



**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, call from anywhere in Maine: 1-800-834-4378

www.childcareopportunities.org

**RDC INFORMATION**

**Charlie Zeph  
RDC Director**

czeph@childandfamilyopp.com  
Ext. 226

**Judy Nevells**

Child Care Resource and  
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

Program funding & materials made possible in part by funding from the Department of Health & Human Services

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

**RDC News**

We want to thank providers for getting their vacancy updates in and for completing the Annual Childcare Provider Survey distributed by DHHS. We've used the survey, feedback from the Bi-County conference and your direct feedback to develop the Training Calendar for the year. Check out the listings in this newsletter (pages 4&5) to plan your training activities. One highlight is *Infant Mental Health: Issues and Practice*. This course is one of the requirements of the Infant Toddler Credential. This is being offered in Machias in September. We are planning to offer it in Hancock county in 2009.

Did you know the RDC staff provides Technical Assistance to providers? Faith and Joy can help you find solutions to the everyday questions and challenges you face. They can assist you by phone, mail or email. When necessary, they are available to visit your program for an individualized consultation or in depth technical assistance. Some of the technical assistance provided over the summer includes: information on playground design and equipment, information about liability insurance, consultation and technical assistance on how to support children with special needs, tips for working with parents, ideas for supporting staff, and observations and follow-up recommendations for working with children with challenging behaviors. Faith is available to help you move through the steps of the Quality Rating System, and assist you in implementing the Early Childhood and Infant/Toddler guidelines in your program. If you have a question, problem or need give Faith or Joy a call and they will do their best to help you.

**Welcome Charlie Zeph!**

We are delighted to welcome Charlie Zeph as the new RDC Manager. Charlie comes to the RDC with 24 years of administration and management experience from Community Health & Counseling Services. In that role he was also involved with the early Preschool Projects in Washington and Hancock Counties. He is excited to be back in the early childhood field and to reconnect with Downeast Maine.

Charlie's educational background includes training in developmental disabilities. He is passionate about inclusion and supporting children with special needs. He also loves creativity, and is already bringing a fresh approach to the RDC. We look forward to using all his talents.

Charlie and his wife live in Lamoine. On the weekends his almost-3yr old grandson gets to visit. For Charlie its another great way to reconnect with the early childhood field.

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**Congratulations**

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

Shawna Hopkins of CFO

Rhonda Farnsworth & Michele Farnsworth of Noah's Ark Preschool/Childcare

## **4th MAINE AUTISM RESOURCE FAIR**

**October 11<sup>th</sup>, 2008, Saturday—8:00am to 5:00pm— Augusta Civic Center**

**Keynote Speaker: Dr. Vincent Carbone, BCBA**

Sessions: will include: Special Education: The 3 R's: Rights, Responsibilities and Results - Autism 101 Adults and Transition -Asperger's Syndrome- Developing an IEP, A Step-by-Step Guide- Communication and Autism. Continuing Education Units (CEU's) and certificate of attendance will be available

For more information and to register on-line go to: [www.MAEProject.org](http://www.MAEProject.org)

Contact information: Heidi Bowden at 207-626-3042 or [asdresourcefair@aol.com](mailto:asdresourcefair@aol.com).

### **Eco-Healthy Child Care**

MRDC, Inc.: Maine's Network of Child Care Resource Development Centers in partnership with the Oregon Environmental Council (OEC) is offering a FREE voluntary recognition program, Eco-Healthy Child Care (EHCC).

The goal of this program is to educate and empower child care providers to reduce the toxins in their child care facilities while encouraging parents to choose 'eco-healthy',

Maine is one of 6 states invited to participate in piloting the EHCC program nationally. This program helps child care settings be healthy, safe, and green and educates and empowers child care providers as they make simple choices that benefit the health and well being of all children in their care. The EHCC program endorses providers who comply with at least 20-25 best practice techniques on the Eco-Healthy Child Care Checklist.



You can access the checklist at:

[www.oeconline.org/kidshealth/ehcc](http://www.oeconline.org/kidshealth/ehcc) or

### **2008 COMMUNITY CPR / FIRST AID SCHEDULE**

CPR Training and First Aid Classes are scheduled  
5:30-9:00pm on Mondays and Wednesdays

as follows:

September 15th ...CPR    September 17th...First Aid

October 20th.... CPR    October 22nd...First Aid



To register call Health-Link 667-2474. Class size is limited so register early. Pre-payment is required.

#### **FOR CPR/FIRST AID CLASSES**

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

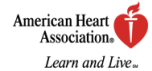
**667-4737**

Healthlink (American Heart)

**667-2474**

<http://www.americanheart.org>

<http://www.healthlink.com>



### **“STEP UP FOR KIDS DAY”**

**Lets make new investments in children**

**A priority in the 2008 elections.**

Join the non-partisan

“Step Up for Kids Day”

September 17, 2008~~ 10:00AM

On the Steps of the Maine State House in Augusta

Every child matters, a national advocacy organization is planning an event on the capital steps in D.C and in all 50 States to draw public attention to issues affecting America's children—

For more information you can contact Aymie Walshe at [aymiewalshe@gyi.net](mailto:aymiewalshe@gyi.net) or 207-735-5222

### **Maine Summit for Grand-families**

**The Law, Kinship and Children Summit**

September 26, 2008

Jewett Hall Auditorium~ University of Maine Augusta

The goals of this Summit is to increase the understanding of current legal options for grand-families; their experiences in Maine's Courts: and next steps for system improvements in Maine.

Key Note Address By Gerald Wallace, Esq.

*The Family's Right To Raise The Children*

For more information contact:

Janelle Wuoristo, Maine Kids-Kin at  
[jwuoristo@mainekids-kin.org](mailto:jwuoristo@mainekids-kin.org) or 941-2347

**WATCH FOR THE MARKET RATE SURVEY RESULTS COMING IN SEPTEMBER!**

**If you need any information call Joy!**

## Maine State Licensing News

**Rule changes for swimming in lakes and ponds for FCC :** (1) Requirement for lifeguard eliminated when childcare facilities have off site swimming activities at lakes and ponds. (2) Providers to have written water safety plan for swimming activities at lakes and ponds. (3) Requires written parental permission before a child is allowed to participate in swimming activities at lakes and ponds.(4) Requires written parental notice when there will be no lifeguard on duty at lakes and ponds during swimming activities. (5) Requires providers to rope off an area of the lake or pond for swimming activities that is no wider than 16 feet across at any point and partitions off a part of the water that is not deeper than 4 feet at any point.

**Provider's children count:** Starting August 1st, 2008 FCC Providers with children of their own in their child care ages 5 and under need to count their children as part of their ratio.

## Do you know that you are a Mandated Reporter?

Mandated reporters play a crucial role in keeping children safe and helping families access important resources. Mandated reporters often come into frequent contact with children at risk, and families in crisis, and have an early opportunity to help them get the intervention, support or services they need to stay safe.

It's important to remember that not every report results in the removal of a child from his or her home. Only those children who cannot remain safely at home are placed in foster care. Many families receive services that help children remain safely in the home and their parents or caregivers get the help that they need.

If you would like to learn more about the basic framework for recognizing child abuse and neglect and the various indicators of physical abuse, sexual abuse, neglect and emotional maltreatment, please come to this training. It will also include when to report, how to make a report, what to do if it's an urgent situation, what happens after you file a report, and how to protect children and support families. Please join us Nov. 8th, (Sat) 8:30am to 12:30pm for "Recognizing and Reporting Signs of Stress in Families" for Mandated Reporters with Candy Eaton, Program Director Hancock County Children's Council.

Call Joy, 667-2467, ext 231, to register.

## Library News

The RDC staff is continuing to look at ways to make our Library useful and accessible to providers. We now have three library kits: **Bugs!** **Playdough Activities** **Cooking**

They can be borrowed for up to three weeks at a time. Kits include books, games, ideas for circle time, and ways to use the activities for curriculum planning. We may be able to drop the kits off at your program so let us know when you'd like to borrow them.

New books in the library include the Mudpies Activity book series by Nancy Blakey:

**The Mudpies Activity Book: Recipes For Invention~~~~The Mudpies Book of Boredom Busters**

**More Mudpies: 101 Alternatives to television~~~~Lotions, Potions, and Slime: Mudpies and More**

These are fabulous resources for science, math, cooking and creative art activities for small & large groups. If you'd like to borrow any of these books or videos stop by or give us a call.

### COMPLETE LIBRARY LISTING IS ENCLOSED IN THIS MAILING



Here's what we heard!



From: Jada H. ~"The "BUG" Kit was great way to extend our curriculum and the kids learned a lot." ~ **Kid Quotes**~ "We loved catching the bugs.!" "The ink and bug stamps were so much fun." ~ "I loved the bug books with pictures." And when a staff member for the RDC picked it up one little boy said, "Why is that lady taking my bug thing away?" ~ You can enjoy these kits also...Just call Joy

**Please Join us to plan next years Bi-County Conference  
Conference Committee Meeting ~Monday, September 8, 2008 5:30pm**

## ***CCO MRTQ Trainings for 2008/2009!***

**Sept. 5th, 6th & 20th , Infant Mental Health: Issues & Practice** (18Hrs) 8:30am- 3:30pm, **Fee \$15, Machias.** 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. Call Joy if you'd like to request this.

**Sept. 11th & 18th (Thurs) Weaving Diversity** (6hrs) 6:00-9:00pm, **Fee \$15, Bar Harbor,** Hector Sapien, 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.

**Oct. 7th & 9th, (Tues & Thurs) Getting Started in Family Childcare** (6hrs) 6:00– 9:00pm , **Fee \$15, Ellsworth.** 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.

**Oct 1– Dec 3rd (Wed) Maine's Early Childhood Learning Guidelines (24hrs)** 6:00-9:00pm, **Fee \$25, Blue Hill.** Faith Perkins, 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.

**Oct. 7th - Dec 9th (Tues) Supporting Maine's Infants & Toddlers: Guidelines for Learning & Development** 6:00– 9:00pm, **Fee \$25, Machias–** Celeste Sherman, 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.

**Oct 18th (Thurs) Weaving Diversity** (6hrs) 8:30aam –2:30pm, **Fee \$15, Machias,** Hector Sapien, 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.

**Feb 7th – Mar 28th (Sat) Maine's Early Childhood Learning Guidelines (24hrs)** 6:00-9:00pm, **Fee \$25, Ellsworth.** Faith Perkins, 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.

### **Important Fee Notice**

As of October 1st, 2008 fee's for trainings will be changing.

See individual trainings for fees.

### **Payment, Cancellation and Refund Policy**

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

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 10 days before the class.

Registration fees are non refundable if an attendee cancels his/her registration within one week of class

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

**joyc@childandfamilyopp.com www.childandfamilyopp.com/RDC**

**Remember you aren't enrolled until we have received payment**

## ***CCO Elective Trainings for 2008/2009!***

**Sept 24th (Weds) Journaling/Scrapbooking Children's Stories** - (2hrs) 6:00-8:00pm, **Fee \$15, Machias.** Joy Crockett, Children have many stories to tell and share. At this training you will learn how to make several kinds of books with children to document their stories and expand their literacy skills. If you bring a child's artwork the night of the training you'll be able to finish a book that night.

**Oct. 21st (Tues) Early Brain Development-** (2hrs) 6:00-8:00pm, **Fee \$15, Ellsworth, Faith Perkins & Cathy Jacobs.** There had been an explosion of knowledge about how the brain develops in young children. In this workshop providers will learn about some of the latest research and ways to support healthy brain development.

**Oct. 8th & 15th (Wed) Many Eyes, Many Voices-** (6hrs) 6:00-9:00pm, **Fee \$15, Machias.** Linda Levesque. This is a statewide training program that 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.

**Nov 5th, 2008 — (Wed) CPR/FA-Recertification** (3.5hrs) 5:30-9:00pm, **Fee \$50, Ellsworth**

**Jan 13th, 2009— (Tues) CPR/FA-Recertification,** (3.5hrs) 5:30-9:00pm, **Fee \$50, Machias**

**Nov. 8th, (Sat) "Recognizing and Reporting Signs of Stress in Families" for Mandated Reporters-** (4 hrs) 8:30am- 12:30pm, **Fee \$15, Ellsworth, Candy Eaton-Program Director Hancock County Children's Council.** This training will provide you with a basic framework for recognizing child abuse and neglect and the various indicators of physical abuse, sexual abuse, neglect and emotional maltreatment. You will learn when to report, how to make a report, what to do if it's an urgent situation, what happens after you file a report, and how to protect children and support families.

**Nov 18th & Dec. 2(Tues) Building Partnerships with Families** (4hrs) 6:00-8:00pm, **Fee \$15.00, Princeton Faith Perkins-** In this class we'll define and practice skills for developing effective relationships with families.

**Nov 20th,(Mon) Behavior: Reframing our Focus** (2hrs) 6:00-8:00pm, **Fee \$15, Ellsworth, Megan London-** In this workshop, participants will learn the six life skills children need to be successful social beings. They will also identify and discuss some causes of challenging behavior and learn strategies for supporting children through these challenges.

### **MRTQ On-Line Trainings**

**November 17th 2008, MRTQ Foundations in Health, Wellness & Safety,** (18 hrs) **Fee \$20.** Contact **Amy** at 973-3533.

**January 07, 2009-MRTQ Foundations in Health, Wellness & Safety** - (18hrs), **Fee \$20.** contact **Joy** at 667-2467. **Registration Deadline is December 27th.**

MRTQ Foundations in Health, Wellness & Safety 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. *These trainings are offered as part of a collaborative effort among the 3 RDC's in north-eastern Maine: Aroostook County Action Program (ACAP in Presque Isle), Child Care Opportunities (CCO in Ellsworth) and Penquis (Penquis Child Care/RDC in Bangor).*

**January 5, 2009 - MRTQ Operating A Family Child Care Business,** (24 hrs) **FEE \$ 20,** contact: **Amy** at 973-3533.

**March 26th , 2009 - MRTQ Operating A Family Child Care Business,** (24 hrs) **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.

## Area Training

**10<sup>th</sup> Anniversary**  
**Good Beginnings Last a Lifetime-**  
**Excellence begins with You!**  
**RDC Child Care Symposium**  
**September 20, 2008**

Rangeley Hall,  
 Eastern Maine Community College, Bangor

**Guest Speaker Patti Woolley,**  
 Director, Early Childhood Division, DHHS

**Various workshops will include:**

Working with Children on the Autism Spectrum  
 Literacy & the Youngest Learner ~  
 Brain Gym ~ Wellness Workshop ~  
 Art Activities for Preschool & Beyond

For registration information Call:

Penquis RDC Bangor, 973-3533

*Sponsored by the **Child Care Training Coalition:***

Penquis Resource Development Center,  
 Eastern Maine Community  
 College Early Childhood Ed., Beal College,

### Mid-Coast RDC

#### 4th Annual Symposium

**September 27, 2008**

**Come to Camp for a "Change"**

Camp Wavus in Jefferson, Maine

Join us on beautiful Damariscotta Lake for a day of net-  
 working, learning & fun!

Come explore changes you can make to enhance  
 your career!

**Check out the Camp Wavus facility**  
**[www.kieve.org](http://www.kieve.org)**

### SAVE THE DATE!

"What Families and Youth Want Conference"

**September 26 & 27, 2008**

Ramada Inn, 357 Odlin Rd., Bangor  
*Hosted by: The GEAR Parent Network*  
*in collaboration with Maine*  
*Family Organizations & the THRIVE*  
*System of Care Community.*

The conference is for family and youth designed by family  
 and youth with behavioral health concerns.

On-site childcare available.

FMI: contact the GEAR Parent Network:

[www.gearparentnetwork.com](http://www.gearparentnetwork.com) 1-800-264-9224  
 or the Maine Parent Federation at [www.mpf.org](http://www.mpf.org)

## MAINE SCHOOL AGE CARE ALLIANCE & THE MAINE AFTERSCHOOL NETWORK

Together you will learn to host a conference for professionals working with school age children!

### Maine's 21st CCLC Building Bridges to Quality

**October 24th & 25th, 2009 Location: The Samoset, Rockport**

**FMI: Contact Nancy Simpson at 453-4223 or Laurie Lizotte at 859-2305**

***Sponsored in part by DHHS Early Childhood Division***



## *The Center for Community Inclusion and Disability Studies*

Maine's University Center for Excellence in  
**Developmental Disabilities Education, Research and Service**

The Center for Community Inclusion and Disability Studies seeks to enhance the capacity of individuals, communities, organizations, and state systems to create services and supports for individuals with disabilities, which reflect current and emerging best practices of inclusion, interdependence, self-determination, cultural competence, and respect for the inherent abilities of each person to contribute to society.

CCI publishes the Growing Ideas Tip Sheets. These are a great resource for early childhood providers. We've included the tip sheet on "Biting" in this newsletter.

For tip sheets on other topics contact the RDC or checkout [ccidsmail@umit.maine.edu](mailto:ccidsmail@umit.maine.edu)

**On September 1st, 2008 a new law in Maine bans smoking  
 in a motor vehicle with a child under 16 years old**

## ACCREDITATION UPDATE FROM MAINE ROADS TO QUALITY

Ever thought about national accreditation for your program?

Maine Roads to Quality Accreditation Project provides accreditation support for programs seeking national accreditation. MRTQ will provide support by:

- Convening a cohort of programs who work on accreditation together.
- Observations and feedback
- On site technical assistance
- Partial funding for accreditation fees

Maine Roads to Quality Accreditation Project supports the broad spectrum of child care programs to achieve accreditation through the following organizations:

Centers and preschools – Accreditation through the National Association for the Education for Young Children (NAEYC). Maine Roads Accreditation will begin a new cohort this fall for centers that would like to seek NAEYC accreditation. Interested programs need to demonstrate readiness for accreditation and meet Accreditation Candidacy Requirements. These are baseline education requirements for the director and teaching staff. These can be viewed at [www.naeyc.org/academy/table1.asp](http://www.naeyc.org/academy/table1.asp) or, contact Gretchen Greenberg for more information, 228-8144, [greenber@usm.maine.edu](mailto:greenber@usm.maine.edu)

Family Child Care – If you are a family child care provider and want to become accredited the accrediting organization is NAFCC. Like center base accreditation, Maine Roads to Quality offers support to you as you go through the process. The plan is to offer support in each of the RDC regions of the state starting in the fall of 2008. MRTQ helps with the overall costs of accreditation as well as offers site visits and guidance in navigating the system. For NAFCC accreditation, you will receive a self study book to focus your improvement plan and you will need 90 hours of training by the time you submit for final observation. If you would like to view the accreditation standards go to [www.NAFCC.org](http://www.NAFCC.org) For more information on how MRTQ's accreditation project can support you, call or email Sonja Howard 230-0114, [Sonjahoward@hotmail.com](mailto:Sonjahoward@hotmail.com)

School Age Programs – The Council for Accreditation will be taking over the accreditation for school age programs from the National Afterschool Association. More details should be available by the end of August about the merging of these two systems.

### Maine Roads To Quality (MRTQ)

### SAVE THE DATE

*We've Moved!*

We now reside at the NEW Wishcamper Center on the Portland USM Campus!

**Maine Roads to Quality**  
Early Care and Education Career Development Center



**NEW MAILING ADDRESS:**

Maine Roads to Quality  
Muskie School of Public Service, University of Southern Maine,  
PO Box 9300, Portland, ME 04104-9300

**NEW PHYSICAL ADDRESS:**

Maine Roads to Quality  
Muskie School of Public Service, University of Southern Maine,  
Wishcamper Center, 34 Bedford Street, Portland, ME 04104  
(Between the USM Library & the Abromson Center/Parking Garage)

**STAFF PHONE NUMBERS ARE THE SAME!**

Toll Free: 1-888-900-0055

**The 9th Annual Maine Roads to Quality Recognition Event: "Celebrating the Arts"**

**Featuring:**

**Percussionist Michael Wingfield**

Where: Hilton Garden Inn  
14 Great Falls Plaza Auburn, ME.

Date: Saturday, November 1, 2008

Time: 4:00 – 8:00 pm.



Registration Information will follow  
in September...

Muskie School of Public Service  
University of Southern Maine  
PO Box 9300  
Portland, ME 04104-9300

~Angela Schwindt

"While we try to teach out children all about life,  
Our children teach us what life is all about.."

Materials required for the "recipe" are: 4 oz's of Fluid chloride of lime to two-gallons of water for 5 cubic feet of sand. Hose down to penetrate all the sand and than turn sand over as it dries. Wait until completely dry before children play in it again. Here is the correct information:

Last month we has a sandbox sanitation recipe without the measurements of the items.

Correction-Sandbox Safety

IMPORTANT: Providers Please send in your updates if you have not mailed them in already  
To be able to participate in the drawing your update has to be in by September 1st.



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[www.childandfamilyopp.org/rdc](http://www.childandfamilyopp.org/rdc)