



Child Care Opportunities

RESOURCE DEVELOPMENT CENTER

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(207) 667-2467 or 1-800-834-4378
TTY 1-800-963-9490
www.childcareopportunities.org

RDC INFORMATION

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Program funding and 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

Thank you to everyone who completed the Annual Child Care Provider Survey. Your responses provide us with feedback on the quality of our services, your satisfaction with Technical Assistance, and informs us about your training needs. We use this information to develop our training plan for the year, and to continually improve our services.

We received multiple requests for training on "curriculum, "child development" and "behavior management and positive guidance". In responses to these requests, we are offering training on the **Early Childhood Learning Guidelines** and **Infant and Toddler Learning Guidelines** in at least 6 locations this year. These courses will develop your skills in observation, authentic assessment, and curriculum. In addition, we will be offering electives on curriculum, behavior and guidance throughout the year. Other electives are being arranged in response to your requests. Please let Joy or Faith know if you have other training needs that you don't see being offered in your area.

Currently 43 providers in our counties have enrolled in the Quality Rating System (QRS) and providers are beginning to move up to higher ratings. Maine has joined other states across the nation in measuring and supporting quality in early care and education through standards. We appreciate the dedication and effort that providers are demonstrating to meet these standards. Child Care Opportunities Resource Development Center is available to help you in all your efforts. To support the Quality Rating System we have hired Megan London as a part-time Early Childhood Consultant. Many of you have met Megan through elective trainings she has given over the past year. For more information on Megan and roles at the RDC see page 2.

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If you are receiving child care vouchers and have not yet joined the Quality Rating System the deadline to join is **September 30**. Contact Faith or Megan if you need an application, or use this link: <http://www.qualityforme.org/qcare/login.aspx>

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Congratulations

Congratulations to;

Kim Johnson & Kim Davis

For achieving their I/T Credential Level 1

Katie Hodgins at Bucksport Area Children's Center

For becoming re-accredited by NAEYC under the new standards & system!

and

Mary Ellen Martel of Harbor House Children's' Center In Southwest Harbor

For being the first early childhood educator on Mount Desert Island and one of 11 in Maine, to complete the class, "Promoting Language, Literacy, Numeracy and Social Emotional Development in Preschool Children.

Call us with your accomplishments and we will share the news

The RDC – Offers Ingredients for Success

With new staff at the RDC we thought we'd give you a quick update on what we do ~

“Seasoned oldie” **Judy Nevells , Resource and Referral Specialist**, works with parents to help them find quality child care and educate parents about child care services. Judy also works with providers to get them started in the business.

“Spicy” **Faith Perkins, Education Specialist**, provides trainings that build your knowledge and occasionally challenge you. She does career counseling and will continue to provide some technical assistance.

“New flavor!” **Megan London, Early Childhood Consultant**, will dedicate most of her time to providing technical assistance. She will follow-up on QRS reports to support programs to improve their practices and increase their ratings.

“Sweet & tart” **Joy Crockett, Training Coordinator**, plans and organizes trainings, coordinates the Bi-county conference, and provides information about the child care business.

“Gourmet” **Charlie Zeph, Director**, manages contracts, searches for new grants and opportunities that will support providers. He works with community stakeholders and on public policy issues impacting early care and education.

We are all dedicated to supporting providers and responding to your questions the day we receive them. If we can't answer your question right away we'll get back to you promptly!

Welcome to The RDC ~ Megan London

Megan London, Early Childhood Consultant has worked in the field of early childhood for almost 10 years. Her past experiences include work as a Lead Teacher in a therapeutic classroom for children with autism; she most recently worked as an Education & Disabilities Manager for Head Start programs in Hancock and Washington Counties. Megan holds an M.A. from the University of Maine, and specializes in the areas of literacy & language development, physical activity and nutrition for children 0-5, and behavior management.

Good Luck Jaymee

Jaymee Thomas has been at Child Care Opportunities for the about 18 months. She has worked as an office assistant both as a volunteer and temporary employee. Jaymee is moving on at the end of September and we will miss her, not only for the fine work she has done, but also as a contributing member of the RDC team. A few of the many projects Jaymee helped us with were vacancy checks, mailings, Bi-County conferences and reorganizing our resource library. She will be missed, not only because of the good work she has done, but also because she had become a member of the RDC team.

Please join with us in thanking Jaymee for the significant contribution she has made to our work in wishing her continued success. Jaymee has said she is “seeking a job that is as good as the one she has had with the RDC

Why does my RDC keep offering the same class?

Have you ever wondered why Child Care Opportunities RDC seems to offer the same classes and trainings over and over?

Maine's early care and education system includes 180 hours of Core Knowledge training. Providers who complete those 180 hours of training will meet the training requirements of CDA or may be eligible for credit through a Community College. Maine's Infant Toddler Credential 1 also has Core Knowledge training requirements. Your RDC is required to offer all of the Core Knowledge courses over the course of two years in order to enable providers who are working towards credentials and college credit to do so in a timely manner. Completion of Core Knowledge training also supports providers in moving up the Maine's Roads to Quality Career Lattice, which can ultimately impact a provider's Quality for Me rating.

Child Care Opportunities will also continue to provide a variety of elective training opportunities. It is important to share feedback with the RDC staff so they know the training topics that would be most helpful to you. RDC staff can also often point you in the right direction of other high quality training opportunities that will meet your needs. Another exciting tool that will be developed in upcoming months is a coordinated online training calendar. This calendar will allow you to locate and access training opportunities in your area and throughout the state.

Kristen Slefinger, DHHS, Early Childhood Division

CCO RDC Lending Library

New items in the Library;

- * Being with Babies, Understanding and Responding To The Infants in Your Care (Best Practices for Caregivers)
- * First Art: Art Experiences for Toddlers & Twos
- * You are My World: how a parent's love shapes a baby's mind, Amy Hatkoff
- * Teaching With the Brain in Mind, Eric Jensen
- * The Out of Sync Child
- * Conflict Resolution in Early Childhood, Edyth Wheeler
- * So This Is Normal, Too? Hewitt
- * Creative Curriculum for Preschool
- * Creative Curriculum for Infants, Toddlers and Twos



Care for ME,

First Book and Cheerios Spoonfuls of Stories are Partnering to provide books to children ages 4-8 The Care for ME Program had been chosen to represent Maine!

If you are a Care for ME caregiver and would like the children in your care to receive up to 12 books please call Care for ME to find out the location of the distribution center closest to you. You will be asked to pass along stories on how you used these books so we can share your story with Cheerios.

Market Rates

You have by now received a letter informing you that the Child Care Market Rates have been reduced to the 2006 rate. We realize this reduction could present a hardship to parents and providers. If there is anything the RDC staff can do to provide support for you or technical assistance to make some other aspect of your work easier please call on us.

RDC Referral Update Information

Thank you to all providers that got your referral updates in, and a reminder to all providers that have not yet done so. In order to give parents the most up to date information about your program our staff need to have current information. Please send in the updates as soon as you can. We provide a pre-addressed stamped envelop for your convenience.

A special thanks and congratulations to Christy Whitmore, she not only got her update in by the 29th but she was the provider drawn for the activity bag.

CCO MRTQ Trainings for 2009!

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: \$15.00, pre-registration is required Date: **Wednesdays, October 21 to December 9**. Trainer: Hector Sapien Time: 6:00 - 9:00pm, Location: **Bucksport High School**

Supporting Maine's Infant and Toddlers, Guidelines for Learning & Development, (30hrs)

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 is \$15.00 Pre-registration is required. Date: **Tuesdays, October 6th to November 24th**, Trainer: Faith Perkins, Time: 6:00 - 9:00pm, Location: **WHCA, Milbridge**

Partners in Caring - Families and Caregivers (12 Hrs)

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.

Cost is \$10. Pre-registration is required. Date: **Tuesdays, November 10 to December 1**, Trainer: Linda Levesque Time: 6:00 - 9:00pm, Location: **Machias**

Getting Started in Family Child Care (Part 1) (6hrs)

This training introduces the aspects of opening up a family child care business in the home. It covers state inspection procedures, and addresses the reasons and importance of becoming a family child care provide. This revised curriculum identifies and provides a full array of resources to aid providers in establishing a successful and organized in-home business. (Required by DHS for obtaining a family child care business.

Cost:\$10.00, pre-registration is required. Date: **Thursdays, October 22 & 29**, Trainer: Faith Perkins Time: 6:00 - 9:00pm, Location: **Sumner High School, Sullivan**

Getting Started in Family Child Care (Part 2) (6hrs)

This training is the companion to Getting Started, part 1. this training introduces the aspects of child development, health and safety and curriculum as well as professional development in a family childcare setting. This revised curriculum is rich with , and identifies, the many resources needed to support the family childcare provider in their professional journey in working with children and their families in their care. Date: **Thursdays, November 12 & 19**, Trainer: Faith Perkins, Time: 6:00 - 9:00pm, Location: **Sumner High School, Sullivan**

Weaving Diversity into Our Work with Children and Families (6 Hrs)

Participants will explore personal memories, be introduced to concepts of the cultural lens and anti-bias approach, and practice responses using work-based scenarios. Cost: \$10.00, Date: **Thursdays, November 12 & 19**, Trainer: Hector Sapien, Time: 6:00 - 9:00pm, Location: **Child Care Opportunities, Ellsworth**

Peaceable Stories (6hrs)

Peaceable Stories is a statewide, six-hour training program that offers high-quality children's books, accompanied by an Activity & Resource Guide, designed to stimulate meaningful conversations about conflict and peace. Participants read and discuss the books, and take part in related exercises and activities, in preparation for using the materials with young children. Cost: \$10.00, Date: **Wednesdays, October 21 & 28**. Trainer: Linda Levesque, Time: 6:00 - 9:00pm, Location: **St. Croix WCCC, Calais**

CCO Elective Trainings for 2009!

Managing Stress: the HeartMath approach for better physical and emotional health. (4hrs). In this class you will learn the Institute of HeartMath's scientifically-validated techniques to transform your physiological response to stress, so that you feel better, have more resilience, can think more clearly and make smarter decisions, especially under pressure. You will also learn about HeartMath's holistic curriculum unit that teaches similar tools to 3-6 year olds, teaching them steps to manage their emotions and develop problem solving skills for handling conflict. Computer software and technology, which provides immediate biofeedback on the emotions impact on physiology, will be available. Trainer: Joyce Schelling, Cost: \$15.00, pre-registration is required. Date: **Thursday, October 8 & 15**, Time: 6:00 - 8:00pm, Location: **Harbor House, Southwest Harbor**

Date: **Thursday, October 22 & 29**, Time: 6:00 - 8:00pm, Location: **Bucksport Area Child Care, Bucksport**

Disaster Preparedness. (6 hrs) In this training you will look at the types of disasters that occur in Maine and develop your personal plan for you and your family. You will then learn how to prepare your childcare program for any type of disaster, including pandemics. Childcare providers will be able to develop a comprehensive plan for their program based on the materials presented. Cost: \$10.00, pre-registration is required. Date: **Saturday October 24**, Trainer: Margaret Cushing, Time: 9:00am - 3:00pm, Location: **Sumner High School, Sullivan**

Attachment and The Love Languages of Children. (2.5 hrs) This workshop gives participants a look at the various ways a child expresses love and the importance of attachments. Learn ways to encourage attunement and what to do when attachment goes wrong. This is a collaborative workshop offered by Special Children's Friends and Child Care Opportunities Resource Development Center, **FREE**. Pre-registration is required. Date: **Thursday, November 5**, Trainer: Carole Pascal & Joy Crockett, Time: 6:00 - 8:30pm, Location: **Ellsworth (TBA)**

Quality for ME Rating System, Environmental Rating Scales. (1.5hrs) Trainer: Michel Lahti.

Providers who enroll in the Quality Rating System may be asked to participate in an on-site observation by a reviewer from the University of Southern Maine. In these visits the reviewer observes your program using an environmental rating tool. The results of these rating scales are used for research purposes, and **do not** impact your QRS rating. In this training you'll learn how these scales are scored and interpreted, and how they relate to quality. Whether you have enrolled in the Quality Rating System or not these sessions will be informative and interesting. These sessions are **free** but please pre-register,

Date: **Monday October 19th**, Time: 12:30pm to 2:00pm, Location: **CCO, Ellsworth**

Date: **Monday October 19th**, Time: 6:00-7:30pm, Location: **MDI YMCA, Bar Harbor**

Date: **Tuesday October 20th**, Time: 12:30pm to 2:00pm, Location: **WCCC Lecture Hall, Calais**

Date: **Tuesday October 20th**, Time: 6:00-7:30pm, Location: **Machias High School**

Eco-Healthy Childcare, The **Eco-Healthy Child Care** program helps parents and child care providers who want to choose environments that are safe, healthy, and free of chemicals of concern. The Eco-Healthy Child Care (EHCC) program ensures parents and child care providers 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 child care. Cost: \$10.00, preregistration is required, Date: **Tuesday, November 24** Trainer: Joy Crockett, Time: 8:30 -10:00 pm, Location: **Lubec Learning Center**

Payment, Cancellation & Refund Policy

Child Care Opportunities Resource Development Center requires a minimum of six (6) registrations in order to offer a training. Some trainings fill quickly so be sure to submit your registration form as soon as possible. Trainings that are not fully enrolled one week prior to the start date will be canceled.

REFUND Policy: Full refund or credit will be given for any training canceled by Child Care Opportunities. Registrants may receive either a full refund or credit if they withdraw at least one week prior to the training.

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, ext 231 or 1-800-834-4378, 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.

Other Training and Education Opportunities

Bullying: Identification, Strategies and Coping Skills

October 7, 2009

**Schoodic Education and Research Center
Schoodic Drive, Winter Harbor, Maine**

8:00-2:30 With Presenter **Marjorie Withers**

Free workshop and Lunch Included

Contact Hours Available CEU's available for a \$5.00 Fee

Workshop Outcomes

To Register: Brenda Clough- 667-2430 ext 93 or scftcm3@yahoo.com

- * Understand what bullying is
- * Recognize the signs of bullying
- * Understand the impact of bullying on the whole family, in the workplace and in social settings.
- * Recognize the signs of relational aggression
- * Develop strategies to stop bullying in all environments
- * Understand the impact of bullying on children
- * **Coping Skills Toolbox** for parents, children and professionals.
- * Opportunity for parents, youth and professionals to network
- * Creating Cyber-bully free communities.

MAINE "Step Up 4 for Kids Day" ~ October 7, 2009

Every Child Matters in Maine is joining the national "Step Up 4 Kids" non-partisan, national event spotlighting the needs of America's children. Maine is sponsoring a local event in Portland and in Bangor. The Bangor event will be held at the **Bangor Public Library on October 7th** from 10:00 a.m. to noon. In case of rain, the event will be held inside the **Library**.

The reason for the event is to highlight the needs of children. In this country, millions of children live in poverty, lack health insurance, are alone after school, suffer abuse or neglect, or lack early-learning opportunities. In Maine, there are 46,000 children living in poverty.~ In Maine, 20,000 children lack health insurance.~ In Maine, over 53,000 children are alone after school.~ In Maine, over 9,000 children were reported abused or neglected~ In Maine, 1,200 4th graders scored Below Basic in Reading

It doesn't need to be this way. New investments in children and families must be a national priority.

<http://everychildmatters.org>

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>

Several Adult Education Programs also offer CPR & First Aid, you can find your local Adult Ed. at:
<http://www.maineadulted.org/>

Check out your local Hospitals, fire and ambulance departments

RDC Scholarship Reimbursement Available

PC's for Maine Help!

Need a computer for School or Work? The **PC's for Maine Project** can help. PC's for Maine systems are new or reconditioned commercial grade desktop or laptop PC's. This non-profit program has provided personal computer access for more that 3000 people since 2002.

It's Easy as 1,2,3

To get started you can contact:

(207) 338-4233 or 1(866) 727-5262

Or you can visit: www.pcsformaine.org

Child Care Programs Interested in Accreditation!

The Maine Roads to Quality Accreditation Project is starting new accreditation cohorts beginning November 2009.

Maine Roads to Quality supports the following:

- Family Child Care Providers through the National Association for Family Child Care Accreditation ~ www.nafcc.org
- Center-based Programs through the National Association for the Education of Young Children ~ www.naeyc.org
- School Age Programs through the Council on Accreditation ~ www.coaafterschool.org

Maine Roads to Quality Accreditation Project will support you in the following ways:

- * Monthly cohort meeting to discuss the best practice, the accreditation process and resources;
- * Mini-grant funds for equipment for support you in meeting accreditation standards;
- * Financial Support of partial payments for accreditation fees;
- * Phone, e-mail and on-site technical assistance to help you evaluate your program to ensure compliance with standards;
- * Staff training;
- * Connect you to state and national resources;
- * Guidance and moral support to coach you and your program to a successful outcome.

****APPLICATION DEADLINE FOR THE 2009-2010 COHORTS IS****

****FRIDAY, OCTOBER 16, 2009!****

Contact Maine Roads to Quality for more information and how to apply for accreditation support:
MRTQ Accreditation Project, Sonja Howard Director ~ 207-615-3973 ~ showard@usm.maine.edu

Or Jenn wiles, Administrative Assistant ~ 1-888-900-0055 ~ jwiles@maine.edu.

Website: www.muskie.usm.maine.edu/maineroads

Funding for the MRTQ Accreditation Project is provided by the Department of Health and Human Services

First Infant Toddler Credential 2, Three Credit Course to be Offered

There is a nationwide movement to professionalize the Infant Toddler field in an effort to ensure that babies are given the highest quality care possible. Research shows that caregiver's professional development is key to ensuring that quality. Maine has developed a 3 tiered Infant Toddler Credentialing System to ensure that quality training is available for caregivers who do not have college experience, as well as for those who do.

Child Care Providers who would like to earn a Credential 2, must have at least completed their Associate's degree in Early Childhood Education or a closely related field which included the following courses or equivalents:

- * ECE 131 Introduction to Early Childhood Education 3 credits
- * ECE 135 Observing and Recording Children's Behavior 3 credits
- * ECE 140 Infants and Toddlers 3 credits

These providers are eligible to register for the Infant Toddler Caregiver Certificate through Kennebec Valley Community College which begins in January 2010.

The courses for this new credential/certificate program will be taught over ITV on Mondays from 4:00-6:45 during the spring semester beginning January 2010. This means that you can go to ITV sites around the state to take the course. A list of ITV sites can be found at <http://www.learn.maine.edu>.

The cost for this springs three credit course is \$252. Scholarships are available through Maine Roads to Quality (MRTQ) to support courses taken to earn this credential. To find out more about scholarships, go to <http://muskie.usm.maine.edu/maineroads/>

For more information about the IT Credentials contact Karen White at 207-333-6450 or kwhite@community-concepts.org.

FLU Prevention and Treatment

Take these everyday steps to protect your health:

- * **Cover your nose and mouth** with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- * **Wash your hands often** with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- * **Avoid touching your eyes, nose or mouth.** Germs spread this way.
- * **Try to avoid close contact with sick people.**
- * **Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.** This is to keep from infecting others and spreading the virus further.
- * **Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.**
- * **If you must have close contact with a sick person** (for example, hold a sick infant), try to wear a facemask .

<http://www.cdc.gov/h1n1flu/>



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