



Child Care Opportunities Resource Development Center
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 1-800-834-4378
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3rd Quarter

June 2008

RDC INFORMATION

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Child Care
 Resource & Referral
 Specialist
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Faith Perkins

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 Ext. 257
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TTY Services available by calling
 1-800-963-9490

RDC LIBRARY NEWS

The resource Library is growing. We are in the process of getting together Library activity curriculum kits that can enhance the learning experiences you all offer to the children in your care. The kits can be borrowed for up to three weeks at a time from the RDC. The first two kits available are "Playdough Activities" and "Bugs". These kits include supplies, books, recipes, games and other activities to do in small groups and circle time. To borrow a kit contact Joy at 667-2467, ext. 231. Other kits that will be developed this summer include dinosaurs, cooking, sea life, school age games, sign language and contracts & policies. You can pick them up at the RDC or we will try to deliver them as we travel around both counties.



Congratulations

CCO would like to congratulate the following providers for receiving their Child Development Associate.

Sue Kropff, MDI YMCA
 Priscilla Anderson-
 Chickadee Childcare
 Sarah Hardison & Autumn Courchaine-
 CFO

Associates Degree
 Ashley Zerrien-CFO
 Business Management



First Lady Karen Baldacci visited Lots of Tots Child Care Program in Princeton on May 1st. While she was there she received the Champion for Children Award by Penni Theriault. This award was presented in honor of Worthy Wage Day for early childhood educators and for her work on the behalf of Maine's children.

While at Lots of Tots the First Lady greeted families, read to the children and observed the program to get a first hand look at the work of a family child-care providers.

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Celebrating Class of 2007, The Ellsworth Cohort from WCCC. From left to right it's Dawn Dow, Shelley Ridley, Nancy Bergine, Diane Fennelly and Lori Barbee



Summer Health & Safety



Summer is a great time for family fun and playing in the great outdoors. But certain types of illness and injury are more likely to occur during the summer. With children spending more time outdoors, parents and caregivers should take extreme precautions to keep kids healthy. Protecting children from sunburn, avoiding insect bites and preventing food-related illness are good first steps towards a safe and healthy summer.

Some sun safety tips are:

- Babies under 6 months, avoid sun exposure and dress infants in lightweight long pants, brimmed hats that shade the neck and apply a sunscreen with at least 30 SPF.
- Young children: apply sunscreen at least 30 minutes before going outside and use sunscreen even on cloudy days. Apply a sunscreen with at least 30 SPF.
- Older children should also have sunscreen applied at least 30 minutes before outside play. Re-apply sunscreen every two hours or after swimming or sweating, even if it states it is waterproof.

Using insect repellents safely:

- Repellents should be applied only to exposed skin and /or clothing (as directed to product label) Do not use under clothing.
- Never use repellents over cuts, wounds, or irritated skin.
- Don't apply to eyes and mouth, and apply sparingly around ears. When using sprays do not spray directly on face; spray to your own hands then put it on the child.
- Do not spray in enclosed areas. Avoid breathing a repellent spray, and do not use near food.
- Use just enough repellent to cover skin and/or clothing.
- After returning indoors, wash treated skin with soap and water or bathe.

Summer Hydration Tip

Make sure that the children are adequately hydrated.

Food-related summer safety:

- IF IN DOUBT, THROW IT OUT!!!!
- Keep Hot Food Hot and Cold Foods Cold-Hot foods should be 140 degrees F. and above and cold foods should be 40 degrees F. or below.
- Do not leave food at room temperature longer than 2 hours– 1 hour when summer room temperatures.
- Keep all foods in cooler/refrigerator until ready to use
- Most food-borne bacteria grows faster at temperatures between 90 and 100 degrees F. Bacteria needs moisture to flourish and summer weather is often hot and humid

Nutrition Tip

Easy summer snacks include raw vegetables. Clean vegetables water first than bag them up to make it easy to grab a healthy snack on the run.

June is National Safety Month

June 2-9 Water Safety Week

July is Sun & Summer Safety Month National

Warning

The chemical bisphenol A (BPA) can be in some plastic product such as baby bottles. For more information you can contact:

<http://www.consumerreports.org>

<http://www.factsonplastic.com>

<http://www.recalls.gov>



NEW LIBRARY RESOURCES

Curriculum Books:

- *MUDPIES TO MAGNETS*, A Preschool Science Curriculum
- *Star Power for Preschoolers*, Learning Life Skills through Physical Play



Children's Books

- *Hey, Little Ant:* by Phillip and Hannah Hoose
- *I CALL MY HAND GENTLE:* by Amanda Haan
- *If Peace is.....:* by Jane Baskwill
- *Stone Soup:* by Jon J Muth
- *Heroines and Heroes:* by Eric Hoffman

MISSING BOOKS



- The Toddler Years
- Good Talking with You (Space to Grow)
- Childs Play– The world of Learning
- Practical Guide to solving preschool behavior problems

If anyone has seen these books please let us know!

Sandbox Safety

Part of summer fun is children playing in sandboxes. Sandboxes can be a place for germs and disease. Here is a recipe for disinfecting sand in a sandbox that Lori Barbee, one of our providers, researched during the MRTQ course "Foundations in Health, Wellness and Safety". It came from the Family Child Care Health and Safety Checklist:

The National Health & Safety Performance Standards: Guidelines for Out-Of-Home Child Care Programs.

Lori found it cumbersome to daily remove a cover from her huge sandbox and researched the following idea: Materials required for the "recipe" are: Fluid chloride of lime, water, a two-gallon watering can, and a stir stick.

You mix up the above items, depending on size and depth of sandbox and "water" the sand with the mixture and turn sand over the shovelful deep before children use it again.

Practice the 'Three Cs' to Reduce Likelihood of Lyme Disease

The Department of Health and Human Services' Maine Center for Disease Control and Prevention (CDC) reminds Mainers that while it is important for our overall health to enjoy the outdoors, it is also important to take simple precautions that will reduce chances of tick bites in order to prevent Lyme Disease. "Lyme Disease,

a bacterial infection, is on the rise in Maine, and three-quarters of infections are contracted in May through August, so now is the time to take precautions," said Dora Anne Mills, MD, MPH, Director of the Maine CDC.

"**Clean Up, Cover Up, and Check Daily**" is our mantra," said Dr. Mills.

Clean Up unnecessary standing water, rain gutters, leaf litter, brush, and logs in order to reduce tick (and mosquito) habitats around the yard; **Cover Up** with a long-sleeve shirt and pants, and use a DEET-containing insect repellent to reduce the chances of being bitten by ticks (and mosquitoes); **Check** your skin and your children's skin daily for ticks when you have been outside.

"Over the past several years, we have seen a large increase in the number of Mainers who have reported Lyme Disease – from less than 100 per year 10 years ago to over 500 in 2007, including a 100 percent increase since 2005," Mills said. Lyme Disease is most commonly seen among school-aged children and middle age adults."

"The most important point is that Lyme Disease is preventable. Since it is carried by deer ticks, effective prevention measures include reducing the chances of getting bitten and checking skin for ticks, since the infection will not be transmitted if ticks are removed within 24 to 36 hours," further explained Dr. Mills.

The most common early symptom of Lyme Disease is an expanding red rash that occurs at the site of the tick bite within 3-32 days after being bitten. Fever, joint and muscle pains may also occur. Persons with these symptoms should call their doctor. Although a few report ongoing symptoms, the vast majority fully recover after receiving appropriate treatment, such as antibiotics.

FOR MORE INFORMATION, PLEASE CONTACT:

Dora Anne Mills, MD, MPH 207-287-3270

Or John Martins, Director

Employee and Public Communications (207) 287-5012

Additional information can be found on Lyme Disease at <http://www.MainePublicHealth.Gov>, under "Lyme Disease".

Scholarship Money



Scholarship Searches:

www.famemaine.com—www.fastweb.com—

www.finaid.comwww.collegetoolkit.com—www.petersons.com www.collegeboard.com

www.muskie.usm.maine.edu/maineroads/pages/scholarship.htm



Vacancy Checks

It is important that you put your **name** and your business name on the vacancy update forms. When we receive them without your name and you have openings we are unable to give you referrals if we do not know who you are.

Hancock County Training Information

MRTQ Trainings in Hancock County for 2008!

| <u>Course Name</u> | <u>Dates</u> | <u>Location</u> | <u>Time</u> |
|---|----------------|-----------------|------------------|
| <u>Starting Your Core Knowledge Portfolio</u> | June 4 (Wed) | Ellsworth | 6-9pm |
| 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. | | | |
| <u>Getting Started in Family Childcare</u> | Sept. 20 (Sat) | Ellsworth | 9:00am to 3:00pm |
| 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. | | | |

All classes are \$15. Call Joy to register.

Looking to turn these classes into a degree? Call Faith, and she'll set you on your way!

Lunch and Learn on Infant and Toddler News

Karen White, Infant Toddler specialist at DHHS,
will be in Ellsworth on Thursday,
June 12, 12:00pm – 1:30pm
Child Care Opportunities Conference Room, Ellsworth

Karen will be sharing information on all the things happening around the state for infants, toddlers, and their families. She will talk about the 3-tiered IT Credential, the Infant Toddler Institute, the IT Guidelines training, the national CELL TA grant, and a family guide poster that is due out soon. She'll also tell you more about what she can offer, which includes Technical Assistance to your programs.

Please join us for a light lunch and bring your questions. Space is limited to one person per facility. We hope both center based and family providers will attend. If you are a family provider and need financial support to do this just let us know.

RSVP by June 5 by calling 667-2467 Joy, ext 231 or Faith, ext 257

Elective Trainings

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

| <u>Course Name</u> | <u>Dates</u> | <u>Location</u> | <u>Time</u> |
|---|-----------------|---|-------------|
| Behavior: Reframing our Focus w/Megan London | <u>July 9th</u> | Child & Family Opportunities Ellsworth | 6-8pm |

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

Payment, Cancellation and Refund Policy

CCO reserves the right to cancel training events if there are not enough participates.

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 one week before the class

Registration fees are non refundable if an attendee cancels his/her registration.

Washington County Training Information

MRTQ Trainings in Washington County for 2008!

| <u>Course Name</u> | <u>Dates</u> | <u>Location</u> | <u>Time</u> |
|---|-----------------|---------------------------|-------------|
| <u>Getting Started in Family Childcare</u> | June 13th (Fri) | Machias, Career Center | 9am-3:00pm |

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.

Infant Mental Health: Issues & Practice **Sept. 5th, 6th & 20th** Machias 8:30am- 3:30pm
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 new Infant Toddler Credential. A substitute stipend for Friday, Sept 5th is available on a first-come, first-served basis.

**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

Deadline for registrations 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

| <u>Course Name</u> | <u>Dates</u> | <u>Location</u> | <u>Time</u> |
|--|-----------------|--------------------------|-------------|
| <u>"Sense-able"</u> with Faith Perkins | July 16th | Milbridge | 6-8pm |
| Learn some basics about sensory processing in children and adults. | | | |
| <u>It's About the Smoke.....</u> (not the smoker) | July 30th (Wed) | Mildbridge | 6:30-9pm |
| Sally Christ will be discussing ideas on how to talk with parents about second hand smoke. | | | |
| <u>Behavior: Reframing our Focus</u> w/Megan London | July 23rd | Machias Career Center | 6-8pm |

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

LICENSING INFORMATION

Effective April 1, 2008, child care CENTERS are going to a two-year license. If the facility name begins with the letter A through M they will renew the license for one year with a fee of \$120. If the facility name begins with the letter N through Z they will renew for two years and the renewal fee will be \$240 every two years. The system will put everyone on a two year schedule by 2009 and everyone will be paying the \$240 renewal fee every two years, thereafter.

Licensing for family childcare home will remain the same—visits annually with re-licensing occurring every two years. Nursery schools are still licensed every year.

If you have any questions please contact:

Judy Nevells at judithn@childandfamilyopp.com or 667-2467, ext. 239



BI-COUNTY CONFERENCE UPDATE



This year's conference was a great success. We had over 95 participants, eight vendors and fifteen exhibitors. We want to thank all the committee members for all their hard work and for Sumner High School for hosting the conference.



Next Year we will be
Celebrating 20 Years



Help plan the 2009 Bi-County Conference
We are looking for committee member so we can make the 20th anniversary of the Bi-County Conference a huge success. It is important to have a variety of committee members to make the conference something that everyone will want to attend. The first

planning meeting will be in June.

The Early Childhood Committee is a coalition of teachers, child care providers and other early childhood professionals. The Early Childhood Committee has sponsored a full day conference, offering an opportunity for those living or working with young children to share and learn together.

The goal of the Bi-County conference to foster cooperation among agencies and individuals who work with young children and to facilitate supportive relationships between parents, teachers, and child care providers.

Membership on the committee is open to anyone interested in planning and coordinating the annual con-

If you are interested in becoming involved as a committee member to offer suggestions for the conference, please call Joy Crockett at Child Care Opportunities Resource Development Center, 667-2467, ext 231



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), 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.



FOR CPR/FIRST AID CLASSES



Ameri-

can Red Cross

667-4737

<http://www.redcross.org>



Learn and Live...

Healthlink (American Heart)

667-2474

<http://www.americanheart.org>

<http://www.healthlink.com>

Training Survey Reminder

If you received a Training Survey from the Muskie institute be sure to complete it and send it back. Information from the survey will be used to develop our training calendar for the year. The calendar will be sent out in a separate mailing later this summer, as soon as it is complete.

Fourth Annual

Infant & Toddler Summer Institute

You are invited to participate in a 6 part training series regarding best practices in early care & education for Infants and Toddlers. This series of training opportunities will include readings, study, and interactive discussions. Our topics and trainers this year include:

Understanding EPSDT Guidelines & other Health News with ***Pamela Gagnon;***
Child and Family Opportunities' Health and Family Partnership Manager

Healthy Nutrition and Optimal Mealtime Routines with ***Louise Newcomb;***
Child and Family Opportunities' Nutrition Manager

I am Moving, I am Learning with ***Megan London;***
Child and Family Opportunities' Education & Disabilities Manager

Family Diversity with ***Hector Sapien;*** LCSW

Overview of Observation and Authentic Assessment with ***Faith Perkins;*** M.Ed.,
Child Care Opportunities' Education Specialist

DATES:

Wednesday, June 25th & Thursday, June 26th, 2008

Thursday, July 24th & Friday, July 25th, 2008

Thursday, August 21st & Friday, August 22nd, 2008

TIMES:

9:00 a.m. – 4:00 p.m.

9:00 a.m. – 4:00 p.m.

9:00 a.m. – 4:00 p.m.

PLACES:

DHHS - Machias

East Machias
Municipal Building
East Machias
Municipal Building

Participants are strongly encouraged to attend all 6 sessions. Please contact Theresa Fisk, CFO Education & Disabilities Manager, at 454-7796 (CFO Calais Office) with questions and to register. Space is limited, so call soon to sign up.

There will be a \$75.00 fee* for non-CFO staff who attend (to help cover costs of materials, presenters, etc.) Light refreshments available. Please bring your own lunch.

These trainings are co-sponsored by Child Care Opportunities. * Training stipends for five providers are available through CCO on a first-come, first-serve basis. Please contact Joy for information, 667-2467, ext

“Play Safe Be Safe” Program

The Maine State Fire Marshal's Office is pleased to offer, at no cost, a summer educational program for pre-school children. Students from the University of Maine, will be presenting a program on fire prevention and safety to children at Maine childcare homes and centers.

The students will teach children using the nationally recognized program “Play Safe, Be Safe.” This is a unique multimedia fire safety education program. It brings firefighters into the room via video to teach children the basics of fire prevention and to show them how to respond to specific fire situations. It's a lasting lesson that may save their lives someday.

The students from the University of Maine have been screened by the State Bureau of Identification. cleared for participation in the Maine State Government Internship Program. They will receive college credit for their program.

This program will begin in June and conclude on August 14th. Contact us promptly to set up a visit.

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

Zig Ziglar

"Kids go where there is excitement. They stay where there is love."

AND MUCH MORE!

Library News

Bi-County Conference Update

Summer Health and Safety

New Elective Trainings Have Been Scheduled!

Hancock & Washington County Training Calendars

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