

Early Connections

A Newsletter for the Addison Early Childhood Community
Spring 2012



Children's
Environmental
Health
Network

ECO-HEALTHY CHILD CARE

Why Eco-Healthy Child Care? Children are much more susceptible to environmental toxins than adults because their organs and nervous system are still developing; because they have a higher metabolism than adults, they breath more air, and consume more food and water for their body weight than adults. Exposure to chemicals that might not affect adults, can cause life-long damage in young children. Since 68% of young children are in child care, changes in those environments can make a big difference. Research increasingly shows the first years of a child's life are critical to shaping their future health and development. As a child care provider, small changes you make can have a big impact on the children in your care. By reducing toxins, you help prevent illnesses like asthma, certain learning disabilities and even some forms of cancer.

One simple way to begin is with plastic products. Let this become your new mantra - **# 7, 6 and 3 are not for me!**

Plastics labeled #7 contain Bisphenol A (BPA), which can leach from the plastic and act as a hormone disrupter. **Products containing BPA** include hard, clear baby bottles, water bottles, sippy cups, microwave cookware and canned food liners. **Health concerns** include prostate/breast cancer, miscarriages, birth defects, hyperactivity and aggressiveness.

Healthy alternatives: Avoid plastics labeled #7 unless they are also labeled "bio-based". **NEVER heat plastic baby bottles or food in plastic/with plastic wrap on top** - instead heat foods in ceramic or glassware. Choose non-polycarbonate baby bottles, water bottles etc. These have an opaque or milky look to them. Store food in metal or ceramic containers, or use polypropylene (PP) #5 plastics, such as Rubbermaid, yogurt and margarine tubs.

Plastics labeled #6 contain Polystyrene (PS, commonly known as Styrofoam) - a suspected carcinogen (cancer-causing agent) and neurotoxin. Benzene, a known carcinogen, is released in the production process.

Plastics labeled with a #3 contain polyvinyl chloride (PVC) and often contain lead and phthalates. The production of PVC releases cancer-causing dioxins into the environment. Flexible plastic toys, ones with a 'rubber ducky feel', such as dolls, beach balls, infant bath books, and products such as raincoats, cosmetics, food packaging and plastic cling wrap, contain PVC. **Health concerns related to PVC include** cancer, birth defects, reproductive and developmental disorders, premature puberty and liver dysfunction..

Healthy alternatives: Choose phthalate-free toys. Certain toy manufacturers, such as Brio, Lego, Gerber, Evenflo, Chicco, Early Start and Sassy have pledged to stop using phthalates. Look for toys made from polypropylene (#5) or polyethylene or avoid plastic toys altogether.

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**

Helpful Websites:

- ◆ <http://www.csefel.vanderbilt.edu> (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.ehsnrc.org/ - Early HeadStart
- ◆ 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

Bristol/Middlebury/Vergennes Network: 2nd Monday of the month:

M. March 12: Start of book group featuring Natural Playscapes by Rusty Keeler. Meetings take place from 6:30 to 8:30 p.m. at Gerri's. Call for details.

Provider Leaders: Michelle Sherwin 623-6476 and Gerri Barrows 453-3707

Addison County Directors Network: 2nd Wed of the month—3 pm @P/CC

Coordinators: Jenne Morton, College St. Children's Center 388-2401

SuWhite, Quarry Hill School 388-7297

Brandon: 4th Thursday of the month at 6:30 PM—New Members Encouraged!

Th. March 22: Whole Grain Breads - Suzanna Young—CACFP, Addison County—meet at Tracey's; call for directions.

Th. April 26: EcoHealthy Child Care - Amethyst Peaslee, Resource Specialist, Middlebury meet at Neshobe School Library

Th. May 24: Pizza Party! End of year wrap-up and planning for next year.

Provider Leaders: Brenda Mallory: bmallory88@hotmail.com Tracy Bruce 247 - 5427

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!

**Kerry Malloy, Teacher/Director, Lincoln Coop Preschool—
Teacher Licensure and Early Childhood Education Endorsement**

**Amy Rubright—Family Child Care, Orwell—3 Stars
Jeanne Bergeron— Family Child Care, Brandon—3 Stars**

**Kari Aube—teacher, Otter Creek Child Center—CDA Credential
Kelly Sue Bartlett—teacher, Otter Creek Child Center—CDA Credential**



Kaplan Early Learning Company now offers discounts for Vermont programs participating in Vermont's STARS Step Ahead Recognition System. Receive discounts on purchases and shipping; contact Paige Gorman at 1-800-334-2014 x5023 or pgorman@kaplanco.com to set up a custom MY KAPLAN ACCOUNT

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

OVERCOMING BARRIERS TO PROTECTING CHILDREN FROM SEXUAL ABUSE

Saturday March 17th 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

GARDENING WITH YOUNG CHILDREN

NEW DATE!

Wednesday April 4th 6:30—8:30 PM

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**

GARDENING WITH SCHOOLAGE CHILDREN

NEW!

Monday April 9th 6:30—8:30 PM

LOCATION: MARY HOGAN SCHOOL GYM

PAPERMAKING

Wednesday April 18 6:30—8:30 PM

Artist Aurora Davidson will share a variety of papermaking techniques as well as ideas for using pressed plant materials in collage. Appropriate for those who work with toddlers—schoolagers **CDA # 2 This workshop is full—but you can call to be on the wait list.**

BASIC SPECIALIZED CARE
Wednesday March 21st and 28th 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.

Doumina Noonan, CIS Child Care Specialist, Susan Eisenstat, DCF CDA # 3, 4, 6

NEW! **PANEL DISCUSSION ON DOMESTIC VIOLENCE**
Thursday March 29th 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; Lisa Lax, new DCF Director for Addison County, Officer Kris Bowdish, Middlebury Police Dept., Attorney Pam Marsh. CDA # 4, 5, 6 Advanced Protective Service**



DANCING WITH THE STARS

Are you interested in participating in the STARS program but not finding the time to work on your application? Do you need some extra support in understanding the process and completing your application? Join Family Child Care Providers Gerri Barrows and Michelle Sherwin along with Resource Specialist, Amethyst Peaslee, for a series of STARS work sessions. STARS coordinator LouAnn Beninati will also lend support and clarification. We will work on one arena per session. Come to all or just the arena with which you need help. **Sessions are from 6:30 –8:30 pm.**

- ◆ **Monday April 2: Arena 2– Staff Qualifications and Professional Development**—Learn how to write you IPDP online on the Bright Futures Information website.
- ◆ **Monday April 9: Arena 3 - Families and Communities Demystified**...brainstorm and receive support and resources for creating and hosting Family Evenings in your program.
- ◆ **Monday April 30: Arena 4 - Program Practices** - review self-assessment tools, including the Family Child Care Environmental Rating Scale, learn about the self-assessment process, having a STARS assessment and how to receive support and mentoring throughout the process.
- ◆ **Monday May 7: Arena 5 - Administration** - Learn about an independently authorized operations budget and how to create one.

NEVER TOO EARLY

Thursday April 5th and 12th 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

NEW!

SO EASY, EVEN A BABY CAN DO IT!

Thursday April 19 6—8:30 PM

Math and science can be scary subjects for many, but babies are born scientists and mathematicians! Through monitoring the brains of infants, researchers have confirmed that infants as early as six months of age can detect mathematical errors. One study showed that babies have the ability to recognize and match numbers. Come learn how infants and toddlers form math concepts and practice scientific inquiry. We'll explore how to use simple materials found in the home or child care center in daily routines to support children's cognitive development. Lots of ideas you can use tomorrow; a make and take portion will be included. **CDA #2**

Sharon Adams, ECE/IT Specialist UMass Donahue Institute; VT Head Start Training and Technical Assistance Manager

FIVE COMPONENT SNACK PATTERN

Monday April 23rd 6:30—8:30 PM

Learn about the five component snack pattern and updates to record keeping for CACFP. Make your own snack pattern matrix to use in your program as well as 2-3 new snacks.

Suzanne Young, CACFP CDA #1

MEDICATION ADMINISTRATION IN EARLY CARE AND EDUCATION SETTINGS

NEW!

Thursday May 3rd 6—9 PM

Course Objectives:

- Identify different types of medication, why medication is given, and how it is given
- Improve medication storage, preparation, and administration techniques
- Support good documentation of medication administration
- Recognize and respond to adverse reactions to medication
- Develop appropriate policies about medication administration and implement them

The course consists of both on line and in person modules. The online modules will take approximately 2 hours. **You need to complete the on line modules and bring your certificate with you to attend the in person workshop.** After completion of both you will receive a professional development certificate for 5 hours. **Barbara Thompson-Snow, RN CDA #1, 5**

NEW!

CREATIVE EXPRESSION

Thursday May 10th 6:30—8:30 PM

Creating the opportunity for children to express themselves freely and openly in unique ways fosters their self-esteem. Making art can be an outlet for releasing stress and tension. It can also be used as a tool to help a child express and cope with their feelings. Using open-ended materials and focusing on the process rather than the product fosters cognitive development by providing opportunities for problem-solving, exploration, discovery and language development. Creative experiences help acknowledge and celebrate each child's unique and diverse self as well as offer excellent opportunities to personalize our teaching and focus on each child. Participants will explore the creative process along with the value of open-ended art making through the use of paint and clay.

Lisa Condino, BFA is a teaching artist for Very Special Arts of Vermont; she has a certificate in Art Therapy from Northwestern University and is a Certified Workshop Facilitator for Open Studio Project. **Advanced Specialized Care CDA # 1,2,3**

NEW!

STEALTH HEALTH

Monday May 21st 6:30—8:30 PM

Learn how to make the meals children already love with secret ingredients packed with healthy nutrients. A couple of examples are: sweet potatoes in lasagna, and cauliflower in mac and cheese. Join nutrition educator Suzanne Young for this hands on workshop.

Suzanne Young, Nutrition Educator

CDA #1

PROJECT LEARNING TREE

Saturday April 28th 8:30—11:30 AM



Exploring nature is a complete sensory experience, and early experiences with the natural world have been positively linked with the development of children's imagination, sense of wonder and curiosity—important motivators for lifelong learning. PLT's *Environmental Experiences for Early Childhood* encourages children to explore, discover, and communicate in expressive ways, and provides an introduction to environmental education at a key developmental period in children's lives.

Developed with preschool educators and early childhood specialists, the guide is designed for educators who work with children ages 3 to 6. It offers over 130 experiences that engage children in outdoor play and exploration. Topics include exploring nature with five senses, meeting neighborhood trees, and experiencing trees through the seasons. An accompanying CD features music from children's musician Billy B. Brennan that encourages children to sing, dance, and move. Discussion will include ways for Family Child Care providers to include younger children in the activities. The activities include group experiences, such as music and movement, and neighborhood walks; learning centers, such as math and manipulatives and art; reading connections; and family and friends. **The workshop is free; participants will receive the Project Learning Tree Early Childhood Guide and accompanying CD. Space is limited so sign up early. Some activities will take place outside, so dress accordingly.**

Rebecca Phelps, VT Dept. of Forests, Parks & Recreation

CDA # 2

*** THERE WILL BE A SCHOOLAGE VERSION OF THIS WORKSHOP ON M. MAY 7th**

LOW INCOME CHILD & DEPENDENT CARE TAX CREDIT

- **Do I need to have my child care provider’s social security number or employee identification number (EIN) to qualify for the Child & Dependent Care Tax Credit?**

Yes; to file for the Low Income Child & Dependent Care Tax Credit your child care provider will need to complete the IRS form W-10 Dependent Care Provider’s Identification and Certification. This form includes the provider’s taxpayer identification number. The taxpayer identification number (TIN) can be a SSN or an EIN. Tax-exempt providers do not need to supply a TIN but write ‘tax-exempt’ in the space for TIN. If your child care provider does not have IRS form W-10, you can download the form from the IRS website: www.irs.gov.

- **What happens when a child care provider refuses to give me their social security number or Employee Identification Number?**

Child care providers need to give their taxpayer identification number (TIN) to families who have paid for their services during the year and are requesting the information. The child care provider’s responsibility to disclose, and the penalty for non-disclosure, is described in the instructions for IRS Form W-10.

Parents can still file for the Child & Dependent Care Tax Credit when a provider refuses to disclose their social security number or employee identification number (EIN.) The instructions to claim this credit without the provider’s social security number or EIN are on “Instructions for Form 2441.”

- **If my provider refuses to give me their social security number or employee identification number, can I call the Child Development Division for that information?**

Federal law prohibits disclosure by Child Development Division of private information such as social security numbers and employer identification numbers.

- **If you have further questions please talk to the IRS, (IRS Toll Free Number: 1-800-829-1040 or www.irs.gov.) a tax professional, or your lawyer.**

In Middlebury and Vergennes, AARP & RSVP have trained volunteers who will complete your tax forms and file electronically for you. This service is for low- and middle-income residents and those aged 60 and older. You must call 388-7044 for an appointment.

ENROLLMENT FOR THE MJCC SCHOOLAGE SUMMER PROGRAM NOW OPEN

Mary Johnson Children’s Center operates licensed full-day summer programs in five Addison County communities—Bristol, Middlebury, New Haven, Starksboro and Vergennes. Dates of operation (dependent on the actual closing of the school year): June 18th through August 10th. These camps are open to children who have completed kindergarten on through grade six. Schedules can be designed to fit a child’s or family’s needs—you may enroll for those days and weeks that suit your requirements.

A deposit representing the first two weeks tuition costs, or proof of tuition assistance, must be received by May 1st to reserve a spot. Materials, including an informational flyer, may be found at the MJCC website (www.mjccvt.org) by clicking on “School Age Care” in the left-hand listing. Interested persons may also contact the School Age Programs Coordinator, Anne Gleason, via phone at 802-388-2853, ext. 23, or e-mail at schoolage@mjccvt.org Enrollment is now open and will remain open until May 15th.



Air fresheners, scented candles and cosmetics often contain phthalates (pronounced THAL-ates); Phthalates soften plastics, bind fragrances in products and act as fixatives and solvents. Because fragrances are considered “proprietary ingredients” and are patented, it is not re-

quired to list the ingredients on the label. **Exposure occurs** through breathing in the fragrance or fumes; chewing on plastic toys—which creates small openings through which chemicals can leach from the toy to the child’s mouth; and absorption - of lotion, perfumes and deodorants. **Adverse health problems include:** asthma, hormone disruption, developmental and reproductive problems, and in some cases cancer.

Healthy Alternatives: Make your own air freshener -

- Mix 10-20 drops of essential oil (rose, lemon or mint work well) into a 1 pound box of baking soda. Add more essential oil as needed. Replace baking soda every 3 months.
- Mix 2 drops of essential oil into a spray bottle of water. Spray around the room.
- Vinegar and baking soda are great room fresheners. Vinegar deodorizes, while baking soda absorbs odors. A simple recipe of 1 teaspoon baking soda, 1 teaspoon vinegar (or lemon juice) and 2 cups hot water in a spray bottle can be spritzed in the air to remove odors. Zeolite, like baking soda, absorbs odor. Set out either in bathrooms and closets.
- **USE CAUTION and introduce scents gradually.** Even natural scents, such as essential oils can trigger allergic reactions.

NEVER use aerosol sprays - such as deodorants, hair sprays, carpet cleaners, furniture polish and air fresheners. These products spew invisible droplets of chemicals into the air. If inhaled by children, they can trigger both asthma and allergies.

Choose Safer Cleaning Products: Household chemicals can be toxic to our health and the environment. Of the 85,000 synthetic chemicals in commercial use today, only a small fraction has been individually tested for toxicity on human health. A wide variety of toxic or hazardous chemicals are routinely used as ingredients for cleaning products. You can find safe alternatives to chemical cleaners, such as those made by Seventh Generation, a VT company, in most grocery stores and food coops. Or you can make your own cleaning products: http://healthychild.org/blog/comments/recipes_for_safer_cleaners/#ixzz1n8RGJ0ay

WHAT ABOUT DISINFECTANTS? Aren’t child care providers required to use a bleach solution to disinfect eating surfaces and diaper changing pads? NO! You are required to disinfect surfaces but there is NOT a requirement to use a bleach solution. Child care providers can use a botanical disinfectant, such as made by Seventh Generation and other ‘green’ companies **AS LONG AS YOU FOLLOW THE DIRECTIONS ON THE LABEL!**

Switching to non-toxic botanical disinfectants takes a commitment and a routine change. The Seventh Generation disinfectant requires you to leave it on the surface for 10 minutes or until dry. You do not need to wipe it off. How can child care providers make this switch? You could have two diaper changing pads, so that one could be drying while you use the other. You can slow down and incorporate the 10 minutes for the table to dry into your routine. (Bleach solution should be left on the surface for 2 minutes, a practice not commonly observed in child care settings.)

Do you know... FORMALDEHYDE, a known cancer-causing agent, asthma trigger and suspected neurological, reproductive and liver toxin is found in -

- Particle board and plywood
- Cigarette smoke
- Permanent press draperies and certain paints, fabrics and household cleaners

To view the Eco-Healthy Child Care Checklist and to find out how to become an Eco-Healthy endorsed child care provider, go to: www.ecohealthychildcare.org

For more information: www.cehn.org—Children’s Environmental Health Network

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. For more information or to register online go to: **www.addisoncountyreaders.org**

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**

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” for care seats hours on the first **Thursday of each month from 3:00-6:00 pm** and on the **third Saturday of the month from 9:00 am to 1:00 pm** at the Vergennes Rescue Squad. **Call 877-3683 for more information.**

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**

Great resource for parents and practitioners!! The **VERMONT FAMILY NETWORK (VFN)** provides families of individuals with Autism and the people who support them with family centered, accessible information, appropriate referrals and assistance. We can assist families and individuals with:

- ♦ phone support
- ♦ information and help navigating complex systems of care
- ♦ answering questions, and connecting them with resources

www.vermontfamilynetwork.org/i-need-help-with/developmental-disabilities/autism

CHILDREN'S INTEGRATED SERVICES: 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.**

Addison County Child Care Ser-
vices
81 Water Street
Middlebury, VT 05753



INFANT/CHILD/ADULT CPR AND FIRST AID
Saturdays: March 24 May 19

CPR ONLY (including recert)	8:30 - 10 am	\$30.00
First Aid ONLY	10:00 - 12:30	\$30.00
CPR and First Aid	8:30 - 12:30	\$50.00

- **Registration forms and payment need to be received a week before the class is scheduled; Please note change in fee and times. 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:** _____

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