

Technical Assistance (TA) Corner

Winter Wonder

Well, it is that time of year...the days are shorter, the temperatures are dropping, and soon enough there will be plenty of snow on the ground. Are you wondering how to keep children active and engaged this time of year? If so, here are some fun ways to move and learn this winter!

- **Have an indoor snowball fight:** Make a bunch of paper balls and have fun throwing them near, far, high and low!
- **Play a Guessing Game:** After a few inches of fresh snow, gather interesting objects from around your home or classroom. Outside, press the objects into the snow. Have children see if they can guess what the object is by looking at the “snowprint.”
- **Fill it Up:** Divide children into small groups. Give each group a bucket and a type of scoop (cups, shovels, spoons, measuring cups) – see who can fill the bucket fastest. As a variation, see who has the most snow after one minute of scooping.
- **Snow Bowling:** Fill 10 one-liter bottles with colored water and freeze. Create a “bowling alley” by shoveling or stomping on snow to create a lane. Using small balls or snow balls as bowling balls, see who can knock down the most pins!
- **Get outside for a game of snow tag:** This classic game presents a whole new challenge in the snow.
- **Winter Hike:** Take children on a winter hike to explore the beauty of nature. Have children gather items or objects of interest to bring back for further exploration. Have children identify the “sounds of winter.” Discuss what is different in the winter (temperature, trees without leaves, where the birds and animals go, what happens to water in winter)

For more resources on this topic, visit www.headstartbodystart.org. Click on “toolbox” and download the December 2010 Get Moving Today Activity Calendar. To find more information on nutrition and physical activity, visit www.letsgo.org and www.letsmove.org.

Coming to Machias – Spring fair for children and families

This spring the Literacy Volunteers in Washington County are joining with the Maine Families Early Childhood Council and the RDC to create a fair for young children and their families. The fair will include the literacy carnival that has been a spring event the past two years. New this year is an emphasis on infants, toddlers, and their families. The Maine Advanced Infant Toddler Institute has a vision that **“every expectant family, infant, toddler, and their family has someone that they can turn to in their local community.”** The fair plans to bring businesses, resources, and programs together. There will be plenty of activities for young children. Families who have small businesses will be invited to be vendors.

The tentative date for the fair is Sunday, May 1 from 12-3 in Machias. If you are interested in having a table to showcase your program give Faith at Child Care Opportunities a call at 667-2467. If you know a family who has a small business who might want to be a vendor have them get in touch with Faith as well. Once the details are finalized we will send out a flyer that you can share with families.

Is it time to renew your CDA? Your CDA is valid for 3 years, after which you can renew it for periods of 5 years. Check the date on your CDA and see if it's time to renew. If you have questions about the renewal process give Faith a call. If your CDA is about to expire call the CDA Council and request an extension, so that you have time to complete the renewal. The toll free number for the CDA Council is 800-424-4310.

Duty to Care: Supporting Young Children Through Challenging Times

A Message from Judy

I recently went to a training sponsored by Zero To Three entitled Duty to Care: Supporting Young Children Through Challenging Times. The words for how very valuable this training was are beyond me. However, it was such a great training that I am going to at least try to put into words some of what I have learned.

I gained an enhanced understanding and awareness of what infants and toddlers of military families need to thrive. I learned about the implications of stress, trauma, grief and loss for very young children of military families. I was able to explore ways to help promote resilience during stressful, challenging times. I gained additional knowledge of the resources within Maine, both military and civilian, and how the RDC resource staff can work together with other disciplines in a collaborative effort to support military families.

I have always been grateful to live in a country so well protected by our Department of Defense. I have a great respect for the people that are serving in the military. I thought I had some understanding of the sacrifice family members of service men and women go through, but this training was eye-opening to me regarding the families of the military. I have a greater understanding of the sacrifice military families make. This training reinforced my desire to do all I can to help military families get through these challenging times.

Here are some of the resources now available from the training:

- A resource kit designed to meet the unique needs of military families with very young children.
- Monthly news article from Zero to Three web site.
- New research on early brain development. "Early Experiences Matter".
- Several booklets for supporting young children: "Combat Stress injuries of war," "Supporting Babies and toddlers in military families," "Homecoming: Reconnecting after Separation," and "Honoring our babies and toddlers"
- Valuable websites such as: MilitaryOneSource.com

If you are a provider who has children of military families in your care, please feel free to call me at 667-2467.

Are you interested in moving up on Quality for ME? Here's an incentive!

If you are interested in moving up on Quality for ME, Maine's Early Care and Education Rating system, now is the time! Any provider moving to step 2 or step 3 between January 2010 and September 2011 is eligible to receive quality incentive money. This incentive money is limited and will be awarded on a first-come, first-serve basis. Here are the figures:

License Capacity	12 and under	13-20	21-49
Step 1 to Step 2	\$200	\$225	\$250
Step 2 to Step 3	\$300	\$325	\$350

If you have any questions about the incentives, or would like to enroll or move up on Quality for ME, please contact Faith or Megan for more information.

UPCOMING TRAININGS

Summer 2011!

**Welcoming Children with
Autism Spectrum Disorders in Childcare Settings (6 hours)
Math in Action! (2 hours)**

CCO MRTQ and State Approved Trainings for 2011!

Foundations of Health, Wellness, and Safety (18 hrs.) 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 by NAEYC, NAFCC, and NAA. Cost: \$15. Tuesdays, February 7 to March 21, 2011. Trainer: Linda Levesque. Time: 6 to 9pm, Location: WHCA, **Milbridge**

Getting Started in Family Child Care (Part 1) (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. Thursdays, March 3 & 10, 2011. Trainer: Faith Perkins. Time: 6 to 9pm, Location: Sumner High School, **Sullivan**

Getting Started in Family Child Care (Part 2) (6 hrs.) This training is the companion to Getting Started, Part 1. The training introduces the aspects of child development, health, 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. Thursdays, March 17 & 31, 2011. Trainer: Faith Perkins. Time: 6 to 9pm, Location: Sumner High School, **Sullivan**

Fostering the Social-Emotional Development and Competence of Young Children (30 hrs.) This training focuses on helping all children, not only the children who fit in well, but those with "difficult" behaviors, develop social skills, self-confidence and build their social-emotional intelligence. Participants will take an in-depth look at why children act out and how they can work preventively to diminish social difficulties. The content covers building relationships, assessing the environment and curriculum, designing strategies to support children to maintain peer relationships, develop skills to improve self-regulation and conflict resolution, and identifying community resources when involving other specialists is needed. Cost: \$15. Thursdays, March 3 to May 12, 2011. Trainer: Linda Levesque. Time: 6 to 9pm, Location: Machias High School, **Machias**.

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: \$15. March 1 to May 3, 2011. Trainer: Faith Perkins. Time: 6 to 9 pm, Location: Child Care Opportunities, **Ellsworth**

Curriculum and Development for Preschool Aged Children (30hrs.) This curriculum is designed to introduce participants to planning, developing and implementing curriculum to meet the unique needs of preschoolers. This core knowledge training will focus on working with the preschooler in family childcare setting. Attention will be paid to planning environments that can double as a home while providing for safe, healthy and stimulating care, building long term relationships with parents, being a humane and responsive business, as well as other issues particular to being a family child care provider. Cost: \$15. March 9 to May 18, 2011. Trainer: Ruth Sousa. Time: 6 to 9pm, Location: WCCC, **Calais**.

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 Quality for ME standards. Cost: \$15. Thursdays, May 5 to June 23, 2011. Trainer: Hector Sapien. Time: 6 to 9pm, Location: Child Care Opportunities, **Ellsworth**

Pre-registration required for all trainings

CCO MRTQ and State Approved Trainings for 2011! (Cont.)

Supporting Maine's Infant and Toddlers, Guidelines for Learning & Development (30 hrs) This curriculum is designed to help participants use the guidelines. Participants will use various tools and strategies to engage in observation, to conduct authentic assessment, and to plan curriculum for this age group. Class will meet 8 times and there will be homework between classes for a total of 30 hours. Cost is \$15. Wednesdays, March 30 to May 25, 2011. Trainer: Faith Perkins. Time: 6 to 9 pm, Location: Kids Corner, **Bar Harbor**

Many Eyes, Many Voices (6hrs) This training offers high-quality children's books, accompanied by a curriculum guide, designed to stimulate meaningful conversations about differences. Participants take part in related exercises and activities in preparation for using the materials with young children. The training is appropriate for preschool teachers, child care providers, literacy specialists, parents and others who have frequent contact with young children aged five and under. This training is co-sponsored by Maine Humanities Council. Cost: \$10. Mondays, February 28 & March 28, 2011. Trainer: Denise Pendleton, Time: 6 to 9 pm, Location: Jewett School, **Bucksport**

Literacy for the Youngest Learner (18 hrs.) This six part series offers the early childhood educator an opportunity to learn current research-supported practices in promoting the literacy development of children birth to 5. Entering kindergarten with sound literacy skills is key to successful lifelong learning. Let's explore together and learn how we can maximize this precious time of life for rich language and literacy practice. Through a combination of readings, lecture, interactive activities, idea & activity sharing and take home activities, participants will have opportunities to make these practices their own.

Session 1: Setting the scene for literacy.

Session 2: In the beginning, oral language and vocabulary development, how to talk with young children.

Session 3: Let's have Fun! Phonological awareness, alphabetical principle, phonics, beginning writing.

Session 4: Making Connections. Promoting comprehension, genre awareness, building world knowledge.

Session 5: Weaving Literacy throughout the day.

Session 6: Literacy outside the classroom and working with families and family literacy.

Cost: \$25. (includes required text). Pre-registration is *required* in order to make sure that we have enough text books. Wednesdays: April 6, 13, 27 & May 4, 11, 18. Trainer: Megan London. 6 to 9pm, Location: **Milbridge**

On-Line Training

MRTQ: Operating A Family Child Care Business (24 hrs. On-Line) This 8 part curriculum 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. Some of the topics are: Balancing Work and Family, Tips on Writing Contracts and Policies, Creative Marketing Ideas, Recordkeeping, Increasing Business Profits, and Growing the Business. Cost: \$15. January 13 to March 17, 2011. Trainer: Faith Perkins

CCO Elective Trainings for 2011!

Lunch 'n Learn – For Directors and Supervisors

Please join us for a 4-part series on relationship-based organizations and reflective supervision with Faith Perkins. We hope you can attend all 4 sessions. In addition to the topics outlined below there will be room in each session to address issues raised by the group. Bring a bag lunch – we will provide drinks and fruit

- * Tuesday, January 25 Reflective practice: assessing your organization
- * Tuesday, February 15 Creating a supportive environment
- * Tuesday, March 15 Hiring for relationship-based skills
- * Tuesday, April 12 Supervision and feedback

All sessions will be from 12:30 to 2:00 at Child and Family Opportunities in Ellsworth. The series is free, but please pre-register with Joy Crocket at 667-2467, ext 231 or joyc@childandfamilyopp.com.

* * * * *

CCO Elective Trainings continued on next page



CCO Elective Trainings for 2011! (Cont.)

Literacy Throughout the Environment (2 hrs) Are you interested in learning more about literacy? In this training, participants will learn strategies for weaving literacy into all aspects of their program. Cost: FREE, but please pre-register with Joy. Monday, January 31. Trainer: Megan London. Time: 6-8. Location: Jewett School, **Bucksport**.

Nutrition Building Blocks (2.5 hrs) Do you want to know more about building healthy nutrition preferences for children? In this workshop, participants will learn about how nutrition impacts development and explore fun strategies for improving nutrition choices in young children. Cost: \$10. Saturday, February 12. Trainer: Megan London. Time: 9-11:30. Location: CCO, **Ellsworth**.

Moving with the Brain in Mind (2.5 hrs) Movement is necessary for the brain to grow and develop. In this workshop, participants will explore the connection between movement and brain development in young children, and learn active strategies which enhance learning in all areas. Cost: \$10. Saturday, February 12. Trainer: Megan London. Time: 12 – 2:30. Location: CCO, **Ellsworth**.

Assessment: The First Step to Program Improvement (1.5 hrs) Program self-assessment is one of the standards in Quality for ME. This practical training will look at the how and why of self-assessment. Participants will create a draft tool and make a plan for next steps. Cost: \$10. Tuesday, February 15. Snow Date, Tuesday, February 22. Trainer: Faith Perkins. Time 6-7:30. Location: CCO, **Ellsworth**

Body Language: A Movement Vocabulary for Young Children (2.5 hrs) In this fun workshop, participants will learn more about ways to facilitate children's learning in the areas of body management, control of movement, and self-regulation through the use of movement vocabulary. Cost: \$10. Saturday, March 12. Trainer: Megan London. Time: 9-11:30. Location: CCO, **Ellsworth**

Move, Play, and Learn: Any Space Works! (2.5 hrs) Movement opportunities for young children must be playful, simple, creative, and success-oriented. In this workshop, participants will identify and explore a variety of simple, fun, developmentally appropriate movement activities. They will also identify everyday materials around the house that can be used to enrich movement experiences for the children in their care. Cost: \$10. Saturday, March 12. Trainer: Megan London. Time: 12-2:30. Location: CCO, **Ellsworth**

Developing Child Portfolios (1.5 hrs) Would you like to learn more about how to develop a child portfolio? This practical training will explore ways to document and organize the information you collect on children in your care. Cost: \$10. Tuesday, March 15. Trainer: Megan London. Time: 6-7:30. Location: Jewett School, **Bucksport**.

Positive Guidance (2 hrs.) Are you challenged by some of the children in your care? In this training, we'll explore how to support children's growth in the area of social/emotional development through positive behavior strategies. Cost: \$10. Thursday, May 5. Trainer: Faith Perkins. 6-8 p.m., WCCC, **Calais**.

Basic Water Safety (4 hrs.) This course is designed for providers or any individual taking care of individuals on or around a body of water. Wading assists, pool safety and checklist, beach and lake safety. DHHS State of Maine approved. 3 year certificate. Cost: \$60.00. Saturday May 7, 2011. Trainer: Safety Educators of Maine. Time: 11-3pm, Location: Child Care Opportunities, **Ellsworth**. (Please bring a bag lunch)

Transporting Children Safely in Child Care (3.5 hrs.) This training designed for licensed child care providers who transport children on a regular basis (once a week, and in summer weeks). This training meets the Department of Health and Human Services licensing requirement. The purpose of this training is to provide current and consistent guidance based on Maine Law and best practice guide lines in regards to the safe transportation of children in motor vehicles. 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 parent's role. Cost: \$15. Tuesday, May 10, 2011. Trainer: Karen Hall. Time: 6-9:30pm, Location: Child Care Opportunities, **Ellsworth**.

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 Resources



**child
development
services**

Your local Child Development Services (CDS) office can provide a confidential, free developmental screening for any child, birth to five years old at a childcare, preschool, home, or at the CDS office.

Debra Hannigan, State Director
146 State House Station
Augusta, Maine 04333
Phone: (207) 624-6660
Fax: (207) 624-6661

This kind of screening can help parents decide whether they want their child to have further testing or if things are within normal limits. If it looks like the child may need help, and s/he is found eligible, CDS can assist the family in getting that help at no cost to them.

Contact the CDS office nearest you, or call the statewide toll free number listed here for more information.

REFERRALS:

1-877-770-8883 (Statewide Toll Free)

Some good reasons to request a developmental screening:

Local CDS Contacts:

Mid Coast Regional CDS
Rockland, 594-5933
*Covers Blue Hill Peninsula & Deer Isle

Two Rivers CDS
Brewer, 947-8493
*Covers Bucksport & Orland

Washington County CDS
Machias, 255-4892
*Covers greater Ellsworth area & Washington County

- ◆ If a parent or caregiver is worried about a child, the child may become worried too and start to feel like something is wrong.
- ◆ A screening can help to put your mind at ease, or to start doing something about a real issue.
- ◆ Screenings are usually fun for the child and informative for the parent or caregiver.
- ◆ The sooner a child gets help with a developmental problem, the fewer ill effects that problem may create and the sooner development may be 'on course.'

Kids, Kids, Kids



Kids, Kids, Kids Conference

Kennebec Valley Community College, Fairfield
Saturday April 16

FMI contact Pam Soucy, 582-3110 ext. 25
training@skcdc.org or www.ccordc.org,

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

CPR & First Aid Training~ Down East YMCA, Ellsworth
Saturdays, January 15 & February 12, 2011 ~ 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.**



National Women's Law Center Tax Credits Outreach Campaign, 2011 Tax Filing Season

**YOU'VE BEEN WORKING HARD—
GET THE TAX CREDITS YOU DESERVE!**

Taxes

End of the year taxes are on everyone's mind. Parents may be looking for a statement from you on what they paid for child care this year in order to claim the child care tax credit. If you are on Step 4 of the Quality Rating System (QRS) they will need your Quality Number in order to qualify for the double tax credit on Maine State Income Tax. Please review the Earned Income Tax Credit (EITC) and Child Care Tax Credit information and share with families. It is estimated that 20-25% of eligible individuals and families fail to claim the EITC each year! You could qualify for:

- Up to \$2,100 from the federal Child and Dependent Care Tax Credit and up to \$1,050 from the Maine Tax Credit for Child Care Expenses.
- Up to \$5,666 from the federal Earned Income Credit and up to \$227 from the Maine Earned Income Tax Credit.
- Up to \$1,000 per child from the federal Child Tax Credit.
- Up to \$800 from the Making Work Pay Credit, if you haven't already received it in your take-home pay.

A REMINDER TO PROVIDERS: It is also time for you to get your paperwork in place for completing your taxes.

<http://sparkaction.org>



18 Avery Lane/PO Box 648
Ellsworth, Maine 04605
(207) 667-2467 or 1-800-834-4378
TTY 1-800-963-9490
www.childcareopportunities.org