009

Trainer: Ruth Sousa

Time: 6:00 - 9:00pm,

Location: **Calais**, WCCC

Dates: Saturday, September 19th & October 17th

8:30am to 3:00pm

Wednesdays, September 23rd, 30th,

October 7th, 14th **6:00-9:00pm**

Trainer: Faith Perkins

Location: **Ellsworth**,

Payment, Cancellation and Refund Policy

Child Care Opportunities reserves the right to cancel training events if there are not enough participants. We need a minimum of six participants to run a training. If a training is cancelled by CCO, a credit for a future training event or full refund will be given to each paid attendee. Please register at least two weeks before the class. Remember you are not enrolled in a training 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.

Child Care Opportunities requires notice of at least 5 business days if a participant is not able to attend a training. Cancellation made less than 5 business days before the training may result in forfeiture of the registration fee. Please send your **training registrations** and registration checks to: Child Care Opportunities Resource Development Center, PO Box 648, Ellsworth, ME 04605 (Attention Joy Crockett)

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

joyc@childandfamilyopp.com www.childcareopportunities.org

IMPORTANT: Please do not send training registrations in with your provider vacancy updates. They may not be received in time for training.

CCO Elective Trainings for 2009!

Making Books Fun

Working with story bags, flannel boards and how to have literacy fit into every day practice. Bring your own scissors and you will be making your own flannel board.

Cost: \$15.00, pre-registration is required

Date: July 23rd (Thu)

Trainer: Mary Beth Dorsey

Time: 6:00 - 9:00pm,

Location: **Ellsworth** library

Preemies and Their Parents: What Every Caregiver Should Know-

Amanda is an Early Childhood Educator and preemie mom. Some of the things you will learn are: myths and facts about prematurity; how to calculate adjusted age and why; adapting curriculum to account for prematurity; how to communicate effectively with parents of premature children. This training also fulfills CDA Education Area #4: Establishing relationships with families.

Cost: \$15.00, pre-registration is required

Date: July 28th (Tues)

Trainer: Amanda Pate

Time: 6:00 - 8:00pm,

Location: **Ellsworth**, Child and Family Opp.

Date: September 15th, (Tues)

Trainer: Amanda Pate

Time: 6:00 - 8:00pm,

Location: **Machias** High School

Eco-Healthy Childcare

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.

Cost: \$15.00, preregistration is required

Date: September 23rd, (Wed)

Trainer: Joy Crockett

Time: 6:00 - 8:00pm,

Location: **Bucksport**

“Is That Normal?” Recognizing Healthy and Unhealthy Sexual Development in Children ages 1-5-

As a caregiver it is sometimes difficult to determine if a child is exhibiting healthy behavior. In this workshop we will navigate through the healthy stages of sexual development and identify red flags that may indicate an underlying problem such as sexual abuse.

Cost: \$15.00, pre-registration is required.

Date: August 11th, (Tues)

Trainer: Shasta J. Newenham,
Family Planning Educator

Time: 6:00 - 8:00pm,

Location: **Ellsworth**, Child and Family Opp.

Date: August 18th, (Tues)

Trainer: Shasta J. Newenham

Time: 6:00 - 8:00pm,

Location: **Machias**

CDA Cohort in Sullivan

Child Care Opportunities Resource Development Center will be having a CDA cohort at Sumner Memorial High School beginning in August. The group will meet 4 times to review the requirements for CDA, complete autobiographies and competency statements, and practice for the test and oral interview.

If you've completed at least 90 hours of your required 120 hours and want to participate give Faith a call at 667-2467, ext 257. We'll set the day of the week based on what works best for everyone.

You don't live in the Sullivan area but would like to be part of a cohort to complete your CDA? Call Faith and she'll put other groups together.

Other Training and Education Opportunities

University of Maine Early Childhood Fall Classes Offered

UMA Fall Semester begins Monday, August 31

HUSA 160 Perspectives on Infants, Toddlers and Young Children ONLINE—This course meets the infant and toddler requirement for the State of Maine endorsement for early childhood teacher. CR 3.

HUSA 352 Interventions for Families with Children—**PSYA 345** Problems and Interventions in Childhood
PSYA 363E Language and Literacy in Early Childhood-

Call For more information or to register call 1-800-868-7000. Outside Maine, call: (207) 621-3408 or register online at <http://www.courses.maine.edu>

Music Therapy Course offered this Summer

The University of Maine Hutchinson Center, Belfast is offering, **PAX 495 Music as Healing: Self-Knowledge, Inner Peace and Reconciliation** will be offered as a one week intensive course starting July 13 and ending July 17, from 9:30 am to 4:00 pm each day. Students will explore and experience the power of music as therapy on emotional, reflective and interpersonal levels via listening, imagery, workshop activities, readings, lecture, and web-based research. This course will not only introduce students to the clinical, developmental and rehabilitative field of music therapy but it will bring the experience of music as a transformative force in our lives into the classroom. For further information please contact the Hutchinson Center at (207)- 338-8000 or 800-753-9044

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>

Healthlink's schedule for CPR Training & First Aid Classes are scheduled 5:30-9:00 p.m. on Mondays and Wednesdays as follows:

CPR

Monday, July 13

Monday, Sept 21

FIRST AID

Wednesday, July 15

Wednesday, Sept 23

Pre-registration and payment is required call Healthlink **667-2474**

CHILDRENS FIRE EDUCATION PROGRAM



Don't forget this summer opportunity for the children in your program. This summer, students from the University of Maine will be presenting a program on fire prevention and safety to children. The students will teach the children using the nationally recognized program "Play Safe, Be Safe" in addition to other educational props.

For further information about the program and to schedule a visit contact:

Richard E. Taylor, Senior Research and Planning Analyst, Maine Fire Marshal's Office
(207) 626-3873, richard.e.taylor@maine.gov.

Lisa Sullivan– Children being her True Calling

Lisa Sullivan, a well known child care provider in Southwest Harbor, has recently passed away. Not only did Lisa provide childcare but she attended many trainings that enhanced her knowledge and skills in Early Childhood Education. She "just wanted to learn as much as she could about early childhood development in order to be better at what she did best".

Children and offering quality childcare were very important to Lisa and because of this a scholarship fund in Lisa's memory has been set up. The fund will provide a scholarship to MDI High School Students who plan to continue their education in early childhood education. If friends desire, they may make contributions to the Lisa Sullivan Scholarship Fund, c.o. Kelley Rich, 38 Charles Lane, Bass Harbor, ME 04653.

She will truly be missed.

Sun Safety Tips to Ensure Summertime Fun

It's natural to enjoy all kinds of outdoor activities! The Sun Safety Alliance (SSA) encourages you to be safe by following these sun-safety tips year-round to help prevent serious skin damage—**and possibly skin cancer**—later!

- Keep in mind the sun is strongest between 10 am and 4 pm.
- Wear clothing that's dark and tightly woven.
- Wear a wide-brimmed hat and sunglasses.
- Remember that UV rays bounce off sand, snow, concrete, and water.
- Do not use sun tanning beds.
- Keep very young children (6 months or less) out of the sun.
- Sunscreens need to be applied liberally and evenly over all exposed areas.
- Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection you should use products that provide broad spectrum protection, which means protection against both UVB and UVA rays. For broad spectrum protection, look for products that provide an SPF of at least 15 and contain ingredients like Avobenzone (Parsol 1789) or zinc oxide.
- For children, the SSA recommends sunscreen with an SPF 30 or higher.
- Apply sunscreen before going outdoors and reapply often.
- Reapply sunscreen after swimming, perspiring, and toweling off.
- Provide complete sunscreen coverage for your skin (including neck, ears and lips!).
- For people with thin or thinning hair, apply sunscreen to the scalp as well.



The SunWise Program is an environmental and health education program that aims to teach the public how to protect themselves from overexposure of the sun through the use of classroom-, school-, and community based components. Learn about sun safety through these fun, interactive pages at <http://www.epa.gov/sunwise/kids.html>

[Why Sun Safety?](#) [Survivor Challenges](#) [UV Index for Kids](#) [Easy Challenges](#)
[Ozone Layer](#) [Medium Challenges](#) [Hard Challenges](#) [SunWise Action Steps](#)

Care for ME/Child Care Plus ME

Care for ME Caregivers, did you know if you have questions about how your program can support all children, including children with special needs, or if you have concerns about a particular child's behavior, health, communication, social relationships or development, you can contact Child Care Plus ME?

What is Child Care Plus ME (CC+ME)?

The CC+ME project staff from the University of Maine's Center for Community Inclusion & Disabilities Studies (CCIDS) work with child care providers through out the state to support all children in quality inclusive programs. The goal is to build capacity in early care and school-age child care programs by working directly with providers to:

- Exchange information about recommended practices
- Share researched-based resources and materials
- Brainstorm creative ideas
- Model new approaches and techniques
- Support a care-giver's problem solving and planning skills



The focus is to offer technical assistant to providers so they have the skills and resources to care for all children, including children with special needs (physical, cognitive, developmental, medical and/or behavioral) and children at risk for being expelled.

If you have questions about how your program can support all children, please contact:

The Child Care Plus ME Project at (866) 230-4520,

Or visit http://www.ccids.umaine.edu/projects/ccme/ccplusme_taflier.htm



Exciting Research Opportunity for Maine Child Care Providers

Muskie School of Public Service and the Maine Department of Health and Human Services Early Childhood Division are studying the impact of quality improvement supports on early care and education programs in Maine. This project will also look at the similarities and differences between programs enrolled and not enrolled in the Quality for ME rating system.

The Muskie School of Public Service and the Early Childhood Division need your help! We are looking for 130 center based programs and 130 family child care programs who have not yet joined Quality for ME.

Participation in the study includes:

- Random assignment to enroll or not enroll in the QRS for 24 months. Both groups will be able to accept subsidy vouchers for the duration of the study.
- On-site observations, self-report questionnaire, and distribution of parent surveys when you join the study and 24 months later.
- A \$25 gift certificate or stipend for each round of data collection, for a total of up to \$50.00.

Your participation in this study will help provide the state and nation about which quality supports work best and also help the state decide how and where to invest in the future.

For more information about this project please contact Dr. Michel Lahti at 228-8541

To enroll in the study please contact Jennifer Pratt at 626-5004 or Jennifer Camire at 626-5272