

Early Connections

A Newsletter for the Addison Early Childhood Community
Spring 2011

MOVING AND LEARNING

Children love to move. They need to move. Not just because it feels good, it's fun and they have a lot of energy—but because movement is essential to brain development. In particular, thoughtful, intentional music and movement experiences in the early childhood years are vital to children's learning. Stop and Go games, such as Red Light, Green Light, and Freeze Dance, as well as music songs that speed up and slow down, help children develop self-regulation. Ribbon/scarf dancing or other activities which cross the mid-line, integrate the left and right brain, essential for later reading and writing. Rhythmic movement, such as clapping, marching and drumming, increase self-organization and motor planning. The ability to keep a steady beat is linked to linguistic abilities; it helps a person feel the cadence (rhythm) of language and involves the vestibular system, which must be activated in order for learning to take place.

You can help children develop an increased sense of their bodies by providing them opportunities to push/pull heavy objects, for example, pulling each other in a sled or pushing another child in a box across the floor. Joint compression, through jumping, crawling or giving oneself a big hug, or pressing down on the top of one's head with both hands, also helps increase self-organization and body sense. These are good activities to do before a transition or activity that requires more focus as they help with calming and concentrating.

Brain development is progressive and depends on the development of the lower parts of the brain, such as the brainstem and the vestibular system, before higher level brain functioning can happen. According to childhood trauma specialist Dr. Bruce Perry, if children don't get the experiences they need during early childhood, or if they have a lot of chaos, stress or trauma in their lives, they are going to stay in the early brain development stages longer. You may have children in your programs who are at this stage of brain development even though they are older chronologically, due to stress and chaos in their lives. The types of experiences children need in the very early years in order to move onto the next phases of brain and neural development are sensory exploration and movement activities. Dr. Perry encourages parents and teachers to provide short, predictable, patterned interactions throughout the day which include touch, rhythmic activities, eye contact, and drumming. He suggests beginning the day with predictable, structured, patterned, rhythmic music and movement activities. Studies indicate children have increased self-regulation throughout the day when these types of experiences occur early in the day. Dr. Perry also suggests that playing music with a 'heart beat rhythm' such as reggae or native american music, is very calming and self-organizing for children.

How can we 'embed and infuse moderate to vigorous physical activity (mvpa)' throughout the day? What are the opportunities for intentional movement experiences in your day with young children? Participants in a recent I am Moving, I am Learning (IMIL) series found out how easy and rewarding this can be. By observing and reflecting on times during the day when

Continued on page 7...

Addison County Child Care Services

81 Water St., Middlebury, Vt. 05753

Phone: 802-388-4304

Fax: 802-388-3063

Protective Services/Family Support:

Doumina Noonan

Email: FS-PS@mjcvt.org**Resource Specialist:** Amethyst PeasleeEmail: resource@mjcvt.org**Subsidy Specialist:** Jane ReillyEmail: subsidy@mjcvt.org**Referral Specialist:** Ginny SinclairEmail: referral@mjcvt.org**Food Program:** Susie Pidgeon388-2853 or cacfp@mjcvt.org**Schoolage Programs:** Anne Gleason388-2853 - schoolage@mjcvt.org**RESOURCES FOR CHILD CARE PROVIDERS:**

Need your Fire Extinguisher checked? Drop it off at **Auto Paints Plus** on Mondays, pick it up on Tuesday afternoon. Cost \$10—20 depending on what needs to be done. **388-9019**

D & M Fire & Safety Equipment will come to your program to inspect and tag your Fire Extinguishers for \$35.00 per visit. **434-5005**

Helpful Websites:

- ◆ <http://www.vanderbilt.edu/csefel/> (social/emotional dev.)
- ◆ <http://www.earlyliteracylearning.org/> (literacy)
- ◆ **Northern Lights:** <http://northernlights.vsc.edu/>
- ◆ **The Child & Family WebGuide:** www.cfw.tufts.edu
- ◆ <http://www.safekids.org>
- ◆ www.Bornlearning.org
- ◆ www.familyeducation.com
- ◆ www.zerotothree.org
- ◆ www.commercialfreechildhood.org/
- ◆ **www.VermontFamily Network.org** is a statewide network of support and information for families who have a child with special needs or disabilities, and the professionals who work with them.
- ◆ **www.redleafinstitute.org:** information & resources for Family Child Care, including taxes and deductions

COMMUNITY RESOURCES

- ◆ **CHILDREN'S INTEGRATED SERVICES (CIS):** If you have concerns about your child or a child in your care, birth—3 years old, or if you have concerns about the social emotional development of a child birth—5 years old, please contact the **CIS Team at 388-3171.**
- ◆ **YOUR EARLY EDUCATION OFFICE:** If you are concerned that your preschool age child or a child you care for has a developmental delay, contact your local **Early Education** office. They can answer questions and provide support/resources and guidance for talking with parents:
 - * **Addison Central/ Middlebury: 382-1760**
 - * **Addison Northeast: Bristol: Carol Birdsall/Cindy Kuhns: 453-3674**
 - * **Addison Northwest: Vergennes: Deb Angier: 877-2867**
- ◆ **VERMONT'S CHILD PROTECTION LINE:** Call 1-800-649-5285 — 24 hours a day, 7 days a week to report suspected child abuse or neglect .
- ◆ **CHILD CARE CONSUMER LINE:** To report concerns about a child care provider, call 1-800-540-7942 or go to www.brightfutures.dcf.state.vt.us; click on 'Contact' in the upper right corner.
- ◆ **PARENTS' STRESS LINE:** 1-800-CHILDREN (1-800-244-5373) - for more information see p. 11
- ◆ **DIAL 2-1-1** for free and confidential information and referrals for help with food, housing, employment, health care, counseling and more. 211 is a service of the United Way.
- ◆ **HOSPICE VOLUNTEER SERVICES:** For help in supporting children and families with the loss or terminal illness of a loved one, please call Hospice Volunteers at 388-4111.
- ◆ For a copy of **ADDISON COUNTY COMMUNITY RESOURCES** contact Addison County Child Care Services at: 388-4304
- ◆ **WIC/Health Dept.—388-4644**
- ◆ **WOMENSAFE HOTLINE:** 388-4205 or 1-800-388-4205; business office 388-9180; TTY: 388-4305

STARTING POINTS NETWORK NEWS

The Bristol/Vergennes Network and the Middlebury Network have recently merged as a way to offer increased recognition, appreciation and support to early care and education providers who are interested in professionalism. Our primary goal is to offer you the trainings you desire, support of knowledge and skills through book discussion groups, and materials to enhance quality programs in Addison County. We offer a wide variety of resources and help keep providers educated on issues concerning childcare. We also provide memberships and mentoring to achieve points in the STARS Step Ahead Recognition System, CDA credentials and national accreditation. Please contact us and let us know your interests and concerns.

Leaders: Ann Duclos-Collier 453-7324
Michelle Sherwin 623-6476
Assistant Leader and Mentor:
Gerri Barrows 453-3707

Brandon: Last Thursday of the month at 6:30 PM @ the Brandon Fire Department
Provider Leaders: Tracy Bruce 247 - 5427 Call for details.

All Child Care Providers (Home and Center) are invited to Starting Points Network meetings. Network meetings offer time to share the challenges and joys of providing early care and education with others who truly understand. Each group is free to pursue its own definition of support. Newcomers are always welcome!
Sponsored by a Starting Points grant from Child Care Services Division in Waterbury.

PROFESSIONAL ACCOMPLISHMENTS—CONGRATULATIONS! **For Going Above and Beyond by Participating in the** **STARS Step Ahead Recognition System**



Natalie Krizo—Family Child Care
Laura Briggs—Family Child Care
Katrina Whitcomb—Family Child Care
Sunshine Children's Center



Kaplan Early Learning Company now offers discounts for Vermont programs participating in Vermont's STARS Step Ahead Recognition System - You can receive discounts on purchases and shipping for the following STARS levels:

- One Star – free shipping on a minimum order of \$100**
- Two Stars – 10% discount & free UPS w/ a minimum order of \$100**
- Three Stars – 15% discount & free UPS shipping w/ a minimum order of \$100**
- Four Stars – 15% discount & free UPS shipping with any order**
- Five Stars – 17% discount & free UPS shipping with any order**

For information to set up a custom MY KAPLAN ACCOUNT and receive your discount with online orders, contact Paige Gorman at 1-800-334-2014 x5023 or pgorman@kaplanco.com

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Classes are open to both early care and education providers and parents, and take place at Mary Johnson Children's Center in Middlebury, unless indicated otherwise. Please pre-register by contacting Amethyst at: 388-4304 or resource@mjcvt.org

GOING GREEN

Saturday March 12 8:30 AM—2:30 PM

“Going Green” promotes the idea that natural and open ended materials from nature and from our recycling bin can offer unduplicated learning opportunities and engagement among young children. This discussion will open your eyes to appreciate the unique perspectives that reused objects offer to curriculum. We will rediscover and imagine the possibilities of more ecological approaches to care in our programs that include green products, approaches to using energy and supplies in new ways as well as looking at the impact of sustainable food practices that inspire stewardship. Dig in! **Heather Duhamel, Assistant Director of Burlington Children's Space, and Early Education consultant CDA # 1, 2, 5**

*Sponsored by the Middlebury and Bristol/Vergennes Starting Points Networks
Takes place at Mary Johnson Children's Center*

COMMUNICATION TO SUPPORT INCLUSION

Monday March 14th 6:30—8:30 PM

Educators will gain knowledge on fostering empathy, as well as ways to point out we all have limitations and there are various ways to overcome them. All children, including those with disabilities, have similar needs for affection, comfort, and fun. Just as with typically developing children, the skills, strengths and talents of children with special needs should be pointed out, so that other children will see them as peers, not as objects of pity. **Eileen Hadeon, Assistive Technology Programs CDA # 2,3, 5 Advanced Specialized Care**

*Sponsored by the Starting Points Network of Addison County
Takes place at Mary Johnson Children's Center*

POSITIVE PARENTING

4 Tuesdays 6:30—8:30 PM March 29 and April 5, 12, 26

“Positive Parenting” provides information for families on ways to promote children's social and emotional skills, understand their problem behavior, and use positive approaches to help children learn appropriate behavior. The series is designed to give parents general information on key strategies that may be used with young children. Parents will receive a workbook and make weekly plans on ways to put information into practice at home..

Amethyst Peaslee, Resource Specialist; Cindy Kuhns—Children's Integrated Services

For more information on CSEFEL: www.vanderbilt.edu/csefel/resources/family.html

BREAD-MAKING WITH CHILDREN

Tuesday March 22 6:30—8:30 PM

Cooking with children is a wonderful activity which incorporates learning in many domains. Join **Suzanne Young, organic gardener and natural foods cook at Mary Johnson Children's Center**, for an evening of bread-making. Learn how to make yeasted breads with children, gain some background on various types of flour and where to purchase them locally and explore activities to extend the baking experience with children.

Fulfills **CACFP training hours. CDA # 1**

BASIC SPECIALIZED CARE

2 Wednesdays— March 30th and April 6th 6—9 PM

Basic Specialized Care offers all early care and education providers important information for understanding the needs of children experiencing high degrees of stress. In today's world, this could be most children, not just those under Protective Services Care or Family Support. You will gain an understanding of Social Services and your role as a mandated reporter, review normal growth and development, and focus on the effects of abuse and/or neglect, red flags and the intergenerational nature of abuse. This class is essential for serving children who have been victims of abuse or neglect and required for all programs wishing to attain the "Basic Specialized Child Care Provider" status. Working with children with special needs is also touched upon.

CDA # 3, 4, 6,

Doumina Noonan, Protective Services/Family Support Specialist ; Brenda Gooley, DCF

OVERCOMING BARRIERS TO PROTECTING CHILDREN FROM SEXUAL ABUSE

Saturday April 2nd 8:30—11:30 AM

This **new 3-hour interactive training** is designed to help child care providers overcome difficulties when making reports to the Vermont Department for Children and Families about suspected child sexual abuse, and to help adults recognize boundary violations and pre-offending behaviors before they result in child sexual abuse. Teaching methods used include video, role-playing, brain storming, scenarios to practice responding to children and adults, and discussion. This training includes:

- ◆ examples of common boundary violations, grooming and other pre-offending behaviors;
- ◆ myths and facts about those who sexually abuse children;
- ◆ bystander roles and issues;
- ◆ skills development via role-playing on when and how to confront boundary violations and pre-offending behavior;
- ◆ children's normal sexual behavior and signs of abuse.
- ◆ barriers to reporting suspected child abuse;
- ◆ mandated reporting and ways of coping with community fall-out after reports are made;

Karen Holz Prevent Child Abuse VT CDA #1,5,8 Advanced Specialized Care

THE INCREDIBLE EDIBLE EGG
Monday April 4th 6:30—8:30 PM

Spring is all about eggs. What better time to learn new recipes for egg dishes you can make with children and/or serve as part of a meal for children. Join MJCC cook Suzanne Young for an informative and fun evening of cooking with eggs and information on how cooking with children addresses early learning standards. **CACFP CDA # 1**

NEVER TOO EARLY
Thursday April 7th & 14th 6:30—8:30 PM

This two-part training offers an introduction to reading and sharing books and conversation with children. Take a journey into the world of children's literature: in this lively, interactive workshop, learn the importance and joy of sharing picture books and stories with even the youngest children. Through hands-on exploration of children's books, receive an introduction to early literacy and related developmental issues. Learn ways to create a literacy-rich environment, and have an opportunity to share practical ideas with others. Discover ways for making books come alive through animated readings, rhymes, and extension activities that encourage language development and communication. Take home ideas you can put to use immediately in your program, along with a free set of gift books. **Sue Rakowski CDA # 2, 4, 8**
Fifteen participants maximum Open to early care and education providers only

GARDENING WITH CHILDREN
Wednesday April 20th 6:30—8:30 pm

Spring is coming! Get ready to garden with Suzanne Young, Addison County's NOFA-VT (National Organic Farmers' Association) Farm to Community Mentor. You will learn practical tips for pre-garden planning, soil preparation, developmentally appropriate expectations for children in the garden as well as ideas for extending your gardening experience with children and meeting early learning standards through gardening activities. **CDA # 1, 2**

GAINING GROUND: BUILDING CONFIDENCE AS AN EARLY EDUCATOR
THROUGH SETTING BOUNDARIES

Wednesday April 27th 6:30pm-8:30pm
Ilseley Public Library Community Room Downstairs

Parents late picking up? Trouble collecting payment on time? Unsure how to create or follow a budget? Child care providers often struggle with maintaining trusting, nurturing relationships with the families of children in their care while also balancing the budget and schedule for their business. This workshop will explore this challenge, and offer simple strategies for balancing and running a successful small business, with close yet professional family relationships as an early childhood educator. **CDA # 4 & 5 *Sponsored by Early Educators United***

INCLUDING SAMUEL

Monday May 16th 6:30-8:30pm

2010 Emmy-Nominated for Best Documentary, *Including Samuel* chronicles a family's efforts to include their son Samuel, who was cerebral palsy, in every facet of their lives. The film honestly portrays a family's hopes and struggles as well as the experiences of four other individuals with disabilities and their families. *Including Samuel* is a highly personal, passionately photographed film that captures the cultural and systematic barriers to inclusion. After the documentary, there will be a facilitated discussion with educators, parents and specialists about creating integrated early education programs for all children.

Advanced Specialized Care CDA areas 3 & 4

Sponsored by the Starting Points Network of Addison County and Early Educators United

Location: Home of Ann Duclos-Collier Please call Ann to RSVP @ 453-7324

TRANSITIONING TO KINDERGARTEN– A TOOLKIT FOR EDUCATORS

Wednesday May 25th 6:30pm-8:30pm

Isley Public Library Community Room Downstairs

This course was designed in partnership with the National Center for Learning Disabilities, Inc. This training will cover school readiness indicators and the different activities used to make such assessments. The toolkit offers materials that will help you implement strategies that facilitate the transitions process for children, families, schools and communities.

CDA areas 7 & 8

Sponsored by Early Educators United

Moving and Learning, continued from page 1...

children needed to move more or when there was a difficult transition, such as before lunch or nap, participants planned intentional physical activity throughout the day.

Some of the strategies/activities used :

- ◆ Having a music/movement time in the morning **and** the afternoon
- ◆ Yoga
- ◆ Acting out stories
- ◆ “Real Work” - helping to clean, set up nap mats, move furniture
- ◆ Joint compression—self-hugs, pushing palms of hands together, marching, clapping...
- ◆ Scarf and Ribbon Dancing
- ◆ Freeze Dancing
- ◆ Using Movement Songs before or during transitions
- ◆ Singing/clapping directions

One teacher reported the transition from outside to inside just before naptime had improved vastly. Others said they now successfully use movement songs as a way to ease transitions. One teacher confessed she was having “Choosy” withdrawals. She was referring to the music CD's received at the workshops. She said she and her preschoolers were dancing/moving to the entire CD every day! For more information about ‘imbedding and infusing’ intentional movement throughout the day, contact Amethyst. To listen to/ purchase Choosy Kids CD's and for mypa suggestions go to **Choosykids.com**

Domestic Violence is Everybody's Business—We Can Make a Difference!

If you are concerned about how a friend or family member is treated by their partner, tell them.

- ◆ Let them know it's not their fault.
- ◆ Uphold their information as confidential.
- ◆ Support their choices.
- ◆ Help them access resources.
- ◆ Be there for them, even if they don't leave the relationship.

If you know someone who perpetrates controlling, abusive or violent behavior towards his partner, children and/or pets, let them know you have noticed their behavior and tell them you're concerned about it.

- ◆ If you have seen or heard a friend be verbally or physically abusive to his partner, talk to him in a private, calm moment, rather than in public or directly after an abusive incident.
- ◆ Point out excuses they make for their behavior,
- ◆ Offer to help them find resources that will support them in treating their partner with respect and equality (eg: The Domestic Abuse Education Program),
- ◆ Refrain from responding to your friend in an aggressive, physical manner, as this only reinforces their behavior.

Jane repeatedly witnessed Mark put down his partner, Chris, in front of friends; one morning when Jane and Mark met up by chance at the gas station, she asked if she could check in with him about something. She went on to respectfully and gently tell Mark that she noticed how he talked to Chris and his treatment of Chris made her (Jane) feel uncomfortable. He apologized, and in the future, while in similar settings, Mark's treatment of Chris was more respectful.

Other ways for everyone to join in the efforts of addressing and ending domestic (and sexual) violence are to:

- Learn about this problem and why some men are violent
- Challenge sexist language and jokes that degrade women
- Support awareness posters being hung in your workplace, school or place of worship
- Display something as simple as a bumper sticker (which can have a greater impact on domestic and sexual violence than you might think.) *Ben put a "There's No Excuse for Domestic Violence" bumper sticker on his car and drove to work every day. One day, a coworker told him that she had just left her husband. She had seen the bumper sticker on Ben's car every day when she went to work for the past year, and knowing that others around her were taking a stand helped give her the courage to leave her husband for good.*

Talk to your friends and family about sexual and domestic violence- a community's silence about the violence is very isolating for people who experience it and inadvertently supports people who perpetrate it. Talk to people in your life about what you see, hear and feel; help effect change. Talk to the children and young adults in your life about consent and respect. Learn how media's representation of women affects our thinking.

We all have a stake in addressing domestic violence and working to make every home a safe home; take a step, take a stand, do your part now and together, we can and will make our community safer.

DOMESTICE VIOLENCE

Supporting Non-Offending Parents: What Can You Do?

- ◆ Ask: Do you ever have any concerns at home? Do you ever have concerns about how you or your children are treated? Are you ever concerned about the safety of you or your children at home?
- ◆ Even if you hear that things are fine, you have let her know that you are interested.
- ◆ Keep the door open to talk about what is going on in their lives.
- ◆ *Acknowledge the woman's experience.*
- ◆ Don't pass judgment regarding whether or not she will leave. On average women will leave and return seven times before making the final break.
- ◆ If you know the woman is living with a partner who is abusive, ask "is this a safe time to talk?" This gives her the option to quickly hang up to minimize their risk of experiencing violence.
- ◆ Give women a choice whenever possible. "Which chair do you want to sit in?" "What do you want to do?" Many of these women have lost the ability to make *any* choices and need opportunities to have some control, even if it's only little things.
- ◆ Remind the woman that it's not her fault. The batterer often tells her she is at fault and to blame. Let her know that she does not cause the abuse.
- ◆ Remember that 1 in 4 women experience battering in their lives, so some of the women we support are presently being battered, or have been in the past.
- ◆ Options planning – brainstorm ideas with the woman. Avoid offering advice and suggestions.
- ◆ Refer women to WomenSafe. WomenSafe will not initiate a call; women must make the phone call to the domestic violence program.

CARE FOR KIDS

WomenSafe is now offering a comprehensive child sexual abuse prevention program to childcare centers, elementary schools and after school programs. Care for Kids is a fun, health-based, child sexual abuse prevention curriculum **for children ages three to seven.** This 6-week program gives children information and simple rules on bodies and body boundaries, it teaches children it's okay to talk about their bodies and their relationships with adults and other kids and gives them ideas of how they can get help and support if a boundary is violated, or if they have questions about their relationships. Through these means, this program supports the elimination of silence and secrecy, fear and shame that often surrounds sexuality and enables child sexual abuse to occur. The program consists of six units: Bodies, Babies, Feelings, Touching, Bedtime, Secrets and Surprises. Each one-hour unit is presented using a circle time, a song, a book, and an activity that teach and reinforce simple, age-appropriate messages with fun, engaging activities; information is sent home each week to connect with families and support reinforcement of concepts when children are at home.

This well-researched curriculum is supplemented by an adult program, Nurturing Healthy Sexual Development in Children, that orients adults to the material being used in the classroom. Additionally, adults will learn what healthy sexual development in children is, identify the link between healthy sexuality education for children and child sexual abuse prevention, and practice ways to foster healthy sexual development in children. Adults will be provided with information about answering children's questions, teaching children to nurture and express empathy toward others, and what adult responsibility for keeping children safe looks like. This adult program is appropriate for parents/guardians and others who care for young children, such as extended family and other informal family support people, child care providers and early childhood educators. For more information , **please contact Willow Wheelock at 388-9180 or ww@womensafe.net.**

FREE COMMUNITY DINNERS—ALL ARE WELCOME!
Every Friday night at 5 PM at the Congregational Church Fellowship Hall.

FREE COMMUNITY LUNCHESES—ALL ARE WELCOME!
11:30 am—1 pm Mondays at St. Stephen's
Tuesday, Wednesday and Thursday at the Charter House Dining Hall

WOMEN, INFANTS AND CHILDREN Supplemental Food Program (WIC)

Woman and children who meet income and health or nutrition guidelines are eligible for WIC. Fathers and foster parents may apply for children who are in their care. If your family income is below 185 % of the federal poverty income guidelines, or if you are enrolled in Medicaid/Dr Dynosaur or VHA, you are considered Income-eligible for WIC. In addition to providing healthy foods, WIC provides nutrition counseling, breastfeeding support, health education, and connections to other community resources. Call **388-4644**.

THE COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP) is a federal nutrition program administered by the Vermont Foodbank. Every month, approximately 4,000 boxes of food, each worth about \$50, are distributed to income eligible senior citizens and families with young children. More boxes are now available to eligible Vermonters. Call the Foodbank toll free at 1-800-214-4648 for more details, outreach materials, or a free pre-screening. Please spread the word in your community about this important nutrition resource!

DOLLY PARTON'S IMAGINATION LIBRARY—FREE BOOK!

Would you like to have more books in your home that your child loves to look at and hear you read? A local organization, Addison County Readers, Inc., sponsors a program that mails a **free book each month** to the homes of registered children. There is no cost to the family and the books are theirs to keep. The program is called Dolly Parton's Imagination Library and is for children from birth to 5 years of age who live Addison County. If you have more than one preschooler, each child can be registered for the Imagination Library and receive a different, age-appropriate book each month. The enclosed brochure has program details and a registration form. For more information or to register online: **www.addisoncountyreaders.org**

**RESOURCE AVAILABE FOR SUPPORTING
CHILDREN AND FAMILIES THROUGH LOSS AND GRIEF**

Hospice Volunteers Services has gifted Addison County Child Care Services with several copies of a **wonderful resource kit— When Families Grieve.** Produced by the folks at Sesame Street it contains a DVD, a children's book, and a resource guide. While primarily about death and terminal illness, the characteristics of loss and grief are associated with many types of changes in a child's life, such as moving, divorce and separation, incarceration of a parent and foster care. **The kits are available at Child Care Services—contact Amethyst at 388-4304 or resource@mjcvt.org**

Grief Educators David White and Patty Dunne, who work for Hospice Volunteer Services, are available via phone and in-person to offer information, resources and support on handling loss and grief. In addition, Hospice Volunteer Services has an extensive Lending Library with books on grief and loss for both children and adults. All services are free of charge. Their number is: **388-4111**.

WHAT'S HAPPENING

STORY TIMES--check w/ your library for days & times of story hours & special events.

RECREATION

- **Bristol** for information **453-5885** or visit **www.bristolrec.org**
- **Middlebury** for information **388-8104** or **388-4041**
- **Vergennes** contact **Tara Brooks @877-1159 T&W, 8 am -12 pm** or **recreation@vergennes.org**

PLAYGROUPS---The Addison County Parent/Child Center will be sponsoring **free** playgroups for children birth to 6 and accompanying adult. The Play Group calendar follows the school calendar and snow day closings. For info call 388-3171

Bristol

Tuesdays 9:30-11:00
Baptist Church

Middlebury

Tuesdays 9:30-11:00
Memorial Baptist Church

Vergennes

Wednesdays 9:30-11:00
Congregational Church

MIDDLEBURY—AUTISM SUPPORT GROUP (usually) meets the last Tuesday of the month from 7—8:30 PM at the Ilsley Library Community Room in Middlebury. This low-key support group for parents and caregivers of children on the autism spectrum offers support and sharing of resources. For more information call 989-3081.

AUTISM SUPPORT DAILY is an online parent-led support group open to parents, families and friends of those on the spectrum. New members are always welcome.

www.autismsupportdaily.com

VERGENNES AREA RESCUE SQUAD holds “fitting station” hours on the first **Thursday of each month from 3:00-6:00 pm** and on the **third Saturday from 9:00 am to 1:00 pm. 877-3683**

THE PARENTS' STRESS LINE is available in Vermont to parents, professionals, and community members for parenting support, resources and referrals. **What types of issues do people call about?** People call for a variety of different reasons—some are having a particularly difficult day with a child and just need a listening ear, for some it's an ongoing problem and they are wondering where to turn next for more professional assistance. Often, calls have come because of the many stresses of being a single parent or difficulties dealing with a former partner. Sometimes people call because they want to find out where the nearest parent education programs are located. Or they call because they don't want to abuse their children anymore and are looking for help. **Is this a counseling service?** The support team is available to provide a listening ear, resources and referrals, but they are not trained counselors. **The Stress Line is open Monday - Friday from 9AM - 5PM.** The phone number is **1-800-CHILDREN (1-800-244-5373)** you can also e-mail us at: **pcavt@pcavt.org**

The VERMONT FAMILY NETWORK (VFN) is the merged organization of Parent to Parent of VT and the VT Parent Information Center (VPIC) Vermont Family Network provides information, support, and advocacy for children and adults with special needs and promotes family-centered policies and practices. **1-800-800-4005** or **www.VermontFamilyNetwork.org**

Addison County Child Care Services
81 Water Street
Middlebury, VT 05753



INFANT/CHILD/ADULT CPR AND FIRST AID

Saturdays: March 19 May 7

One Hour Recertification:	8:30 - 10 AM	\$20.00
First Aid:	10:00 - 12:30	\$20.00
Lunch Break:	12:30 - 1:00	
CPR Certification:	1:00 - 3:00 PM	\$25.00 (does not include First Aid)

- **If you take a CPR course and the First Aid course together, the cost is \$30.00.**
- **Registration forms and payment need to be received a week before the class is scheduled;**
Make checks payable to MJCC and send to:
MJCC, 81 Water St. Middlebury, VT 05753 Attn: Amethyst

NAME: _____ **PHONE #:** _____

DATE OF TRAINING: _____ **PLEASE CHECK TRAINING NEEDED:**

ONE HOUR RECERTIFICATION ____ **FIRST AID:** ____ **FULL CERTIFICATION:** ____