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TTY Services available
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Healthy Collaborations

Child Care Opportunities Resource Development Center has several collaborative projects with the Healthy Maine Partnerships (HMPs) in Hancock and Washington counties. These projects are focused on supporting child care providers in maintaining safe and healthy environments for children and being a resource for the children/families they serve.

Through a Lead Poison Prevention initiative of the regional HMPs, Child Care Opportunities is offering Eco Healthy Child Care training in each of the HMP regions in Hancock and Washington counties. This training has been available to child care providers through the RDC. Now through our collaboration this training is also open to families who would like to learn the simple, cost effective ways to make the home environment more 'eco friendly'. Check our training calendar or call Joy to inquire about an Eco Healthy Child Care training near you. Providers are encouraged to invite other members of the community and families of children in their care to these trainings. This initiative is being coordinated through Healthy Peninsula Program, the HMP in Blue Hill.

The district tobacco coordinator serving our region is Sally Christ. Sally works out of Healthy Peninsula and offers trainings throughout the district on smoking cessation and the dangers of second hand smoke. When these trainings are offered to providers, Child Care Opportunities RDC works closely with Sally to coordinate and publicize the trainings.

Another example of collaboration with an HMP is an opportunity for Child Care Opportunities to offer several 'I Am Moving, I Am Learning' workshops at no cost to those attending. This is part of a grant being coordinated by the HMP in Bar Harbor, Healthy Acadia.

The Bucksport Bay Healthy Communities Coalition has worked closely with Child Care Opportunities RDC on several projects. Currently, BBHCC and the RDC, through a grant from United Way of Eastern Maine, is supporting and facilitating a monthly meeting of Bucksport area child care providers. It is an opportunity for providers to meet, share and receive some training. In addition, this coalition puts on a children's fair each spring.

The HMPs are a great resource for information for all ages and I encourage you to explore your local Healthy Maine Partnership. (See pg. 3 ~ Healthy Maine Partnerships)

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Save The Date!! Bi-County Conference

~ Saturday April 10, 2009 ~

With Key Note Speaker ~ Jeanine Fitzgerald

As a certified Human Behavior Specialist and owner of The Better Behavior Bureau and The Behavior Institute, Jeanine specializes in research-based strategies in educational leadership, relationship-building, motivation, preventing risk factors that compromise the fulfillment of a child's full potential and implementing positive interventions in "real world settings." She understands the daily struggles and frustrations of educators and parents, and honors the "hero within" each individual she has the privilege to work along side.

RDC NEWS

"Strive For Five!"

In October, Child Care Opportunities RDC hosted four training sessions with Michel Lahti, PhD from the University of Southern Maine. These sessions were held in both Hancock and Washington counties. The training sessions were designed to educate providers about Michel's role in evaluating the Quality for ME Rating System, to help providers to understand the scoring and interpretation of the Environmental Rating Scales used during on-site observations of programs and to address specific questions from providers. Here are some of the things we learned.

Participation in the on-site observation is voluntary and providers are picked at random. The results of the rating scales are used for research purposes, and do not impact a program's quality rating. However, those who participate in the observations can use the feedback they receive as a framework for improvement if they choose.

The rating scale used for on-site observation is determined by the setting and would be either the Infant/Toddler Environmental Rating Scale, the Early Childhood Environmental Rating Scale (for center-based programs), or the Family Child Care Environmental Rating Scale. The rating scales are research-based, have been used all over the world, and are considered very reliable tools. Each scale is broken down into categories such as "Space and Furnishings" and "Personal Care Routines." Each category is further broken down into observable indicators and can be scored on a range from one to seven. There are three areas which are always measured across all categories and indicators: health & safety, relationships & interactions, and opportunities to learn. Due to the design of the rating scales, it can be difficult for any program to score a seven. Michel's advice for those participating in the training sessions was to "Strive for a Five!"

If you would like to learn more about the Environmental Rating Scales, the RDC has copies of the tools available for providers to view. In addition, we will be offering more training sessions on how the tools are scored and interpreted, and on specific aspects of quality. Check out the training portion of the newsletter for more information!

Support for Quality for ME

Do you have any questions about the Quality Rating System?

Would you like help applying or moving up the steps?

Contact Megan London at the RDC and she will be glad to help you.

meganl@childandfamilyopp.com, 667-2467, ext. 243

Infant-Toddler providers on QRS

To date 21 providers in Washington County who serve infants and toddlers are on the Quality Rating System.

Way to go!!!

UPCOMING TRAININGS

Weaving Diversity (6 hrs) **Calais** in May 2010

Infant Mental Health (18 hrs) **Machias** May 2010

Maine's Early Childhood Learning Guidelines (30 hrs) **Machias** and **Ellsworth** in September 2010

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

HEALTHY MAINE PARTNERSHIPS



Are you looking for resources to help the children in your care be more physically active with their families? Would you like help providing information to parents

about secondhand smoke or lead poisoning? Do you have an idea for a project that might improve the health of your community? Your area Healthy Maine Partnership is a great place to start. Local Healthy Maine Partnerships (HMPs) are part of a statewide system of public health organizations that bring people and resources together to improve the health and well being of the communities they serve. The prevention, advocacy, and education work they do helps people become healthier and gives everyone access to the state's public health resources.

Hancock and Washington counties have six HMPs – Bucksport Bay Healthy Communities Coalition, Healthy Peninsula, Union River Healthy Communities, Healthy Acadia, Washington County One Community, and St. Croix Healthy Communities. They partner with schools, health care providers, and other community organizations to work on a variety of initiatives addressing physical activity, nutrition, tobacco, substance abuse, chronic disease prevention and self-management, and community development. For example, Healthy Peninsula has created a trail guide and letterboxing project in the Blue Hill Peninsula area to encourage families to be active together. They are working with schools and pre-schools to provide additional nutrition education and to develop school gardens. They are working with the RDC to promote lead poisoning prevention efforts with childcare providers and families of young children. The district tobacco coordinator, Sally Christ, works with all of the Hancock and Washington County HMPs to provide education and resources that help prevent tobacco use, reduce children's exposure to secondhand smoke, and assist people who are ready to quit smoking.

Visit the website of your area's Healthy Maine Partnership (listed below) and see what projects they are working on in your community. Contact your Healthy Maine Partnership if you want health promotion materials to provide to the families of the children in your care. They have access to resources in all of our program areas, as well as up-to-date information about public health issues such as flu prevention and vaccination. Healthy Maine Partnerships are well positioned to help with grassroots efforts to improve the health of our communities. Call them if you see a need or an opportunity in your community that we could work together to address. Amy Vaughn, Director, Healthy Peninsula

Healthy Maine Partnership's Web site info:

- * Bucksport Bay Healthy Communities, www.bucksportbayhealth.org
- * Union River Healthy Communities, <http://healthycom.org/>
- * Washington County One Community, <http://www.washingtoncountymaine.com>
- * Healthy Acadia, <http://www.healthycadia.org/>
- * St. Croix Healthy Communities, <http://healthystcroix.org/cms/>
- * Healthy Peninsula, <http://healthypeninsula.org/>

Child Care Opportunities Resource Development Center Lending Library

Here's what's new in the RDC Library;

Silver Bullets, a Guide to Initiative Problems, Adventure Games, and Trust Activities, by Karl Rohnke.

This is an awesome collection of new games and trust activities to enhance physical education in school-age programs.

All the Colors We Are, by Katie Kissinger.

Written in English and Spanish, and using beautiful photographs, this book has simple yet scientific explanations for how we get our skin color.

Developmentally Appropriate Practice in Early Childhood Programs, 3rd edition, Carol Copple and Sue Bredekamp, ed. This is an essential resource in the early childhood field. The revisions in this new edition reflect the latest research on development, learning, and teaching effectiveness.



CCO MRTQ Trainings for 2010!

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 national standards set forth by NAEYC, NAFCC, and NAA. **Cost: \$15.00, On-Line- January 21 to February 25, Registration Deadline: January 7th, Trainer: Faith Perkins Tuesdays, March 16th to April 6th.** Trainer: Ruth Sousa, Time: 6 to 9pm, Location: **Calais**

Working with School-Aged Children and Youth (30 hrs) This training covers the aspects of providing child care for 5-13 year old children in a center-based or family child care setting. It adheres to the standards and practices outlined for early care and education in the eight core knowledge areas and embeds the quality standards and best practices published in "Reaching Potential through Quality Afterschool" (March 2008). **Cost: \$15.00, Wednesdays, January 13, to March 17.** Trainer: Hector Sapien, Time: 6 to 9pm, Location: CCO **Ellsworth**,

Supporting Maine's Infant and Toddlers, Guidelines for Learning & Development (30 hrs) This curriculum is designed to help participants use the 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 Tuesdays, February 2 to March 30,** Trainer: Faith Perkins, Time: 6 to 9pm, Location: CCO **Ellsworth**

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, Tuesdays, February 23 to April 13,** Trainer: Linda Levesque, Time: 6 to 9pm, Location: WHCA, **Milbridge** **Wednesdays, April 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 revised 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 in their care. **Thursdays, April 29 & May 6,** Trainer: Faith Perkins, Time: 6 to 9pm, Location: Sumner High School, **Sullivan**

Pre-registration required for all trainings.

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. Fee \$15

Thursday, January 14, Trainer: Megan London, Time: 6 to 8pm, Location: **Machias**

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

Beyond Milestones (2 hrs) Infants and Toddlers do most of their learning through sensory and motor experiences. Join us as we take a closer look at development using the Infant/Toddler Guidelines as a resource. Fee \$10

Wednesday, January 20, Trainer: Faith Perkins, Time: 6-8pm, Location: **Princeton**

The Case Review: (2 hrs) An essential tool for meeting a child's individual needs. Based on The Dance of Interaction by Jeanine Fitzgerald, this workshop focuses on a seven-piece framework for evaluating children's behavior. Participants will explore the seven puzzle pieces of behavior and learn how to use these pieces to develop plans which support children's continued growth and learning. For providers who serve all ages. Fee \$15

Thursday, January 28, Trainer: Megan London, Time: 6 to 8pm, Location: Downeast YMCA Children's Center, **Ellsworth**

Managing Stress: the HeartMath approach for better physical and emotional health (4hrs). In this class you will learn the Institute of HeartMath's 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. Fee \$15,

Tuesdays, 26 & February 2. Trainer: Joyce Schelling, Time: 6 to 8pm, Location: **Bucksport**

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. Fee \$15.

Thursday, February 4, Trainer: Megan London, Time: 6 to 8:30pm, Location: Downeast YMCA Children's Center, **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. Fee \$15,

Tuesday, February 16, Trainer: Mary Beth Judy, Time: 6 to 8:30pm, Location: **Machias**.

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 parent's role. Fee \$15, ,

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**

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**

Monday January 18, 2-3:30, Location: MDI YMCA **Bar Harbor**.

Thursday, February 18, Time: 6 to 8pm, Location: PECEC, **Sedgwick Elementary School**

Quality for ME Rating System, Environmental Rating Scales (1.5 hrs) The environmental rating scales (FCCERS, ITERS, ECERS) are being used for research on the Quality Rating System. In this training you'll learn how the scales are scored and interpreted and how they relate to quality. Whether you have enrolled in QRS or not this training will be informative and interesting. These sessions are **FREE** but please pre-register.

Thursday, February 11, Trainer: Megan London, Time: 6 to 7:30pm, Location: **Bucksport**,

Thursday, March 11, Trainer: Megan London, Time: 6 to 7:30pm, Location: **Machias**

Other Training and Education Opportunities

Maine's Infant Toddler Credentials

There is a nationwide movement to professionalize infant/toddler care. This is an effort to ensure that babies are given the highest quality care possible. Research shows that caregivers' professional development is key to ensuring that quality. Maine has worked with the Zero to Three Learning Community to develop a 3 tiered infant toddler Credentialing System to ensure that training is available for caregivers who do not have college experience, as well as for those who do.

Infant Toddler Credential 1: (ITC 1) No college necessary. The four trainings necessary can be taken through any of the Child Care Resource Development Centers. Following the completion of these trainings, a portfolio is developed by the applicant and reviewed by Maine Roads to Quality to determine if competencies have been met.

Infant Toddler Credential 2 is coming!

1st Class Available January 2010

Early Care Professionals who have **completed their Associate's degree** in Early Childhood Education or a closely related field and have completed the following courses **or equivalents**:

- * Introduction to Early Childhood Education (3 credits)
- * Observing and Recording Children's Behavior (3 credits)
- * Infants and Toddlers (3 credits)

The first advanced course will be **offered state-wide over ITV** beginning January 25 through May 10, 2010 from 4:00-6:45 p.m.

To sign up for the course or to ask questions, contact Martha Naber at KVCC 453-5198 or e-mail mnaber@kvcc.me.edu or contact Registration at 1-800-528-5882 ext. 5119

Scholarships are available at MRTQ <http://muskie.usm.maine.edu/maineroads/>

If you are interested in this course, but unable to attend the ITV sessions, contact Faith at 667-2467, ext 257 and ask about the possibility of having a face to face course with at least 12 providers. Call 1-888-917-1100.

Community CPR & First Aid Recourses

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

Healthlink (American Heart) ~ **667-2474** ~ <http://www.americanheart.org> ~ <http://www.healthlink.com>

Check out your local Hospitals, Fire and Ambulance departments

RDC Scholarship Reimbursement Available

(Contact Joy at the RDC~ 667-2467, ext. 231.)



NEW LEGISLATION BENEFITS FAMILY CHILD CARE PROVIDERS

One of the hurdles that Family Child Care providers have had to face is the difficulty of finding or maintaining home owners insurance once they start their child care business. There is now some relief to that barrier to running your child care business.

Legislation passed last May forbids the insurer from canceling or refusing insurance to cover the primary residence just because there is a child care business at the home. The child care business must be covered by a separate insurance coverage for business liability.

I would encourage all Family Child Care Providers to review this legislation carefully and understand what is required. Please call the RDC if you would like a copy of the bill (LD 185) or you may find it online at: <http://janus.state.me.us/legis/LawMakerWeb/summary.asp?ID=280031655>.

New Maine Roads To Quality Scholarship Information!



Maine Roads to Quality has received funds from the American Recovery and Reinvestment Act (ARRA), also known as “stimulus funding.” These funds will allow us to offer more scholarship opportunities than ever before. MRTQ has also revised the income guidelines to include only the student’s income. Students must earn less than \$40,000 per year. Scholarships for college classes may be used for tuition, fees, and books. The funding levels for 2009-2010 are: Associate’s-level classes: \$100/credit; Bachelor’s-level classes: \$219/credit; Master’s-level classes: \$294/credit; CDA Scholarships may be awarded for the \$325 CDA Assessment Fee, \$150 for advising services, and up to \$300/course for 3 courses for credit-bearing coursework.

Scholarship applications will be reviewed on a rolling basis each month. Applications received after the 10th of the month will be reviewed the following month. A certain portion of the scholarship funding through ARRA will be targeted to providers taking coursework regarding the care of infants and toddlers. Students must be Maine residents and attending a college or university based in Maine. This includes the Wheelock College Bachelor’s and Master’s degree programs offered in Maine. Detailed information and an updated application form can be found on the Maine Roads to Quality website: www.muskie.usm.maine.edu/maineroads.

Click on “Scholarship.” FMI: contact: Jenn Wiles 1-888-900-0055, jwiles@usm.maine.edu

FREE “Recognizing Signs Of Stress in Families”

FREE “Recognizing Signs of Stress in Families” training for mandated reporters of suspected child abuse and neglect presented by the Hancock County Children’s Council. The training will help you understand the role of mandated reporters, recognizing child abuse and neglect, responding to disclosures of abuse and neglect, how to make a report, DHHS CPS process, and the linkage of child abuse and animal abuse. Limit 15. January 14, Ellsworth- 9:00am-12noon. To register & FMI, please call Candy at 667-5304 x 261.

Winter Wear Serving Hancock and Washington Counties

It’s not too late to get involved with helping to getting winter wear to children and families in Washington and Hancock Counties. Articles like new hats, mittens, gloves, coats and boots are still needed. In Hancock County there are collection boxes located at Ray’s Plumbing, Hancock County Technical Center, Trenton Market Place, Storage Plus and Ellsworth City Hall. In Washington County there are collection boxes and distribution set up at Sea Coast Mission in Cherryfield, Washington Hancock Community Agency in Milbridge, Center St. Church in Machias, Whiting & Calais Food Pantries, Calais Shop and Save and Washington County Community College. If you are interested in helping with this cause you can contact Shellie Bouchard at 667-2995.



Fond Farewell to Care for ME Coordinator



The Southern Kennebec Child Development Corporation (SKCDC) Care for Me program bid a fond farewell to longtime coordinator Kerri Wyman on September 4th, 2009. After 4 years as coordinator, Kerri has chosen to pursue new opportunities as a staff member of the state Voucher Program. Thank you Kerri for your time with Care for ME.

Vanessa Leigh, current Resource and Referral Specialist at Child Care Options will be the new point of contact for the Care for ME program. During the transition, you may notice some changes in policy and procedure, in an effort to serve you better. One key change will be that annual profile updates will be done by phone (rather than mailed out) for the time being. Vanessa looks forward to working with Care for ME providers across the state, and is excited to get to know you all better.

Vanessa Leigh, Resource & Referral Specialist/Care for ME

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THE FLU AND YOU!

The production of H1N1 (swine flu) vaccine this fall has delayed shipments of seasonal flu vaccine. Soon there will be plenty of both to go around, but until then the following groups are first in line to be immunized once vaccine is available.

H1N1 Flu

- Pregnant Women-Persons who live with infants up to 6 months (parents, siblings)
- Children and young adults 6 months - 24 years-Persons 25-64 with medical conditions (asthma, diabetes, heart disease)
- Healthcare workers and Emergency Medical Staff

Seasonal Flu

- Persons 65 years and older-Children less than 2 years old-People of any age with a chronic medical condition (asthma, lung disease, heart disease)
- Healthcare workers

Follow these basic tips for reducing the spread of germs and staying healthy:

1. Cover your coughs and sneezes with a tissue or sleeve.
2. Wash your hands often with soap and water.
3. Avoid touching your eyes, nose and mouth.
4. Avoid close contact with people who are sick.
5. Stay home if you are sick.

For more information on the flu visit: www.maineflu.gov

For more information on local clinics visit: www.flucliniclocator.org

