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

~ Bi-County Conference is Saturday April 10, 2010 ~

Be Inspired!

“Some children enter this world into abundant resources, safety and unconditional love. Others enter into scarcity, fear and isolation. No matter how they enter, they are all miracles!” These are the words of Jeanine Fitzgerald, the key note speaker at the annual Bi-county Conference. Jeanine is a trainer and consultant who has worked with thousands of educators, child care professionals, and parents across the country. Her work is inspirational and her book, The Dance of Interaction, has helped providers to look at all the pieces of the puzzle when addressing challenging behaviors. Jeanine is also funny, and she will make you laugh about her experiences and your own. So come laugh, be inspired, get a fresh view of the unique children you serve, and celebrate the work you do.



**Key Note Speaker
 Jeanine Fitzgerald**

National Child Care Initiatives

In January, President Obama proposed several budget items that would directly impact families and child care. The budget proposal recognizes that families, particularly in these difficult economic times, need child care to be productive members of the work force.

The budget proposal would add \$1.6 billion for one year to the Child Care and Development Block Grant, the federal funding source that supports child care assistance to lower-income working families and supports quality initiatives at the state level. This would provide funding for 235,00 additional children and provide funds to improve the quality of child care.

President Obama is also proposing to significantly increase the Child and Dependent Care Tax Credit (CDCTC) for families making under \$85,000 a year and increase to a lesser amount for families making under \$115,000. Families living in poverty who would not be paying taxes, would not benefit from this initiative.

The Child Care and Adult Food program is also up for reauthorization this year. This is an important piece of legislation that directly addresses hunger and nutrition for young children in child care. The President’s proposal is for \$12.7 billion.

There are opportunities to support and influence these proposals as they work through the House and Senate budget process and as the funds eventually get distributed to our state. Consider attending “Public Systems, Early Care and Education and YOU!!” workshop at this year’s Bi-county Conference. Bill Hager will show how you can positively influence policy at the state and federal level.

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Technical Assistance (TA) Corner

Do you ever wish that there were more hours in a day? Between caring for children, talking with parents, meeting training requirements, running a small business, and taking care of all of the other details in your life, you may be feeling a bit overwhelmed!

Have you ever thought:

- * I'd like to update my parent handbook, but I'm not sure what to include
- * I'm not sure how to support a child with challenging behavior in my program
- * I wish someone would give me a list of books about animals that I can read to the children in my group
- * I'd like to add more movement activities into my program, but I'm not sure how
- * What is "Quality for ME" and how does it relate to my program?
- * How can I look at my own program and make changes and improve?

If so, you're not alone. The good news is that there is someone here to help, and even better, this resource is available to you at no cost. The above examples are just a few of the ways that the RDC can support you through technical assistance and consultation.

Whether it be through phone or email contact, one-time on-site visits, or extended in-depth support, the RDC technical assistance staff are available. We can help you find resources or provide technical assistance to address many of the challenges you face. We can help you use tools like the environmental rating scales or other tools to move along the path of continuous improvement.

Call Megan London at 667-2467, ext. 243 or meganl@childandfamilyopp.com for more information.

DO YOU HAVE CHILD CARE OPENINGS IN YOUR CHILD CARE PROGRAM?

By now you have received your NACCRAware profile information and a letter asking that you let us know of any changes to your program. Please be sure to send your update March 3, so you can have a chance of winning an activity bag.

**Thanks for all you do to make a difference
in the lives of the children you care for. Judy**

We try to keep our files up to date. Please contact us with any change of address or if you want to be taken off the newsletter mailing list. Please let us know your an e-mail address. You can contact Judy Nevells, Referral Specialist by calling 667-2467, ext 239 or judithn@childandfamilyopp.com or Joy Crockett, ext 231 or joyc@childandfamilyopp.com



RDC LIBRARY NEWS

We have been making changes to the RDC Library. Our books have been reorganized into fewer categories. We have an updated and many new resources.

We have removed the out dated materials and we are always adding new resources. We hope this will make it easier for you to find what you need.

Our categories are now:

- * Administration & Leadership
- * The Arts
- * Cooking & Nutrition
- * Curriculum
- * Development
- * Diversity & Inclusion
- * Family Child Care
- * Good Practice
- * Health & Safety
- * Infants & Toddlers
- * Kits
- * Literacy
- * Math & Science
- * Mental Health
- * Observations & Assessment
- * Outside Play
- * Parents
- * Reference
- * School-age
- * Social Development & Guidance



Here are some new resources in the library:

Preschool Pathways to Science: Facilitating Scientific Ways of Thinking, Talking, Doing and Understanding by Gelman, Brennenman, Macdonald & Roman, et al. This is a wonderful, user-friendly book that will guide you to develop science exploration with the children in your care. It includes web ideas, planning sheets and sample activities that caregivers can use right away. You can find this resource in the **Math & Science** section of the library.

Literacy and the Youngest Learner by Susan Bennett-Armistead, Nell Duke, and Annie Moses. This is a great resource for developing literacy-rich activities and environments. You can find this resource in the **Good Practice** section of the library.

You can access the library list on our website: <http://www.childcareopportunities.org/>, and click the little logo on the right-hand menu where it says R.D.C. Library. If you're not in the Ellsworth area and want to borrow a resource give us a call and we'll get it to you.

ARE YOU INTERESTED IN GETTING YOUR CDA?

The RDC would like to start a CDA Cohort in the Calais area.
If you are interested and have completed at least 60 hours of training call or e-mail
Faith at 667-2467, ext 257 or faithp@childandfamilyopp.com



UPCOMING TRAININGS

Building Peaceable Nonviolent Early Childhood Settings (6 Hrs) Bucksport September 2010

Maine's Early Childhood Learning Guidelines (30 Hrs) Ellsworth & Machias September 2010

Getting Started in Family Child Care (6 Hrs) Sullivan July 2010

Weaving Diversity (6 hrs) Calais Summer 2010

CCO MRTQ Trainings for 2010!

Maine's Early Childhood Learning Guidelines (30 hrs) 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,

Wednesdays, April 7 to June 2, Trainer: Hector Sapien, Time: 6 to 9pm, Location: Kids Corner, **Bar Harbor**

Caring for Infants, Toddlers and their Families (30 Hrs) This training covers the unique aspects of providing child care for infants and toddlers in a home or center-based setting. Focus will be given to establishing a partnership between parent and provider, understanding the concepts of attachment and primary care giving, as well as planning and implementing developmentally appropriate curriculum within the context of child temperament, learning style, and family culture. Creating environments for infants and toddlers, as well as developing health and safety policies and practices will also be explored. Participants will utilize the publication, *Supporting Maine's Infants & Toddlers: Guidelines for Learning & Development*, as well as other resources in support of best practice. This course is one of the requirements for the I/T Credential 1. Cost is \$15.00

Tuesdays, April 20 to June 22, Trainer: Linda Levesque, Time: 6 to 9pm, Location; **Machias**

Getting Started in Family Child Care (Part A) (6 hrs) 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 provider. 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 DHHS for obtaining a family child care license.) Cost:\$10.00,

Thursdays, April 8 & 15, Trainer: Faith Perkins, Time: 6 to 9pm, Location: Sumner High School, **Sullivan**

Getting Started in Family Child Care (Part B) (6 hrs) This training is the companion to Getting Started, part A. The training introduces the aspects of child development, health and safety and curriculum as well as professional development in a family childcare setting. This curriculum is rich with the many resources needed to support the family childcare provider in their professional journey in working with children and their families. Cost:\$10.00,

Thursdays, April 29 & May 6, Trainer: Faith Perkins, Time: 6 to 9pm, Location: Sumner High School, **Sullivan**

Introduction to Infant Mental Health (18 hrs) This training provides specific information on attachments, temperament, relationship building, use of self, principles of infant mental health practice, assessment, identification and support of family strengths. This is one of the requirements for the Infant Toddler Credential I. Cost:\$15.00,

Saturday May 22, Time: 8:30am to 3pm, and **Wednesday, June 2 & Thursday, June 3**, Time: 6 to 9pm and **Saturday, June 12**, Trainer: Michael Sandberg, Time: 8:30am to 3pm. **Machias**

Introduction to Early Childhood Education (9 Hrs) This training covers the historical perspective of Early Childhood Education (ECE) in the U.S., major types of early childhood education programs, a survey of major theorists who have contributed to the field, and an overview of common terminology. Cost:\$10.00.

Tuesdays, May 25 to June 8, Trainer: Faith Perkins, Time: 6 to 9pm, Location: CCO **Ellsworth**

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.

Wednesday July 14 to August 4th, Trainer: Hector Sapien, Time: 6 to 9pm, Location: **Bucksport**

Pre-registration required for all trainings

IMPORTANT: Please **do not** send training registrations in with your provider vacancy updates.

They may not be received in time for 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)

CCO Elective Trainings for 2010!

Active Storytelling (2 hrs) Make stories come alive! Learn techniques for turning storybooks and folk tales into fun, interactive experiences that engage the whole child. Explore how these techniques can prevent challenging behavior during group times. For providers who serve preschool or school-age children. Cost: \$15.00

Thursday, March 18, Trainer: Megan London, Time: 6 to 8pm, Location: **Machias**

Wednesday, March 24, Trainer: Megan London, Time: 6 to 8pm, Location: **Ellsworth**

"5-2-1-0" Health and Nutrition (2 hrs) "5-2-1-0" is a program that is aimed at increasing healthy eating and physical activity in the school environment. Come learn more about the "5-2-1-0" message. Participants will receive an activity book and cards to use in their program. Cost: \$15.00

Monday, March 22, Trainer: Mary Beth Judy, Time: 6 to 8:30pm, Location: **Machias**.

Self Regulation (2 hrs) This workshop is designed to heighten our awareness of supporting self-regulation in children by first looking at what we do as adults. Come ready to have fun and learn more about yourself and the children you serve. Cost: \$10.00.

Tuesday, April 27. Trainer: Faith Perkins, Time: 6-8 p.m. Location: **Princeton**

Transporting Children Safely in Child Care (3.5 hrs) This training is designed for licensed child care providers who transport children on a regular basis. This training meets the DHHS licensing requirement. The course will identify basic components of Child Passenger Safety, appropriate selection of child safety seats and proper installation of child safety seats. It will address and recognize the needs of individual programs that transport children such as liability and policy issues and the parents role. Cost: \$15.00

Tuesday, April 27, Trainer: Staci Fortunato, Time: 6 to 9:30pm, Location: **CCO Ellsworth**.

Thursday May 6, Trainer: Staci Fortunato, Time: 6 to 9:30 pm, Location: **Machias**

Quality for ME Come learn more about Quality for ME. We'll review the standards and steps and look at resources to enhance your program. This training is **FREE** but please pre-register.

Thursday, May 13, Trainer: Time: 6 to 7:30pm, Trainer: Faith Perkins, Location: **Bar Harbor**

Separation Anxiety: How You Can Help (1.5 hrs) " Separation anxiety is a normal part of child development, designed to save infants from danger by ensuring that they remain close to their caregivers." In this workshop we will talk about what happens in children's' brains when they experience separation anxiety. After we understand the experience from the child's perspective, we will explore ways in which you, as child care providers, can help your little clients manage their anxiety when mommy or daddy go away. Only when a child feels safe will he or she be free to reach out and explore the many opportunities for fun and discovery offered in the day care setting." Cost: \$15.00

Tuesday, May 18, Trainer: Jody Gillen-Worden, Time: 6 to 7:30pm, Location: **CCO Ellsworth**

I am Moving I am Learning (2.5 hrs) This workshop is adapted from the Head Start Curriculum designed to address the problem of childhood obesity. It focuses on movement in early childhood environments. Participants will gain strategies to incorporate physical activity in everyday routines and transitions. Cost: \$15.00.

Monday, May 24, Trainer: Megan London, Time: 6 to 8:30pm, Location: **Bucksport**

Thursday, June 24, Time: 6 to 8:30pm, Location: **Calais**

Eco-Healthy Child Care (1.5 hrs) The **Eco-Healthy Child Care** program helps child care settings to be healthy, safe and green. This training will help providers and parents become aware of potential environmental risks and support simple choices that benefit the health and well-being of children. Providers will be introduced to the voluntary national endorsement program and can be listed on the Eco-Healthy Child Care website. **FREE**

Thursday, May 20, Trainer: Joy Crockett, Time: 6 to 7:30pm, Location: Harbor House , Southwest Harbor

Payment, Cancellation and 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.

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

Other Training and Education Opportunities

Washington County Council to Prevent Child Abuse and Neglect



is offering a training called;
Child Sexuality – What is Normal”,
presented by Linda Levesque at the
Machias High School, March 25, 6:00-8:00pm.

This will be a discussion about ages and stages of healthy sexual development in young children. Pre-registration is required by contacting Denise York 546-7544 x 3349 or dyork@whcacap.org.

This is 3rd in a series of 4 workshops for parents and caregivers of young children.

17th Annual "Kids, Kids, Kids" Conference

Event Date: Saturday, April 17th, 2010

Time: 7:30 a.m. - 3 p.m.

Location: Kennebec Valley Community College ([KVCC](#)), Fairfield, ME

Child Care Options Resource Development Center in Farmingdale is once again holding a conference for child care providers.

The conference will include a keynote address by Maine Senate President, Senator Libby Mitchell, and a variety of interactive workshops designed to meet provider training needs as well as providing great ideas for improving program skills. Participants can gather valuable resources from the vendor tables, network with other child care professionals, and enjoy good food.

If you would like more information about the Kids, Kids, Kids Conference and its workshops, call Pam Soucy, Training Coordinator, at 582-3110, ext. 25.

Kids, Kids, Kids



Community CPR & First Aid Recourses

American Red Cross ~ <http://www.redcross.org> ~ **667-4737**
<http://www.americanheart.org>

Maine Coast Memorial Hospital (American Heart)

~ **CPR Training: Monday, March 29 & April 26** ~

~ **First Aid Training: Wednesday March 31 & April 28** ~

Contact: Michelle Mahon @ Maine Coast Memorial Hospital (American Heart) ~ **664-5588**



CPR & First Aid Training~ Down East YMCA, Ellsworth

Saturday **April 17, 2010**

Call 667-3086 for more information

Check out your local hospitals, fire and ambulance services for more CPR & First Aid training.

**Scholarships are available through Child Care Opportunities Resource Development Center
Contact Joy at the Resource Development Center~ 667-2467, ext. 231.**

Importance of Child Safety Seats



Children need to be properly restrained when traveling in vehicles. Did you know, here in Maine, that 90% of car seats are installed and/or used incorrectly?

Correctly using a child safety seat (car seat) is the best protection you can give your child when traveling by car. Every state in the United States requires that an infant or small child be restrained. Child safety seats can reduce the risk of a potentially fatal injury. (<http://kidshealth.org/>)

To learn more about the correct way to install child safety seats, child passenger safety and to address the needs of individual programs that transport children, such as liability and policy issues check out page 5 for training opportunities.

2010 Educator’s Conference For Teachers “Making a Difference – Prevention Strategies for Your Classroom!”

March 26, 2010 ~ 7:30am –2:30pm

Presented by Downeast Health Services at Sumner Memorial High School.

Register at <http://www.surveymonkey.com/s/March26EducatorConferenceRegistration>.

This conference is **FREE** to Hancock & Washington County Educators.

Space is limited, register EARLY!

Conference questions, please contact Kelli Mitchell at 667-5304 ext.278.

The Growing Years

The *Growing Years* is a free publication for parents and caregivers. There are over 30 fact sheets with advice from experts to help parents and caregivers raise healthy, happy children from ages 0-5. The *Growing Years* is available through mail or email subscription.

The University of Maine Cooperative Extension offers a variety of other resources for families and for professionals who work with parents.

To subscribe to the *Growing Years* go to; <http://extension.maine.edu/parenting/thegrowingyears/>
Or call 667-8212 or 1-800-287-1479 for Hancock County and 255-3345 or 1-800-287-1542 for Washington County.

The Week of the Young Child 2010

The theme for 2010 is “Early Years Are Learning Years”

The Week of the Young Child is an opportunity for programs, NAEYC Affiliates, related organizations, communities, and states to focus on the needs of young children and their families. There are countless ways to celebrate the week, which is first and foremost a grassroots effort. For more information you can go online to WOYC (<http://www.naeyc.org/woyc>) for celebration ideas and strategies for involving community partners, activity ideas, resources, and groups to contact.



The Importance of What We Teach the Children in our Care

4-year-old Maine boy saves family from fire, By The Associated Press 02/09/2010

GORHAM, Maine — A 4-year-old Gorham boy is being credited with saving his family from an early morning fire by using lessons he learned at his daycare.

Maine firefighters say Joseph Lamoin woke to the smell and sight of smoke at about 5 a.m. Monday. Joseph did as he was taught: crawling on his hands and knees to his mother's room where he woke her and his sister. The three crawled upstairs to the home of Joseph's grandmother.



RDC Newsletter

We are looking to offer an electronic version of our newsletter to providers who have an e-mail address. The links in the newsletter are live and are able to take you directly to the information referenced. Those who do not have e-mail access will continue to receive the newsletter by mail. If you have e-mail address and would like to receive the newsletter link through our website, please e-mail joyc@childandfamilyopp.com.



4th Annual Hancock County Early Childhood Fair



Calling all babies, toddlers, preschoolers & families

This event is a FUN, HANDS-ON way for families with children, newborn up to 5 years of age, to play together while learning about school readiness, area resources and all sorts of useful topics pertaining to early childhood.

WHEN? Saturday, May 15, 2010 9am to Noon

WHERE? The Ellsworth Elementary - Middle School - 20 Forrest Ave. Ellsworth

~ Coordinated by the Early Childhood Team of Downeast Health Services ~

For more information, contact Cathy Jacobs at 667-5304, ext. 225 or
cjacobs@downeasthelath.org