



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

**RDC INFORMATION**

**Charlie Zeph**  
 RDC Director ~ Ext. 226  
 charliez@childandfamilyopp.com

**Judy Nevells**  
 Child Care Resource & Referral  
 Specialist ~ Ext. 239  
 judithn@childandfamilyopp.com

**Faith Perkins**  
 Education Specialist ~ Ext. 257  
 faithp@childandfamilyopp.com

**Megan London**  
 Early Childhood  
 Consultant ~ Ext 243  
 meganl@childandfamilyopp.com

**Joy Crockett**  
 Training Coordinator ~ Ext. 231  
 joyc@childandfamilyopp.com

**Program funding and materials  
 made possible in part by fund-  
 ing from the Department of  
 Health & Human Services**  
 TTY Services available  
 by calling 1-800-963-9490

**Celebrate Yourself!**

According to the Better Kid Care Program at Pennsylvania State University, the average four-year-old laughs 400 to 500 times a day. The average adult, however, only laughs about 12 times a day. Here are some good reasons to boost the laughter in our lives:

- 10 minutes of laughter burns 40 calories
- Laughter helps strengthen blood vessels and improve blood flow
- It exercises the muscles of our chest, neck, and face
- It reduces anxiety and reverses pent-up anger and frustration
- It helps swing a negative perspective toward the positive

As adults, we can forget that play time is not just for the children. When we add more play into our lives, it helps us to get rid of stress and tension, helps us to learn, and makes it easier for us to work with the children in our care. Here are some ways that you can take time to play every day:

- Treat yourself! As caregivers, we often put ourselves last on the list. This can lead to stress, burnout or illness.
- List 25 things you love to do. Do one a week for the next 25 weeks. Repeat as needed!
- Have a smile day. Ask the children to bring in something from home that is funny.
- Make a list of short statements that help you to think about yourself in positive ways and repeat them to yourself throughout the day. Examples include *“My body, mind, and spirit are joyful and happy,”* and *“I’m thankful for what I have.”*

Inside this issue: Page

**Celebrate yourself** 1

**Congratulations** 1

**Take it Outside!** 2

**Infant Toddler News** 2

**New baby crib regulations** 3

**MRTQ & State Approved Trainings** 4

**Elective Trainings** 5

**Other trainings** 6

**Sun-Safety** 7

**Sun Blocks Mini Grant info** 7

**Children, Nature and You** 8



**Congratulations to  
 Tracy Ramsey  
 at Sunflower Daycare  
 for becoming accredited by NAFCC  
 Wow!**



***Our providers are awesome  
 call us with your celebrations!!!***



## RDC NEWS

### Take it Outside!

At last, summer is upon us! Along with sunscreen and bug spray, summer also brings an opportunity to take learning outside. Children today spend less time playing outdoors than they used to. Encouraging children to play outside, get moving, and connect with the natural world are all ways to reverse childhood obesity rates. In addition, research indicates that children who play outdoors regularly:

- Become fitter and leaner
- Develop stronger immune systems
- Have more active imaginations
- Have lower stress levels
- Play more creatively
- Have greater respect for themselves and others



Here are some fun and simple ways to move outside:

- *Copy Cat:* What fun ways can we move with a pool noodle? Let the children create the fun. Take turns being the “leader” and everyone copies.
- *Catch and Do!* On each section of a beach ball (traditionally sectioned by color) write an action word such as jump, turn, shake, etc... Children can play catch with a partner or in a group. Roll or throw the ball to each other. When the child catches the ball, they should look to see where their hand is on the ball and do that action.
- *Musical Hoops:* Boogie around an open area to the music until it stops, then jump into any hula hoop that is on the ground (one per person). Add some extra fun and movement practice by giving a designated movement skill to do inside the hoop before boogie time starts again.
- Hop like bunnies, jump like frogs & slither like snakes
- Plan a Nature Walk! Check out *Nature Explore's* Families' Club Kit for easy to use age appropriate activities at [www.arboday.org](http://www.arboday.org)



Information adapted from the handout “Outdoor Play Benefits” which can be found at [www.headstartbodystart.org](http://www.headstartbodystart.org)

## Infant Toddler News

Plans are still underway to award stipends to providers who earn their IT credential. We'll send out the details as soon as we have them through email and our website. We also do periodic e-mail newsletters.

If you'd like to subscribe to the e-newsletter you can do it on our website at <http://www.childcareopportunities.org/> or send your email address to Charlie Zeph as [charliez@childandfamilyopp.com](mailto:charliez@childandfamilyopp.com)

## New baby crib regulations enacted in the US



# Child Care Providers

## - Your Guide to New Crib Standards - [www.cpsc.gov](http://www.cpsc.gov)



Beginning June 28, 2011, all cribs manufactured and sold (including resale) must comply with new and improved federal safety standards. The new rules, which apply to full-size and non full-size cribs, prohibit the manufacture or sale of traditional drop-side rail cribs, strengthen crib slats and mattress supports, improve the quality of hardware and require more rigorous testing.

### What you should know...

- ◆ There is more than a drop side issue. Immobilizing your current crib will not make it compliant .
- ◆ You cannot determine compliance by looking at the product.
- ◆ The standards apply to a full-size and non full-size cribs including wood, metal and stackable cribs.
- ◆ If you purchase a crib prior to June 28, 2011 effective date and you are unsure it meets the new federal standard, CPSC recommends that you verify the crib meets the standard by asking for proof.
  - ✦ Ask the manufacturer, retailer, importer or distributor to show a certificate of compliance

#### \*The document must:

- Describe the product
  - Give name, full mailing address, and telephone number, for importer or domestic manufacture.
  - Identify the rule for which it complies (16 CFR 1219 or 1220)
  - Give name, full mailing address, e-mail address and telephone number for the records keeper and location of testing lab.
  - Give date and location manufacture and testing
- ✦ The crib must also have a label attached with the date of the manufacture.

### What you should do...

- ◆ All Childcare facilities, family child care homes, and places of public accommodations:
  - ✦ Must prepare to replace their current cribs with new compliant cribs before 12/28/2012.
  - ✦ Should not resell, donate or give away a crib that does not meet the new crib standards.
- ◆ Dispose of older noncompliant cribs in a manner that the cribs cannot be reassembled and used.
- ◆ Noncompliant cribs should not be resold through online auction sites or donated to local thrift stores. CPSC recommends disassembling the crib before discarding it.



## Training Surveys and Child Care Referral Update

Thank you to all who have sent in your training surveys and child care referral updates before or on June 1<sup>st</sup>. We had the drawing on June 3 and we are happy to announce that Eileen King of Surry won the prize. If you have not yet sent in the survey and update, **it is not too late.** Please get the update information into CCO. **PLEASE DO SO!**

The training calendar for next year is in process and your input is important. We use this information to plan future trainings. Please send both the training survey and the provider information form in the self-addressed postage envelope as soon as you can.

## **CCO MRTQ and State Approved Trainings for 2011!**

**Partners in Caring, Families and Caregivers** (12 Hrs) A child experiences 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 and verbal/written communication to reduce potential areas of conflict between families and caregivers. Cost: \$15. Wednesdays July 13 to August 3, Trainer: Hector Sapien, Time: 6 to 9pm, Location: CFO, **Ellsworth**

**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. Friday, July 8, Trainer: Faith Perkins, Time: 8:30am to 3pm, Location: CFO, **Ellsworth**

**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, developing skills to improve self-regulation and conflict resolution, and identifying community resources when involving other specialists. Cost: \$15. Wednesdays, August 10 to October 12. Trainer: Hector Sapien Time: 6 to 9pm, Location: CFO, **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 meets 8 times and there will be homework between classes totaling of 30 hours. Cost \$15.00. Wednesdays, August 31 to October 19.

Trainer: Faith Perkins, Time: 6 to 9pm, Location: **Bucksport**

**Introduction to Infant Mental Health: Issues and Practice** (18 hrs) This course, developed by Maine Association of Infant Mental Health provides specific information on attachments, temperament, relationship building, use of self and principles of infant mental health. It is part of the 120 hours of training to obtain the Infant Toddler Credential I. The course has these learning objectives;

- \* Become familiar with concepts of bonding, attachment, temperament, and "fit".
- \* Identify the capacities of the newborn;
- \* Identify behavioral disturbances and possible barriers to attachment;
- \* Identify the use of infant mental health practices already in already in their work;
- \* Learn the importance of counter-transferential issues in infant mental health work;
- \* Identify parallel processes that occur while involved in mental health work; And
- \* Learn to recognize family strengths and needs in order to develop appropriate treatment plans for child and family. Cost: \$15,

**Saturday, September 10**, Time: 8:30am to 3pm, and **Wednesday, September 14 & Thursday, September 15** Time: 6 to 9pm and **Saturday, September 24**, Time: 8:30am to 3pm. Trainer: Michael Sandberg, Location: WCCC, **Calais**

### **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**

## CCO Elective Trainings for 2011!

**Math—It's More than Numbers!** (2hrs) In this workshop, participants will explore math concepts such as patterns, shape & size, and spatial sense. We will brainstorm fun ways to incorporate math concepts for young children throughout the environment. Cost: \$10.

Tuesday July 19, Trainer: Megan London. Time: 6-8pm, Location CFO, **Ellsworth**

**Oral Health for Young Children** (1.5hrs) In this workshop, participants will learn more about strategies and skills for early intervention and prevention of dental disease in young children. Cost \$10

Tuesday, September 13, Trainer: Joy Crockett and Judy Nevells, 6-8pm, Location CFO, **Ellsworth**

**Eco-Healthy Child Care and Environments** (2 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. Cost \$10, Thursday, September 28, Trainer: Joy Crockett, Time: 6 to 8 pm, Location: WCCC, **Calais**

**Positive Guidance for Young Children** (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. Tuesday, July 19. Trainer: Faith Perkins. 5:30-7:30, **Lubec**

**Curriculum Planning: Science in Action** (2 hrs.) This workshop will introduce the domain of science, and feature fun ways to incorporate science into your curriculum planning. Participants will engage in active exploration of materials, and leave with ideas and activities to use in their programs. Cost: \$10

Tuesday, September 20, Trainer: Faith Perkins, Time: 6:00 to 8:00pm, Location: **Machias**

### More Fall Trainings to come!

The Child Care Opportunities RDC is in the middle of planning the training calendar right now. Notices will be sent out by e-mail or you can check our website for anything new at, <http://www.childcareopportunities.org/>

Check out the Maine Early Care and Education Online Training Calendar at <http://ecetrainingcalendar.muskie.usm.maine.edu/public/main.aspx>

You can also take **Mandated Reporter Training for Suspected Child Abuse and Neglect** on line training at;

**CHILDREN:** <http://www.maine.gov/dhhs/ocfs/cps/>

**ADULTS:** <http://www.maine.gov/dhhs/oes/aps/training/>

Check out the new

#### **It's About the Smoke, Not the Smoker – web-based childcare provider training**

Talking about sensitive topics with the parents of children in your care is not easy, but you are also a resource that parents trust to provide them with information and resources they may not otherwise know about. This web-based training provides you with information on discussing tobacco use and secondhand smoke with parents, why it's important, and what resources are available to you and your families to help them reduce tobacco use. Offering the training online allows childcare providers to take the training for free and from the comfort of their own homes without time restrictions. The training consists of a 1 hour Powerpoint presentation, followed by a short quiz. Once successfully completed providers will receive a certificate worth one and a half hours of training credit.

To take the training go to <http://www.childandfamilyopp.org/moodle/> and click on the link for 'It's About the Smoke, Not the Smoker' under Available Courses. First time users will be asked to register by clicking the 'Create new account' button on the bottom right of the screen that open. Fill in the necessary information and click 'Create my new account'. Click on the course name again and choose to enroll in the course. Once enrolled follow the instructions in the course page to complete the training and receive your training hours. Call Joy at 667-2467, ext. 231 with any questions.

We want to thank our friends Sally Christ and Kenney Miller at **Healthy Peninsula** for developing this training and making it available to Child Care Opportunities.

## Other trainings and Resources



### The Maine Child Care Leadership Institute II Advanced Child Care Center Director 5-Day Training July 14, 15 and August 10, 11, 12, 2011

Educare Central Maine, 56 Drummond Avenue, Waterville  
Facilitators: Sharon Abair & Lori Freid Moses

The Maine Child Care Leadership Institute II is designed around a two-session training institute model. Participants will learn, in a hands-on format, the intricacies of center directing that has traditionally been learned through trial and error.

The first session of two days will concentrate on Leadership and how it differs from Management: ways of leading and interacting that invite and inspire the best in others, and exploring self-assessment tools that can help you analyze the type of leader you are presently and how you can develop into the leader you choose to be. The second session of two and a half days will explore your role as Supervisor and have a good honest conversation about communication, assessing the climate of your organization, developing teamwork and the method of using various management tools. The final day will be broken into three focus groups specific to your interest areas: Grant writing, Strategic Planning, and Working with a Board. You are guaranteed to leave with a clarified understanding of your role as a Leader in your organization and an acquaintance with "tools of the trade" to assist in your journey. The Institute starts at 9:00 a.m. each day and ends at 4:00 p.m.; however, the last day (August 12th) runs from 9:00-12:00 noon. Continental breakfast and lunch are included each day, except the last day includes breakfast only.

*This offering of the Advanced Maine Child Care Leadership Institute II is sponsored by the Maine Department of Health & Human Services, Office of Child & Family Services, Early Childhood Division.*

#### Registration Information

The registration fee for the 5-day Institute is **\$150.00**. This fee helps defray the costs of trainers, handout materials, breakfast and lunch. **Space is limited**, so please fax or mail your registration form ASAP. Priority will be given to current center-based staff in child care administrative positions.

Please complete your registration form and mail it with your check to:

Maine Roads to Quality, USM/Muskie School of Public Service

PO Box 9300, 34 Bedford Street, Portland, ME 04104 Or fax to: (207) 780-5817, Attn: Jennifer Camire

Please make checks payable to the **University of Southern Maine**.

If you have any questions, please contact Jennifer Camire at: (207) 228-8517 or email [jcamire@usm.maine.edu](mailto:jcamire@usm.maine.edu)

## *The Community Caring Collaborative presents:*

### Cultural Competency training workshop

August 24, 2011 - Location TBD

Facilitated by Elizabeth Neptune, Management Consultant at Indian Health Service and Meghan W. Duff, Assistant Professor of Psychology in the Behavioral Science Community Studies Program at UMM. Special attention will be given to issues of race, ethnicity, gender identity, and sexuality

### Critical Incidents Risk Management training workshop

July 13, 2011 - Machias

Facilitated by Marjorie Withers, Director of the CCC, this workshop focuses on preventing and responding to incidents of violence against children and is mandatory for all CCC Bridging staff and supervisors.

For details and to register for these FREE one-day training workshops, visit [www.CCCMaine.org](http://www.CCCMaine.org) or call Christine at 249-3318

### CPR & FIRST AID RESOURCES

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

**Scholarships are available through Child Care Opportunities Resource Development Center**

**Contact Joy at the Resource Development Center~ 667-2467, ext. 231.**



## Sun-Safety

### What can you do to keep children sun-safe?

Follow these simple guidelines in early childhood settings and encourage parents to follow these at home:

- Schedule children's outdoor playtime to avoid sun exposure during the peak UV hours of 10:00 AM—3:00 PM (4:00 during summer months) Remember, the UV rays are present, even on cloudy days.
- Pay attention to the UV and Heat Indexes for your area. During high UV or heat days, be especially sun-safe or consider alternate indoor activity so children can stay cool while playing and exercising. You may also pay attention to pollen counts and air quality index.
- Provide plenty of shade on playgrounds. Plant trees or use large summer umbrellas, awnings, or sun tents around your play area. Play games with children in the shadow of your building.
- Avoid direct sun exposure for infants.
- Encourage parents to dress children in cool, lightweight clothing, Loose-fitting shirts with sleeves, and capris or long pants provide more sun protection than tank tops and shorts.
- Make sure every child has a hat with a wide brim that shades the ears and neck. Let each child decorate a big floppy hat that he or she can wear each day.
- Provide each child with sunglasses labeled "100% UV protection." Polycarbonate or impact-resistant lenses are safest. Teach children to wear sunglasses when they are outdoors, and to store their sunglasses properly after playtime.
- Children have tender skin and can easily become sunburned. It is recommended that you apply sunscreen labeled SPF 30 to all areas of exposed skin. Follow the directions on the sunscreen, and apply liberally and reapply every two hours. Remember, check your state and local guidelines about sunscreen use in childcare.
- Encourage children to drink plenty of water.
- Be a role model! These recommendations apply to both children and adults!

Remember, sun safety is important every day, even on cloudy days. And practice sun safety all year long; during the winter, the UV rays can be even more intense as they reflect off snow. Make sun safety a part of your daily activities.

To download PDFs of the Children's Learning Activities and the "Safe Fun in the Sun" booklet, go to <http://www.sunsafetyalliance.org/resources.html> and click on resources

## Sun Blocks Childcare Sun Safety Program Training

All Childcare providers, Resource Development Centers and Healthy Maine Partnerships are invited to attend. Please note that due to uncertainties in federal funding for future project years, this may be the last time this training is offered. Space is limited, so please register early!

Friday, August 19, 2011

8:30am-3:00pm at Maple Hill Farm in Hallowell, Maine

Please register at the address below by July 15th!

<http://www.emailmeform.com/builder/form/C1JUzePMaw7D2s143FuTRYkq>

For more information, please contact [andrea.fletcher@maine.gov](mailto:andrea.fletcher@maine.gov) or (207) 287-4321



### **2011 Maine Childcare Skin Cancer Prevention Mini-Grant**

Applications for 2011-2012 Childcare Sun Safety and Skin Cancer Prevention Mini-Grants are also now available at <http://www.maine.gov/dhhs/boh/ccc/sun-block.shtml>. Mini-grant recipients are required to attend training as a condition of award. Participants interested in receiving a scholarship to attend training should also complete this application. Deadline for applications is June 22, 2011.



# Children, Nature and You!



**You can help children experience the joy of the sunshine and rain,  
or stargazing and bugs!**

Young children need to explore, experience and observe. Explorations allow children to feel the world is a safe; interesting, and friendly place.

**Your role** is to model a sense of curiosity, wonder and respect; show enthusiasm and curiosity about their explorations; make sure children are safe but refrain from negative reactions when they get dirty, wet or touch bugs, worms, etc.; foster and encourage imagination, and make sure there is plenty of time for unstructured play.

**Introduce babies** to nature through simple experiences. Even the youngest can experience nature when their stroller or bassinet is placed under a tree. Bring nature into your home with simple bouquets of flowers, leaves or grass and place them so baby can see them.

**Welcome the Day!** Walk outside, and check the sky to see what kind of day it will be.

**Look for and watch** ladybugs, ants, spiders and their webs, etc. Be still and watch children.

**Provide experiences** with using kites, pinwheels, leaves or any light material tied to a string.

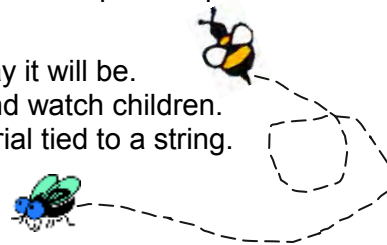
**Find animal** and bird tracks.

**Watch worms** in action after a rain.

**See how many different** kinds of shapes of leaves you can find together.

**Go on "theme walks"**-colors- bug-flower- animal, etc.

**Carry a magnifying glass** to take a close look at those small wonders you encounter on your adventures.



Nature provides a stage for children's imagination to soar.  
Check out all the resources to explore nature at [www.ChildrenNatureAndYou.org](http://www.ChildrenNatureAndYou.org)



**Child Care  
Opportunities**  
RESOURCE  
DEVELOPMENT CENTER

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](http://www.childcareopportunities.org)