

Early Connections

A Newsletter for the Addison Early Childhood Community
Annual Professional Development Calendar— Fall 2010

REACHING FOR THE STARS



The STARS Step Ahead Recognition System has a new home! As of July 1st, Mary Johnson Children's Center became the new administrator of the STARS program. MJCC was selected through a Request for Proposal process as a very good setting to understand and support STARS. Deb Curtis, of Learning Partners, has stepped down to pursue other ventures and Lou Ann Beninati, former director of the Robin's Nest in Burlington, and Johanna Vaczy, former director of Otter Creek Child Center in Middlebury, have taken the helm. Also on the horizon— the new STARS application. **Meet Lou Ann and Johanna and learn about the new application process on M. November 22nd at Mary Johnson Children's Center.**

STARS applications may now be submitted to the address below. Applications that arrived at the Barre address after July 12th will be forwarded to STARS at MJCC :

STARS—MJCC; 81 Water St.; Middlebury, VT 05753

Email: STARS@mjcvt.org Phone #: 388-2853.

Why participate in the STARS program? Participation in the STARS program is an opportunity to look at your program objectively and use child care quality indicators to identify strengths and areas for improvement. The primary incentive for participating in STARS is local and statewide recognition of your program's achievements. Other incentives include community and financial rewards, such as a higher reimbursement on the child care financial assistance fee scale, which makes your program more affordable for families; a one-time bonus per Star, as well as discounts on products from the Kaplan Early Learning Company. (See page 14)

The Early Childhood Environmental Rating Scale—or ECERS, can give you detailed information about your program, highlight your strengths and help you create a focused quality improvement plan for STARS. Thirty-three people statewide, including members of the Licensing Unit, participated in an ECERS training this past May. There are now trained ECERS observers in every region. Here in Addison County, Provider Leader Gerri Barrows and I (Amethyst) attended the training. We are available to come to your program to provide support and feedback. If you would like to achieve more points in the STARS Program Assessment Arena, an ECERS assessment can provide essential feedback. **There are many ways to achieve points in the various STARS arena. Contact Amethyst to find out what will work for you; I will walk you through the application at a time convenient for you.**

See page 10 for STARS Frequently Asked Questions

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 Peaslee

Email: resource@mjcvt.org

Subsidy Specialist: Jane Reilly

Email: subsidy@mjcvt.org

Referral Specialist: Ginny Sinclair

Email: referral@mjcvt.org

Food Program: Susie Pidgeon

388-2853 or cacfp@mjcvt.org

Schoolage Programs: Anne Gleason

388-2853 - 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
- ◆ www.Bornlearning.org
- ◆ www.familyeducation.com
- ◆ www.zerotothree.org
- ◆ www.commercialfreechildhood.org/
- ◆ www.vtpic.com—**VPIC** 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 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

Addison County Child Care Providers Networks

Bristol/Vergennes: 3rd Monday of the month - 6:30 PM @ Discovery Hill

Sept. 20: Potluck and Planning

Oct. 18: Call for details.

Nov. 15: Call for details.

Provider Leaders: Ann Duclos-Collier - 453-7324 & Gerri Barrows - 453-3707

Middlebury: 2nd Monday of the month - 6:30 at MJCC

Sept. 13: Support and Discussion 7-8 PM

Oct. 11: Adapted Toys for Integration and Inclusion see p. 5

Oct. 25: Preparing for Cold and Flu Season, Naturally see p. 6

Nov. 8: Communication to Support Inclusion see p. 6

Nov. 29: Make Your Own Green Cleaners see p.7

Provider Leader: Michelle Sherwin - 623-6476

Brandon: Last Thursday of the month -6:30 PM @ the Brandon Fire Department

Provider Leaders: Tracy Bruce 247 - 5427 & Connie Woods 247-6278 Please RSVP

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.

NEWS FROM THE MIDDLEBURY STARTING POINTS NETWORK

Thanks to all of you who took time out from your busy schedule to fill out our survey. Your feedback has produced some excellent trainings listed in the calendar. We had an open house in June, with cool summertime door prizes, parent/child activity calendars, a make-and-take mobile project and fruit salsa with cinnamon tortilla chips for snack. Our peer support meeting will take place on September 13th from 7-8 PM at MJCC.

I look forward to seeing you! ~ Michelle



CONGRATULATIONS!

For their participation in in the STARS SStep Ahead Recognition System

Stacey Rheume for achieving 1 STAR

Patty Smith for achieving 1 STAR

Michelle Sherwin for achieving 4 STARS

For achieving a Child Development Associate Credential (CDA)

Jovanka Jandric—Mary Johnson Children's Center

Jennifer Bromley—Happy Hands and Feet Child Care, Starksboro

Katrina Whitcomb—Starksboro

Bethany Hallock—Family Child Care, Ferrisburgh

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

Self Care is Key - Food as Fuel **Tuesday September 7th 6:30—8:30 PM**

Would you eat better if you knew what to eat? Making healthy meals a part of everyday is essential to the productivity of childcare providers, and is very important for child care providers to model for children. This workshop focuses on easy and nutritious lunches on the go. Plan to participate in menu planning, sampling and brainstorming.

Michelle Parent CDA # 1 & 6, Level: All Counts towards Food Program Training

Never Too Early **Thursday September 16th and 23rd 6:30—8:30 PM**

This two-part training offers an introduction to reading and sharing books and conversation with children. 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

Sign Language **6 Wednesdays Beginning September 22nd 6:30 –8:30 PM** **Cost : \$25.00**

Come join a six-week sign language class with parents, educators, childcare providers and therapists. Learn basic sign vocabulary that can be used with children at home, in childcare and with students in educational settings. Class content can be used for signing and talking at the same time (sign supported speech). Beginning information will also be provided about American Sign Language. Topics will include: daily routines, health and safety, school and playtime.

Diane Parker CDA #2, 3 Advanced Specialized Care
Maximum of 20 participants \$25.00 Fee for materials

Family Stress and Its Impact on Children **Monday September 27th & October 4th 6:30—8:30 PM**

It is often very difficult to fully understand the impact of family stress on young children. A child cannot always tell us directly what might be causing their distress. We as adults need to know how to look for and deal with signs of family issues. This workshop will help providers:

1. Determine our most effective roles with children experiencing family problems and
2. Learn about the importance of play as a means to work through such problems in a healthy, appropriate manner. **Naomi Shapiro, LICSW, BCD, Psychotherapist CDA #3 & 4**
Advanced Specialized Care

Nurturing Healthy Sexual Development
Saturday October 2nd 8:30—11:30 AM

Gain a better understanding of the sexual development of children, and how to respond to children's sexual behaviors and questions in ways that promote healthy development, as well as an understanding of the scope of child sexual abuse and the relationship between healthy sexuality and child sexual abuse prevention. Participants will learn to:

- ◆ Identify normal sexual behaviors of young children.
- ◆ Respond to young children's sexual interactions
- ◆ Respond to young children's questions about sexuality
- ◆ Identify and report suspected child abuse.

Karen Holz, Prevent Child Abuse VT CDA # 1,3, 8 Advanced Specialized Care

Including Samuel
Thursday October 7th 6:30—8:30 PM

This 2010 Emmy-Nominated documentary is a highly personal and passionate film that captures the cultural and systematic barriers to inclusion. Discussion with local experts to follow. See page 10 for more information. CDA # 4,5,6 Advanced Specialized Care

Adapted Toys for Integration and Inclusion
M. October 11th 6:30—8:30 PM

Toys are children's tools for connecting with other children, stretching imaginations and encouraging communication, especially for children with disabilities. Come learn how to make and get new ideas to adapt toys. **Eileen Hadeon, Assistive Technology Programs**

CDA # 1, 2, 3 Advanced Specialized Care

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

**Children's Behavior: Normal Development or
Mental Health Red Flags?**

Thursday October 14th 6:30—8:30 PM

Children's behavior is dynamic and ever-changing and hinges primarily on personality make-up, temperament, prenatal and birth history, past and current environmental factors, nutrition, parenting styles and birth order. Your response to children mirrors information to them about their worth, lovability and potential that has major significance for their self-concept. Knowledge of these influences coupled with a sound understanding of normal developmental stages and tasks allows you to have confidence in your response to children. The power in your discretion guides you to embrace and facilitate development of behavior that is within healthy, normal developmental ranges or allows you to identify actions that, if left unchecked, lead to self-defeating pathological behavior. You identify and facilitate an appropriate intervention to change the behavioral pattern or refer to a competent professional for intervention. **Louise Dietzel, Licensed Psychologist - Master CDA #3 & 8 Advanced Specialized Care**

Basic Specialized Care
Saturday October 16th 8:30 AM—2:30 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.
Doumina Noonan, Protective Services/Family Support Specialist CDA # 3, 4, 6,

Preparing for the Flu Season, Naturally
Monday October 25 6:54—8:45 PM

As cold & flu season descends upon us learn what you can do to improve your immune response through herbs & diet. We'll discuss protecting yourself, healing if you are already sick & what to do if you just can't kick that lingering cough, sneeze, sore throat, etc. Vital information to keep yourself, family & friends going strong will be the focus. We'll make a few preparations for you to take home. **Laura, Brown, herbalist, Purple Shutter Herbs CDA 1, 5**
Sponsored by the Middlebury and Bristol/Vergennes Starting Points Networks
Takes place at Mary Johnson Children's Center

The Young Child's Brain - Why Love Matters
Thursdays October 28th and November 4th 6:30—8:30 PM

This workshop will focus on how a young child's brain forms, and the importance of early contact and affection in the first few years of life. It is based on the work of Bruce Perry, Ph.D, M.D and ideas from the ARC Model – Attachment, Regulation and Competency. Discussion will include concrete activities/ideas to strengthen children's social and emotional growth through a neuro-developmental approach. Childcare providers will learn concepts and strategies to help children with bonding and regulation, while learning about some fun and interesting ways the young child's brain develops. **Gail Rafferty, LICSW,** Director of Early Childhood Services at Howard Center in Burlington. **Daniela Caserta, MA,** Assistant Director of Early Childhood Services at Howard Center. **CDA # 1, 3, 8 Advanced Specialized Care**

Communication: Supporting Inclusion
Monday November 8th 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 Middlebury and Bristol/Vergennes Starting Points Networks
Takes place at Mary Johnson Children's Center

Advanced Never Too Early:Peaceable Stories
Thursdays November 11th and 18th 6:30—8:30 PM

This early literacy training is open to providers who have previously completed a two-part Never Too Early/Early Birds and Bookworms series; priority is given to participants from prior program years. It offers an opportunity to deepen knowledge of early literacy gained from previous trainings as well as from experience. In 2010-2011, the Advanced NTE training will focus on socio-emotional development: building on the NTE foundation, providers will learn how to use children's literature to nurture empathy, compassion, cooperative play, and effective communication – emotional literacy – as they nurture early literacy. Participants will receive a "Peaceable Stories" resource manual (developed by the Maine Humanities Council) and gift books for their program.

Sue Rakowski CDA # 2,3,4, 8 Open to early care and education providers only
Fifteen participants maximum

Supporting Children Through Loss and Grief
Wednesday November 17th 6:30—8:30 PM

This workshop will focus on behaviors you might observe in children experiencing loss from the death of a loved one - such as a family member or a pet and ways to support children's grieving process. The good people at *Sesame Street* have created *When Families Grieve*, a multimedia resource kit that includes a DVD, a guide for parents and caregivers and a children's story. The program will be discussed and the kits will be available free of charge. **Patty Dunn, David White, Hospice Volunteer Services CDA #3, 4 Advanced Specialized Care**

Step Ahead with Your STARS
Monday November 22nd 6:30—8:30 PM

Meet the new STARS coordinators, Lou Ann Beninati and Johanna Vaczy. You will have the opportunity to review the program, learn about the new STARS rules/application, incentive bonuses and enhanced subsidy payments, ask questions and discuss STARS. Applications will be available (or bring yours along); time will be provided to ask specific questions about the application and what is sent in with it. You may still apply under the old standards for the next two years, but may want to know about the coming changes.. **CDA # 5**

You can also contact Amethyst for one-on-one assistance with your STARS application 388-4304 or resource@mjcvt.org

Make Your Own Green Cleaners
Monday November 29th 6:45—8:45 PM

The change of season often triggers the desire to give your house a good cleaning, but are you concerned with toxic fumes, harsh chemicals that might be carcinogenic? Here are some very simple products & techniques to ease your worries about cleaning. Learn how to make your own antiseptic cleaners for kitchen, bath, & the rest of the house. Also a quick lesson on herbal pest deterrents. Plenty of ideas, handouts & samples.

Laura Brown, herbalist and owner of Purple Shutter Herbs in Winooski CDA # 1

FUNDAMENTALS IN EARLY CARE AND EDUCATION
Tuesdays September 14th—December 7th 6:00—9:00 PM
Instructor: Doumina Noonan

This course will provide you with a foundation in child development and developmentally appropriate practices, including child guidance, communicating with families, cultural sensitivity, health and safety, all vital components to quality care. Knowing what children are typically capable of at various stages of development will help you provide environments and experiences which are age appropriate, decreasing frustration levels for children. Developing your curriculum based on observations of children's strengths and interests will support children's social emotional well-being and promote more engagement - reducing challenging behaviors as well.

This course is **recommended for those who are new and not so new to the child care profession**. It **fulfills the state licensing requirement for all new center staff without comparable education**. The **Fundamentals** course is a **great first step in pursuing a Child Development Associate (CDA) credential as well as a good bridge to prepare for college level work**. It is **best taken as a whole**. **All providers who successfully complete the course and have worked in the field for one year can apply for a Level I certificate and receive a \$ 100 bonus**. **In addition, all Family Child Care Providers in Addison County, who successfully complete the Fundamentals, will receive a \$100 to purchase materials/equipment for their program and a resource book.**

Sept. 14: Intro to Fundamentals: Addresses course expectations, ethics, confidentiality; giving & receiving constructive feedback as well as portfolios/professional development documentation and CDA connections. **CDA # 5,6**

Sept. 21: Healthy and Safe Environments: **Licensing Supervisor Kathi Apgar** will answer your questions regarding licensing regulations and discuss ways to provide safe and healthy environments for children. **CDA # 1, 3, 5**

Sept. 28: Observing and Recording: Introduces various ways of observing & recording children's behavior. Observation is a foundation of developmentally appropriate practice and is a key concept of this course. **CDA # 7**

Sat. Oct. 2 8:30—11:30 AM: Nurturing Healthy Sexual Development: see page 5

Oct. 5: Developing Relationships with Families: Valuing all families and working in partnership with them creates long lasting benefits for children. Learn ways of communicating with families to develop trust and engagement. **CDA # 4**

Oct. 12: Issues in Diversity: Between the ages of 2 and 5, children become aware of gender, culture, ethnicity, family differences and disabilities. The environment we provide and our interactions have a positive influence on children's appreciation of diversity. **CDA area # 3, 8**

Sat. Oct. 16 8:30 AM—2:30 PM Basic Specialized Care - 8:30 AM - 2:30 PM: see page 6

Oct. 19: Introduction to Child Development Theories: Quality care is based on knowledge of child development as well as what is known about individual children. This session covers developmental milestones, temperament, learning styles & an introduction to theories of child development. **CDA # 8**

Oct. 26 and Nov. 2: Infant/Toddler Interactions, parts 1 & 2: covers brain development, attachment theory, the importance of exploration/open-ended materials, relationships with families, positive guidance, roles of the teacher, supportive interactions, transitions & foundations of literacy. **CDA # 2, 3, 8**

Nov. 9 & 16: Interactions with Preschoolers, parts 1 & 2 will address the development of 3 & 4 year olds and ways in which to best support their growth; emergent literacy, transitions, positive guidance & conflict resolution will be covered. **CDA # 2, 3, 8**

Nov. 23: Creating Engaging Environments to welcome and include all children. Room arrangement, learning centers, accommodations for children with differing needs, and selection of materials and equipment, both indoors and out will be covered. **CDA #1, 2, 3**

Nov. 30: Creating Developmentally Appropriate Curriculum: What is curriculum? How can we best prepare children for school? How can we use the Vermont Early Learning Standards to help us provide curriculum based on children's interests and strengths? **CDA # 5, 6**

Dec. 7: Sharing Final Projects/Wrap up: (for Fundamentals course participants) **CDA # 6**

IN PRAISE OF THE FUNDAMENTALS COURSE

I would definitely recommend the Fundamentals course to anyone working with young and older children, and even to parents of children! Last year's Fundamentals course taken through MJCC was very inspiring to me. This was the first time I had taken this course and I was unsure what I would get out of it that I didn't already know. Good for me was the vast knowledge of the different course materials given to us by our teacher, Doumina Noonan. The information was very enriching and informational in ALL aspects of child care. Personally, it gave me the strength to pursue my CDA credential which I was just awarded in August 2010 (after only starting it in March 2010). It encouraged me to change the way in which I view every day experiences with children, and to change the space in which these children play and learn. Since the start of the Fundamentals course I have changed to all non-plastic toys and equipment (with a few exceptions), moved my arts and craft materials out into the open for children to access easily at all ages, and made changes for the better in keeping things as safe and sanitary as possible. This course provided me with many friends in the field I can relate to at any time, and left room for open floor discussions of each and every aspect of child care.

~ Bethany Hallock, Registered Family Child Care Provider, Ferrisburgh

Building Blocks

September 25, 2010, 8:30 am - 3:30 pm

Leahy Community Health Foundation Center, Rutland, VT
To register contact Linnea at: 802-878-2332 or online at:
www.sterncenter.org

Including Samuel: Video and Discussion
Thursday October 7 6:30—8:30 PM
Mary Johnson Children's Center
Open to the Public

Before his son Samuel was diagnosed with cerebral palsy, photojournalist Dan Habib rarely thought about the inclusion of people with disabilities. Now he thinks about inclusion every day. Shot and produced over four years, Habib's award-winning documentary film, *Including Samuel*, honestly chronicles the Habib family's efforts to include Samuel in every facet of their lives. The film also features four other families with varied inclusion experiences, plus interviews with dozens of teachers, young people, parents and disability rights experts. *Including Samuel* is a highly personal, passionately photographed film that captures the cultural and systemic barriers to inclusion. Discussion facilitated by local early childhood experts to follow.

Please contact Amethyst if you would like to attend—388-4304 or resource@mjcvt.org

Sponsored by Addison County Child Care Services, the Early Childhood Council of Addison County and Early Educators United

38th Annual VAEYC Conference
Thursday and Friday October 21st/22nd
Saturday morning October 23rd—Stan Baker on The Benefits of Play Therapy
Dudley H. Davis Center University of Vermont in Burlington
For more information visit: www.vaeyc.org

Annual Schoolage Conference
Friday October 22nd
Killington Grand Resort
For more information: www.mjcvt.org, scroll down to VSACN



STARS - FREQUENTLY ASKED QUESTIONS

- ◆ **Don't I have to wait at least a year before I can participate?** You do not have to wait a year before applying for STARS. Newly opened programs are encouraged to participate in STARS, getting the points they can at start up and using STARS as a guide to program growth over time. You will help your program be more affordable for families using the subsidy program and receive a bonus!
- ◆ **Don't I have to take certain classes to participate?** There are no specific classes you have to take to participate. However, if you take more than the minimum number of classes per year, you can receive points in the Qualifications and Training Arena. For instance, if you take 12 hours more than the 6 hours required by Licensing, you can receive 1 point in that Arena.
- ◆ **There's a lot of stuff to do to get all these points – do I have to do it all at once?** STARS is meant to begin where you are right now; so, **NO, you don't have to do everything at once.** Start by identifying the standards your program meets now - **you don't have to apply for points in every arena. For answers to more FAQ's, go to: <http://dcf.vermont.gov/cdd/stars/faqs>**
- ◆ Many providers have found it useful to attend a session and learn more about the program details and application process. **There will be a STARS information presentation at Mary Johnson Children's Center on Monday November 22nd from 6:30-8:30.** Please contact Amethyst if you would like to attend. If you can't make it to the workshop, you can contact Amethyst to visit you at a convenient time; I will walk you through the application and support you through the process.

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

AUTISM SUPPORT DAILY is a parent-led support group open to parents, families and friends of those on the spectrum. New members are always welcome. For info 802-660-7240 or lynnmgeorge@adelphia.net or www.autismsupportdaily.com

VERGENNES AREA RESCUE SQUAD has 3 technicians for fitting car seats---Beth Bannister, Chuck Welch and Becca Webb. They are holding "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

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!

Understanding and Responding to the Sexual Behavior of Children

Saturday January 29th

8:30—11:30 AM

URSBC is a 3 hour training that helps adults understand children's sexual behavior. It describes the continuum of behaviors ranging from normal to yellow, red, and black flag behaviors. Ways of responding to prevent habituation and to teach children healthy boundaries and empathy for others are addressed. Since URSBC encompasses adolescent behavior, as well as that of young children, it is flexible and relevant for educators, professionals, and parents/care givers of children who are at risk of sexual behavior problems.

Karen Holz, Prevent Child Abuse VT CDA #1 & 3 Advanced Specialized Care

STAY TUNED.....

COMING IN JANUARY

Taxes and Record Keeping with Provider Leader Gerri Barrows

I am Moving, I am Learning (IMIL)

I Am Moving, I Am Learning (IMIL) stresses the importance of the mind-body connection and the relationship between physical fitness and early learning. This series provides strategies and resources for infusing intentional physical movement and healthy nutrition choices throughout the day. This 12 hour series will be offered in 4 three workshops, beginning in January. More details will be available in the next edition of Early Connections.

COMING IN MARCH

Developing Relationships with Families

This 12 hour module will be presented in 4 three hour workshops and will be taught by members of our local CIS Team (Children's Integrated Services, formerly known as CUPS and the Family/Infant/Toddler program. It is designed so that participants acquire the knowledge and skills needed to:

- ◆ implement a child care program that is responsive to family needs
- ◆ acknowledge the family as a full partner in care of their child(ren)
- ◆ use observation and reflection to develop responses to parents
- ◆ assist parents in understanding temperament
- ◆ identify a range of interventions that can support positive parenting

COMING IN APRIL

Positive Parenting

**Join members of the Addison County CIS Team (Children's Integrated Services)
for this 6 week Parenting class based on information
from the Center for the Social Emotional Foundations of Learning**

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

Simply Science: A Mother Goose Cares Workshop

Saturday February 5th 8:30 AM—2:30 PM

(Bad Weather Date: Saturday February 12th)

Cost of workshop: \$25.00

This 6 hour workshop is for family child care providers only. It is designed to be used in a multi-age setting, with young children through schoolage and can be put into practice immediately.

Participating home providers will receive \$100.00 worth of *Simply Science* books and materials. The focus of the workshop and supporting materials will be on ways to connect literacy with science in a family child care setting with children of various ages and abilities. By emphasizing the process skills of science, children will learn we are all scientists as we do our daily activities (solve problems, ask questions, sort, count, recognize patterns, etc.) Providers will learn how to intentionally incorporate science vocabulary and hands-on activities into their daily interactions with children.

Through hands-on Learning Centers, participants will personally experience the activities they will then offer children. There will be opportunities for small group discussions, processing what is experienced, time to think about how they might incorporate this into their work with children and brainstorm ways to overcome challenges and barriers. Other learning will take place through lecture and demonstration. Each participant will receive a content/activity manual containing standards, book suggestions, activities, sample programs and ways to communicate with families. **Sally Anderson**

Mostly Math: A Mother Goose Cares Workshop

Saturday March 5th 8:30 AM—2:30 PM

(Bad Weather Date: Saturday Saturday March 26th)

Cost of workshop: \$25.00

This 6 hour workshop is for family child care providers only. It is designed to be used in a multi-age setting, with young children through schoolage and can be put into practice immediately.

Participating home providers will receive \$100.00 worth of *Mostly Math* books and materials. The focus of the workshop and supporting materials will be on ways to connect literacy with math in a home care setting with children of various ages and abilities. By emphasizing the process skills of math, participants will learn we are all mathematicians as we do our daily activities (solve problems, ask questions, sort, count, recognize patterns, etc.) as well as ways to intentionally incorporate math vocabulary and hands-on activities into their daily interactions with children.

Through hands-on Learning Centers, participants will personally experience the activities they will then offer children. There will be opportunities for small group discussions, processing what is experienced, time to think about how they might incorporate this into their work with children and brainstorm ways to overcome challenges and barriers. Other learning will take place through lecture and demonstration. Each participant will receive a content/activity manual containing standards, book suggestions, activities, sample programs and ways to communicate with families. **Heidi Smith**

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;

Prevent Child Abuse VT CDA #1,5,7, and 8 Advanced Specialized Care

Looking for more professional development? You can search for workshops and classes on the Bright Futures Course Calendar at: www.brightfutures.dcf.state.vt.us

For information regarding NEW! bonuses from the Child Development Division for achieving Northern Lights Level certificates and credentials. **If you have received a CDA, an Associates, Bachelors or Masters degree in Early Childhood Education or a related field in the past two years, you may be eligible for a professional development bonus.** Check it out at www.northernlights.vsc.edu



Kaplan Early Learning Company now offers discounts for Vermont programs participating in Vermont's STARS Step Ahead Recognition System - www.dcf.vermont.gov/cdd/stars/ 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 shipping with a minimum order of \$100**
- Three Stars – 15% discount & free UPS shipping with 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**

To receive the discount, fax your STARS certificate with your first order to the Kaplan customer service 800-452-7526. For more information visit www.kaplanco.com

MORE PROFESSIONAL DEVELOPMENT

The **CCV Child Care Certificate** prepares students for work in the childcare industry and early education environment. Earning the certificate is also excellent preparation for continued study in education and child development. Participants take a total of 24 credits, ranging from Child Development to Introduction to Nutrition and Communication in the Early Childhood Education Workplace. The certificate is also aligned with the Child Care Apprenticeship sponsored courses, the Program Director Credential for early childhood and afterschool program directors, and the Afterschool Professional Credential. For more information about the CCV Child Care Certificate, other child care credential programs and the Vermont Early Childhood Career Ladder, go to: www.northernlights.vsc.edu

The Vermont Early Childhood and Afterschool Program Director Credential is intended for both center-based and family child care settings. The credential offers a three-step sequence of college courses for directors or administrators in the field, and for those aspiring to these roles. Participants will have the opportunity to implement new learning in their professional settings and to develop collegueship with peers from across the state. The National Association for the Education of Young Children (NAEYC) recognizes Vermont's Early Childhood and Afterschool Program Director Credential as an alternate pathway to achieving the educational qualifications of a Program Administrator for Accreditation. It is also recognized in the Staff Qualifications arena for STARS (Vermont's S**T**ep Ahead Recognition System).

There are three steps to achieving the credential, and you can apply for each step as you achieve it. Each step requires specific coursework and a collection of documents that show evidence of competencies. Documents are collected in a Program Director Portfolio beginning at Steps 1 and 2, and the portfolio is finalized and reviewed at Step 3. Higher education courses from any accredited higher education institution may be approved to complete the coursework requirements, as long as they address the required content. Prior coursework can often count towards credential requirements, and many of the courses are currently offered through the Vermont State Colleges system.

STEP 1 includes completion of approved early childhood or afterschool coursework (3 credits each) in Child Development, Curriculum, and Program Management.

STEP 2 includes completion of approved coursework (3 credits each) in Leadership, Mentoring and Supervision, Human Resources Management and Legal and Financial Issues.

STEP 3 includes completion of a Culminating Seminar (3 credits) and a Portfolio Review. Candidates who complete this final step may also be eligible for a recognition bonus through the Child Development Division.

The Northern Lights Career Development Center website <http://northernlightscdc.org> has updated information about course offerings, scholarships, the Program Director Portfolio notebook, the portfolio review process, applications for each step of the credential, and more. You can find these resources on the new **Program Directors** webpage. For more information about the Vermont Early Childhood and Afterschool Program Director Credential, please contact Maureen Young-McCarthy, Northern Lights Coordinator at (802)885-8372 or e-mail at vtnligh@ccv.edu

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



INFANT/CHILD/ADULT CPR AND FIRST AID

Saturdays: September 11 January 8 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 need to be received a week before the class is scheduled; 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:** ____

- ◆ Full Certification **does not** include First Aid, it is just CPR certification.

Funding for this newsletter is provided by the Child Development Division of the Department of Children and Families, Addison County Child Care Services & the Addison County Early Childhood Council