

Early Connections

A Newsletter for the Addison Early Childhood Community
Winter 2010-11

A COMPLICATED HOLIDAY

I wish for you this year a complicated holiday. Not the holiday of simple joys and warm memories that we feel obligated to strive for, but a season in which there is room for the complexities that occur during this time.

A season of complicated memories, of happiness and pain, of comfort and loss, of disappointment and fulfillment. A season of gifts, some that remind us of the relationships that sustain us, some that remind us of the silliness and excess to which we are also subject.

A season of joy that also has room for sadness, because gladness and sorrow take place together. A season of busyness that also grants us times to pause. A season of bustling that also allows time for quiet. A season of celebrations that also encourages time for reflection.

A season of stories and songs about which we have complicated feelings. Some fill us with warmth of nostalgia, some make us cringe with discomfort, and some bring messages of truth and hope that we still yearn to hear.

A season of light that brings us to see more intensely the shadows of our lives. A season of hope that underscores how far we still must travel to realize these dreams.

Bruce T. Marshall **From the Center for Grieving Children** <http://www.cgcmaine.org>
More on children and grieving on page 7...

RECOMMENDED READING: WHY LOVE MATTERS by Sue Berhardt

Why Love Matters explains why love is essential to brain development in the early years of life, particularly to the development of our social and emotional brain systems, and presents the startling discoveries that provide the answers to how our emotional lives work.

Sue Gerhardt considers how the earliest relationship shapes the baby's nervous system, with lasting consequences, and how our adult life is influenced by infancy despite our inability to remember babyhood. She shows how the development of the brain can affect future emotional well being, and goes on to look at specific early 'pathways' that can affect the way we respond to stress and lead to conditions such as anorexia, addiction, and anti-social behaviour.

Why Love Matters is a lively and very accessible interpretation of the latest findings in neuroscience, psychology, psychoanalysis and biochemistry. It will be invaluable to psychotherapists and psychoanalysts, mental health professionals, parents and all those concerned with the central importance of brain development in relation to many later adult difficulties.

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.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 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**

Addison County Child Care Providers Networks

Bristol/Vergennes: 3rd Monday of the month - 6:30 PM @ Ann's house

M. Dec. 1st: All Network Holiday Party

3rd Mondays Jan—April: Designs for Living and Learning Study Group:

Reading 2 chapters a month, participants will discuss and apply their learning to make changes in their programs.

Provider Leader: Ann Duclos-Collier - 453-7324

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

M. Dec. 1st: All Network Holiday Party

M. Jan. 10: Communication to Support Inclusion see page 4

M. Feb. 14: Panel on Domestic Violence see p. 5

Saturday March 13: Going Green with Heather Duhamel see page 6

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 Call for details. 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.



PROFESSIONAL ACCOMPLISHMENTS—CONGRATULATIONS!

Holli Boise-Vermont Adult Learning-CDA Credential

Amy Raymond—Otter Creek Child Center—CDA Credential

Martha DeGraef-Family Child Care-3 Stars in the STARS Step Ahead Recognition System

Tammy Lathrop-Family Child Care-2 Stars in the STARS Step Ahead Recognition System



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

Communication: Supporting Inclusion **Monday January 10th 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*

I am Moving, I am Learning (IMIL) **4 Tuesdays January 11—February 1 6:30—8:30 PM**

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. Participants will receive music cd's and make-and-take materials to enable you to put ideas into action upon returning to your programs. Wear comfortable clothes and be prepared to move and learn! **Amethyst Peaslee, Resource Specialist CDA # 1,2,4,5**

Taxes and Record Keeping **Thursday January 27 6:30—8:30 PM**

Learn cost-saving techniques to create a simple and effective record-keeping system which will prepare you for tax season. **CDA # 5**

Gerri Barrows, Discovery Hill Child Care and Laura Flint, Tax Accountant

Simply Science: A Mother Goose Cares Workshop **Saturday February 5th 8:30 AM—2:30 PM** **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. *Continued on next page...*

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 CDA # 2,4,5 (Bad Weather Date: Saturday February 12th)

Panel Discussion on Domestic Violence
Monday February 14th 6:30—8:30 PM

Providing care for children whose families are experiencing domestic violence is a complex situation. How can we develop trust so we can support families in getting help? How do we interface with the abuser who may come to pick up the children? What are our legal rights? How do we break through the culture of isolation and fear so children can get the support they need? Please join us for a discussion with a panel of experts involved in various aspects of domestic violence situations. **Panelists include Willow Wheelock, WomenSafe; Brenda Gooley, DCF and others.**

CDA # 4, 5, 6 **Advanced Protective Services**

Sponsored by the Middlebury and Bristol/Vergennes Starting Points Networks

Productive Relationships with Families
4 Tuesdays February 15 and March 1—15 6—9 PM

This Northern Lights Level II workshop series 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.

Doumina Noonan and Chris Mueller, Children's Integrated Services

CDA # 4 and 7 **Advanced Protective Services**

Mostly Math: A Mother Goose Cares Workshop
Saturday March 5th 8:30 AM—2:30 PM
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.

Heidi Smith CDA # 2,4,5 (Bad Weather Date: Saturday Saturday March 26th)

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*

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

NEW 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. **The kits are available at Child Care Services. Contact Amethyst at 388-4304 or resource@mjcvt.org** if you would like to borrow one.

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. The number is: **388-4111**. Please call them.

David recently led a workshop on ways to support young children and families through loss and grief. While primarily about death and terminal illness, he acknowledged 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.



STARS AND YOUR PROGRAM

The **new STARS application** has many new friendly features. First— you only need to renew it every 3 years! Another friendly feature is in the Families and Communities Arena. It is now easier to gain points in this arena without leaving your program. Attendance at Starting Points Provider Network Meetings can be counted at both the 1 and 2 points levels. You can count Network meetings or workshops for Networking opportunities at the one point level, and you can count additional Network meetings under “Other Network Opportunities” at the 2 point level; add your participation in CACFP and you will have all 24 hours of Community involvement for the 2 point level. At the 3 point level in Families and Communities, in addition to meeting all the requirements at the 1 and 2 point levels (which includes having a Specialized Care Agreement with CDD), rather than participating in leadership activities, you have the option to assess the program’s Family Strengthening Practices using **The Center for Social Policy Strengthening Families Program Assessment tool** available on the following website: www.strengtheningfamilies.net/self_assessment/. It is important to read and consider how the recommended process to self-assess will be accomplished in a family child care setting. There is no score expected for the Strengthening Families self-assessment process. However the continuous improvement plan should reflect attention to outcomes of the self assessment process.

If you would like help in navigating the STARS application, you can contact Amethyst at 388-4304 or resource@mjcvt.org or Gerri Barrows at 453-3707 or kidsfirstdhfcc@yahoo.com. You can also call the friendly folks at STARS—LouAnn and Johanna at 398-2037 or STARS@mjcvt.org.

Project SUCCESS: Supporting Child Care Entrepreneurs with Skills & Strategies

Project SUCCESS—Supporting Child Care Entrepreneurs with Skills and Strategies, is a cost-free training and consultation program available to all start-up and existing child care facilities in Vermont, providing various tools and business resources to help make them more profitable and sustainable. Child care providers are not required to be current or future borrowers from the Loan Fund to participate in the program; both home care and larger centers are eligible.

Project SUCCESS is a project of the Vermont Community Loan Fund, which is dedicated to increasing the capacity, accessibility, and quality of child care in Vermont. The Project SUCCESS Business Development Specialist can **help with preparation of STARS applications**, as well as providing other training and assistance. The list is as follows:

- ◆ Business Financial Forms & Reports
- ◆ Assistance in completing STARS program application & budget
- ◆ Program Pricing
- ◆ Payroll & Budgeting
- ◆ Policies & Procedures
- ◆ Marketing & Market Analysis
- ◆ Assistance in completing food program application & budget
- ◆ Assistance in ADM budgeting to support new or existing partnerships

**For more information go to: www.projectsucceedvt.org
or contact: Cindy Daniels (802) 224-9146 or succeed@vclf**

.ACT I: STEP UP FOR KIDS—PREVENTING CHILD SEXUAL ABUSE

Sexual abuse is one of the most insidious kinds of abuse. It involves an older or more powerful person exercising control over a child in a way that demeans the child as a human being. Sexual abuse can have serious, long-lasting effects on children, including affecting their development and their ability to relate to others.

Vermont (and other states across the country) first got serious about child sexual abuse in the early 1980's. Prior to that time, many people denied its very existence. Even in child welfare systems, staff did not routinely ask about the possibility of sexual abuse. We are now all too aware of the prevalence of sexual abuse in the Catholic Church back in the 1970's. At the time, most adults did not want to believe such a thing could happen within such a trusted institution. Once detected, pedophiles within the church and in many child-serving professions were often moved out quietly. Parents' biggest fear was the "lurking stranger" who might try to abuse and/or abduct their children. Little did we know that 98% of child sexual abuse is committed by people known to the children and their families.

Acknowledgement of the problem came in the 1980's. Child abuse laws were changed. People throughout the criminal justice, social services, and educational systems were trained. New protocols were established. The number of cases reported to child welfare agencies rose rapidly. And most people working in and around these systems were exposed to prevention efforts.

Over the years, Vermont has remained a leader in the prevention, intervention, prosecution, and treatment of sexual abuse. However, the ante was raised in June of 2008, with the horrible sexual assault and murder of 12 year-old Brooke Bennett. A detailed analysis of this situation, by both the legislative and executive branches of Vermont government, resulted in the passage of Act 1 in early 2009. The new law calls upon government officials to attack this issue in new ways, including increased record checks, new options for prosecution, specialized probation officers, and new special investigation units connected to law enforcement.

Act 1 requires school boards and licensed child care facilities in Vermont to ensure staff and volunteers receive orientation on the prevention, identification, and reporting of child sexual abuse and sexual violence — effective July 1, 2011. To help schools and child care facilities meet this mandate, DCF commissioned a special Vermont edition of the Canadian Center for Child Protection's Commit to Kids program — a program that helps child-serving organizations create safe environments for children.

We must prevent child sexual abuse. Vermont's children will be better protected than ever through these efforts, which must be sustained over time. We must not simply react to tragedy, but keep our focus year in and year out.

Steve R. Dale, DCF Commissioner Adapted from posting June 2010, DCF website

To download a copy of Step Up: Protect Children from Sexual Abuse, a booklet designed to educate parents, go to: www.protectkids.vt.gov

EDUCATE YOURSELF!

**Child Care Providers, Parents and Community Members are encouraged to educate themselves on ways to prevent childhood sexual abuse by attending the following FREE workshops which take place at Mary Johnson Children's Center, 81 Water St. in Middlebury
RSVP Amethyst 388-4304 or resource@mjcvt.org**

Understanding and Responding to the Sexual Behavior of Children **Saturday January 22nd 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

Plugged-In: Technology, the Internet, and Child Safety **Thursday February 17 6—8:30 PM**

Plugged-in is a 2-3 hour training for adults who parent or work with children. It focuses on the 4 major risks to children on the internet; cyber-bullying, exposure to pornography, online gaming, and sexual solicitation. Warning signs exhibited by children in trouble online and multiple ways of keeping children safer with emphasis on supervision and education are stressed. Early childhood educators are challenged to look at the pros and cons of using computers in their classrooms and child care centers. Other technologies, such as cell phone use, gaming systems, and ipods are also discussed, as well as resources for assistance with technology questions and reporting suspicious activity. **Prevent Child Abuse VT CDA # 1,3,5 Advanced Specialized Care**

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

SPRINGFIELD COLLEGE INFORMATIONAL

Wednesday January 5th 6—8 PM

Are you interested in obtaining a Bachelor's Degree? Be part of a BA Cohort that is hoping forming in Addison County; Human Services with an Early Childhood Education Concentration; local and online classes. Contact Amethyst if you are interested. resource@mjcvt.org or 388-4304

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**.

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**

"My six-year-old son doesn't receive books anymore, but he gets so excited when his (two-year-old) sister's books arrive. He yells, "Your book came!" and they sit down to read it together.

Darcy, Parent of Middlebury Participant

Check out THE CAMPAIGN FOR A COMMERCIAL FREE CHILDHOOD

www.commercialexploitation.org

- ◆ **Download their Guide to a Commercial Free Holiday with tips on ways to simplifying the holidays and gifts to encourage creative play beginning at birth.**
- ◆ **Download the TRUCE Toy Action Guide and the TRUCE Infant & Toddler Play, Toys & Media Action Guide**
- ◆ **See how you can help eliminate commercialism in children's lives.**

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!



HANDWASHING WORKS!

Research shows handwashing is one of the most effective ways to avoid the spread of germs. Here is an activity to help children understand the process of how germs are spread as well as how to wash hands effectively.

Germs Make Me Sick

Read the story, “Germs Make Me Sick” by Melvin Berger. This story is simply written, yet very kid-friendly. It explains the difference between microbes like bacteria and viruses. In addition, it gives examples of how germs get into kids' bodies. This book will show preschoolers what germs are, and how they make us sick. After reading this book, do the following simple experiment to further show how germs spread from person to person through our hands. Follow with a lesson on hand washing.

A Handwashing Experiment

Objective: Students will observe how germs spread from person to person through touch.

Materials:

flour (you can also use non-toxic glitter or cinnamon)
large pan or basin

Procedure:

Pour some flour into a basin or large pan. Do this on top of a plastic table cloth or have the vacuum handy. Ask a child to place both hands into the flour. Point out how much of the flour sticks to the student's hands. Then ask that student to shake hands with each of the other students. Have everyone look at their hands. They will notice flour on their hands that spread from the first student's hands. Explain that the flour is a lot like germs. Germs spread when we touch others, and sometimes that is how we catch colds and other illnesses. Let them know that the good news is that we can keep germs from spreading like the flour did, simply by washing our hands. Now, wash hands to get rid of the flour.

Start the hand washing by explaining that keeping our hands clean through hand washing is the best way to avoid spreading germs. Go to the sink, wet your hands, and apply soap to your hands. Explain how soap helps remove the germs more effectively. Rub your hands together for 15 seconds. Have the students count with you or sing a short song, such as Happy Birthday or This is the Way We Wash our Hands. Then rinse and dry. Let each child take turns washing his hands, and have the class count or sing together. Point out that the floury "germs" are gone after hand washing.

TO DEMONSTRATE HOW SNEEZING SPREADS GERMS: put some glitter or flour into a balloon, blow it up and let it go! The glitter or flour will go everywhere... a very effective visual. Thanks to Star Porter—Starksboro Coop Preschool for the idea!



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



INFANT/CHILD/ADULT CPR AND FIRST AID

Saturdays: 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

